

# Kyoto Tamba Cycle Route Map

サイクルトマンブ  
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## The Allure of Kyoto Tamba Area Cycling

The allure of the Kyoto Tamba area is its unique blend of natural beauty and cultural heritage. From the peaceful countryside to the historic streets of Nantan City, there are endless opportunities for cyclists to explore the region's rich history and stunning scenery.

## Area Cycling Events

### Kyoto Miyama Cycle Green Tour

This annual 2-day road race, held every May in Miyama, is one of Japan's rare public road races and has been held without interruption from 1988 to 2019, giving it the longest such history in Japan. Various courses are available, from beginner-friendly cycling courses to others that highlight the beautiful Miyama scenery.

### Kyoto Miyama Cycle Road Race

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### Kyoto Tamba Triathlon in Nantan

This triathlon event has been held 5 times that far, and is known to be very beginner-friendly. Centering around O River Greenery Park, the course consists of 1.5 km swimming, 40 km cycling, and 10 km running. The event is also a chance to enjoy wonderful rural scenery and local cuisine.

## Kameoka Sightseeing Short Course: 30 km

### Beginner Course to Enjoy Kameoka, a Town of History and Onsens

Zone Distance: 27.4 km Approx. Duration: 2 hr. 10 mins Elevation Gain: 268m Activity Level: Entry

This is an easy course which covers the highlights of sightseeing in Kameoka. On this short 30 km course, you'll see the best sights the city has to offer, from the peaceful countryside to scenic riversides, historical spots of the Senryu Warring States period, and onsen hot springs. The course has some hills after passing the Chiyokawa, so it even appeals to advanced cyclists who wish to enjoy a short ride through the area. The route also goes along the Tamba 7 Lucky Gods Pilgrimage of Tamba route, so you'll be able to enjoy encountering these deities along the way.

Distance (km) 0 5 10 15 20 25 30

### 7 Lucky Gods Pilgrimage of Tamba (丹波七福神めぐり)

The shortest Seven Lucky Gods pilgrimage of all those existing in Japan. You will visit seven temples along the route stretching 7 km around the foothills of Mt. Chiyokawa, and one of the most popular cherry blossom viewing spots in the greater Kyoto Tamba area. Leave your bicycle at the adjacent Sakura Park and enjoy a short ride through the area. The route also goes along the Tamba 7 Lucky Gods Pilgrimage of Tamba route, so you'll be able to enjoy encountering these deities along the way.

### Nanantani River (七谷川)

All 5 courses on this map pass the Nanantani River. A walking path along 1 km of the river bank has about 1500 cherry trees, and is one of the most popular cherry blossom viewing spots in the greater Kyoto Tamba area. Leave your bicycle at the adjacent Sakura Park and enjoy a short ride through the area. The route also goes along the Tamba 7 Lucky Gods Pilgrimage of Tamba route, so you'll be able to enjoy encountering these deities along the way.

### Izumo-daijingu Shrine (出雲大社)

Aged 1700 years, Izumo-daijingu Shrine is dedicated to the deity of marriage and relationships. Check out 'Meoto Iwa' (married couple rock), which is 5 m in height with red torii gates on either side. Visitors wishing for good luck. Look for the traditional heart shape design, called 'meoto', which appears in much of the shrine's architecture and decoration. ☎0774-24-7799 ☎017

### Kameoka Riverside Park (河原の森公園)

A new community center in Kameoka, serving as an information hub for the history of Katsura River water transport, as well as a recreational site for river sports. Shower rooms are available for visitors who participate in water sports. Operations planned to begin in 2022 or thereafter. ☎0774-25-7377 ☎16

### Hiranosa Pond (平の沢池)

Hiranosa Pond is a park which includes four ponds. The area is known as the only natural habitat of onsen, or prickly water, and is also a popular spot to view ibis towers in summer. Since the flowers only open in the morning, it may be a nice try in early morning. This is a good rest spot as there are parking and restrooms available. ☎016

### Nagomi-no-sato Asaahi (なごみの里 朝日)

Local fresh local produce like fruits and vegetables are sold here. Their rice flour bread is highly recommended, and the unique 'wan' (puppy) shaped ice cream is also a must-try. ☎0774-25-7377 ☎16

### Momiji Pass (紅葉峠)

This quiet mountain pass owned by Hidokoto to Kamiyoshi in Yagi Town. Half way the pass, at about 3 km, there is an observation deck overlooking the entire Kameoka Basin. There's an old thick log in winter here, so you may get a chance to view an amazing sea of clouds. Also try the emerald green Tomoda Pond near the starting point of the pass. ☎014

### Hiyoshi Dam & Memorial Bridge (石野ダム 百善のつり橋)

Completed on the Katsura River, Hiyoshi Dam was the Architectural Institute of Japan Prize in 1954. Japan's first dam to open to the community featuring visitor center. See also the memorial photo built over the reservoir lake, where you'll find photos decorating the bridge, showing the former Amawake Village, which is now under management. ☎0774-72-0171 Hiyoshi Dam Management Office ☎12, ☎12

### Tamba Sports Park (丹波体育公園)

This 53-hectare multi-purpose athletic park near the Tamba IC of Kyoto-Juwan Expressway includes various sports and athletic facilities, family-friendly playgrounds, as well as accommodation facilities for up to 300 guests. ☎9 am - 5 pm ☎Year-end & New Year ☎0774-82-0300 ☎11

### Tamba Markeds Roadside Station (丹波町標路駅)

Roadside station located in the post station town of Shuchi, on the historic San-in-dori trail. This commercial complex serves as a center for both the local community and for tourists visiting the area. Visitors are welcomed with supermarkets, souvenir shops, restaurants and a Kyotamba shop center. ☎9 am - 8 pm ☎Hours vary by shop ☎No doings ☎0774-82-3980 ☎12

### Kototaki Falls (壱岐)

Just 2 km from Tamba Markeds, you'll be surprised to find a waterfall, which is actually the largest one in all of Kyoto, with water falling from a 43-meter high granite rock. The name 'Koto Falls' comes from the shape of falling water, as it resembles a 13-stringed toki harp. There is a paved nature path leading up to a pond and a nature park area beyond the falls. ☎18

### Rurikei Ravine (龍谷)

A 6 km valley formed by erosion from the Sonobe River running through a 500-meter highland. Cyclists can enjoy the beautiful natural scenery of rocks, falls, and cliffs. At the bottom of the valley, there's a small pond and recreation facilities for visitors. The ride up to the valley is a long uphill climb, but definitely worth the view of such a great scenery and spectacular views. ☎18

## Kyoto Tamba Longitudinal Course: 110 km

### Run Through the Watershed Highlands! Enjoy Riding the Kyotamba Area

Zone Distance: 110.8 km Approx. Duration: 9 hr. 15 mins Elevation Gain: 1439m Activity Level: Advanced

On this 110 km course, you'll enjoy Nantan City's rural scenery in the Goma highlands, and a nice variety of natural terrain such as the river terrace of Kyotamba's Wachi area. Of all the courses, this one holds 2nd place for both distance and elevation, yet the series of small ups and downs make for a relatively easy ride. The course also offers nice sightseeing spots and local foods to enjoy.

Distance (km) 0 20 40 60 80 100 110.8

### Hirunanosato Rural Environmental Park (水原の郷)

This agricultural park in Yagi Town of Nantan City offers various activities such as baking and miso-making workshops, a farm for rent, and even ochotchi. Nice spot for a relaxing break. Also visit the unique 'onsen station' reservation required for activities. ☎0774-43-1128 ☎15

### Kyoto Shinkoetsumura Roadside Station (水原の郷 新郷光復村)

Located by the Sonobe IC of the Kyoto-Juwan Expressway, various local products are sold here such as high quality locally grown rice. In the top-selling sushi rolls and saba sushi (mackerel) made on site. ☎9 am - 6 pm ☎Mon ☎0774-68-1100 ☎13

### Kayabuki Ongakudo (桂川音楽堂)

Music concert hall within a traditional thatched-roof house, relocated from a Zen temple in Fukui by renowned pianist. The Seller Piano Duo. The building is now a national registered tangible cultural property. Hosted by Kayabuki Seller, music concerts and competitions are held in early spring and fall. ☎075-789-9100 (Kyoto-Ki Ongakudo Office) ☎16

### The Watershed Divide of Goma (水原の郷 境の分水嶺)

Watershed divide between JR Goma Station and Shimoyama Station. The area looks flat at first glance, but scaled Goma Highland as this is an elevated watershed area where one side flows down in the Katsura River to the Pacific Ocean, and the other flows down the Yura River to the Japan Sea. Enjoy the rural scenery of the high plains. ☎18

### Miyama Fureai Hiroba Roadside Station (山崎ふれあい広場)

A popular spot for cyclists around Miyama. Try a soft served ice cream or gelato, made from quality local milk. Fresh milk, pudding, baked coffee milk, and Miyama Milk Coffee are also popular. ☎9:30 am - 6 pm ☎Wed ☎Year-end & New Year ☎0774-75-0300 (Miyama) ☎14

### Miyama Kayabuki-no-sato Village (山崎かやぶきの里)

Overlooking the winding Yura River, there is a small village consisting of 39 traditional thatched-roof houses, creating a picturesque view of authentic rural history. You may wish to spend a day here visiting local restaurants, souvenir shops, cafes, or even a small museum of ridges. Accommodation is also available. ☎12

### Ono Dam (大野ダム)

This Yura River dam features recreational facilities such as parks equipped with athletic area and playsets for children. Visitors can enjoy the beautiful natural surroundings throughout the area and come for seasonal festivals like the 'Sakura Festival' in spring with over 1000 cherry trees, and the 'Momiji Festival' in fall. ☎15

### Shitsumi-hachimangu Shrine (志土岬八幡宮)

This ancient Shinto Shrine is famous for a ritual festival in which four floats and four musical ensembles parade deep in the mountain, so it's often referred to as a mini Kyoto Gion Festival. Feel the serene energy of the towering old trees which line the 400-meter shrine approach. ☎17

### Former Shitsumi Elementary School (Shitsumi Shogakkou) (旧志土岬小学校 志土岬郷校)

A community center housed in a wooden building that was formerly an elementary school. The facility features a wood fire pizza shop, cafe, souvenir shop, and children's court area, and attracts many visitors from in and around the Kyoto Tamba Area. \*Info below is for Chou-chou (children's bookshop) ☎9 am - 5 pm ☎No doings ☎075-276-8211 (Miyama) ☎10, ☎20, ☎25, ☎26, ☎27, ☎28, ☎29

### Kyotamba Ajim-no-sato Roadside Station (丹波町あじみの里)

A roadside station on the Kyoto-Juwan Expressway which is also accessible by local road. The food court seats 100 and serves a variety of local cuisines. The adjacent park sits on an actual ancient burial mound, and offers a nice view of the site area. ☎6 am - 9 pm ☎Available service may vary ☎No doings ☎075-826-2101 ☎10

### River Terraces of Yura River (丹波川河原段)

A river terrace, or fluvial terrace, is a stepped flood plain that develops over time from erosion. From the Nagomi Roadside Station, you can see the area where you're standing, and the main road is on a lower step, while the 1.5 km river and farming areas are on an upper step. ☎14

### Mizuho-no-sato Sarabiki Roadside Station (水戸の里 さらびき)

Adjacent to the Green Land Mizuho resort, this roadside station includes a farmers' market with a variety of local products such as vegetables, rare mushrooms, eggs, etc. It also features a food court area where you can try local specialty dishes made with local vegetables and mushrooms. ☎9 am - 6 pm ☎Shop area ☎Year-end & New Year ☎2nd & 3rd Thurs every month ☎10

### Hatagawa Dam (畑川ダム)

Heading from the watershed road in Goma to Shimoyama, you'll reach the Hatagawa Dam on Route 27, built on a Takaya River tributary of the Yura River System. There's a pocket park to view water falling 24 meters above the dam. ☎18

## Yagi - Hiyoshi Cycling Route: 50 km

### Traverse the Momiji Pass to Reach Hiyoshi Dam

Zone Distance: 50.7 km Approx. Duration: 3 hr. 45 mins Elevation Gain: 692m Activity Level: Intermediate

Cycling through the vast rural landscapes along the Katsura (O) River, this 50 km course leads you to Hiyoshi Dam, a popular spot for nature lovers. Halfway up the steep incline, you can enjoy an amazing view overlooking the entire course area including Hiranosawa Pond. Enjoy both the physical and mental accomplishment as you take in the dynamic scale of Hiyoshi Dam. Try the 'dam curry rice' as your reward.

Distance (km) 0 10 20 30 40 50.7

### Hiyoshi Dam & Memorial Bridge (石野ダム 百善のつり橋)

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## Kyoto Tamba Long Cycling Route: 140 km

### See the Entire Kyoto Tamba Area! Enjoy the Original Scenic Landscapes of Japan

Zone Distance: 140.8 km Approx. Duration: 10 hr. 30 mins Elevation Gain: 2157m Activity Level: Advanced

The longest course, spanning 140 km, and reaching the highest cumulative elevation gain at over 2000 meters. This is a course tailored for strong legs. Along the route, you'll find many charms of the greater Kyoto Tamba Region. The Miyama area, a highlight which is covered only on this course, is located along the Yura River in the far northeast area of Nantan City. There, you'll enjoy authentic rural Japanese scenery with numerous traditional thatched-roof houses from the Edo period. Quality local food is another attraction. It's a good idea to spread the journey over more than one day.

Distance (km) 0 20 40 60 80 100 120 140.8

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## Kyoto Tamba Cycling Route: 85 km

### Full-On Hill Climb Along the Clear Stream of Rurikei Valley

Zone Distance: 83.7 km Approx. Duration: 7 hr. 15 mins Elevation Gain: 1460m Activity Level: Intermediate

This 85 km intermediate route extends further from Hiyoshi Dam to Kyotamba Town. The highlight of the course is around the river valley of Rurikei Natural Park, which spreads out across the southwest area of Nantan City. Located on a highland with an elevation of 500 meters, the park offers nice hill climbing with scenic seasonal sights of the valley and clear stream waters. While only 85 km in distance, you will cover a cumulative elevation gain of 1500 meters. Recommended for cyclists seeking a good workout while enjoying the beautiful sights of Kyoto Tamba area nature.

Distance (km) 0 20 40 60 80 83.7

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## Two sports hubs that serve as bases for your Kyoto Tamba area cycling adventure!

### Sanga Stadium by Kyocera

Serving as the starting point for all 5 cycling routes on the map, this sports stadium seats 21,600 and was designed for sports like soccer, rugby, American football, etc. It's located just outside the North Gate of JR Kameoka Station. The facilities also include spaces for various activities like the latest e-sports, virtual reality, and co-working. More than just a stadium, this also serves as an important center for the entire community. Let's begin your trip from here!

### Food Court

A variety of foods at reasonable prices, made with local ingredients. Sweets and souvenirs are also available. [Days] ☎11 am - 4:30 pm ☎No doings [Tsuayun] ☎11 am - 3 pm ☎Mon & Tue ☎Hours may vary

### Footbath

Treat your feet with an onsen footbath. Bath water contains the same natural minerals as Yunohana Onsen of Kameoka. ☎10 am - 9 pm ☎Mondays / year-end & New Year's / game days

### VR Bike Studio

Workout gym featuring virtual reality and exercise bikes located at the SKY-FIELD area on the 4th floor. Cycle through the dynamic virtual sights and sounds of a future city. ☎10 am - 9 pm ☎Check the schedule on the website.

### Kyoto Training Center (KTC)

One of the largest public wooden buildings in Kyoto Prefecture. The facility features a training room, as well as accommodation for up to 300, and a restaurant. Parking is free, so it's a convenient place to park before starting out on your route. ☎9 am - 5 pm ☎Free Entry & exit: 7 am - 6:30 pm (main gym) 7 am - 9 pm (north gym) \*Inform the management office if parking long term. ☎Dec 29th to Jan 3rd

### Special Lunch

Try the weekend special lunch set, KTC plate (¥800) at the facility's restaurant, Raffranchi. The menu is created by a professional nutritionist, so it's perfect for health-conscious cyclists.

## Rules and Manners for Bicycle Safety

### Five Rules for Bicycle Safety

- Cyclists should generally be on the road, not the sidewalk. Bicycles are classified as light vehicles.
- Keep left. Cycle on the left, never on the right side of the road.
- When cycling on sidewalks, give priority to pedestrians and cycle on the side nearest to the road. Slow down to a speed you can stop easily when cycling on the sidewalk!
- Follow the traffic rules.
  - Obey traffic lights
  - Stop at intersections
  - One person per bicycle
  - Use a light at night
- Children should wear a helmet. Parents and guardians should make sure children wear a helmet.

Do you have bicycle insurance?

Kyoto prefectural regulations requires bicycle insurance for cyclists.

\*1 A regulation to promote the safe use of bicycles enacted by Kyoto Prefecture. \*2 Insurance to mutual compensate in the event of a traffic accident caused by a person riding a bicycle, which is the body or another person.

### Hand Signals

Let's give a hand signal. (Whether riding alone or in a group)

Turning Left, Turning Right, Stopping/Slowing Down, Warning Far Ahead (When warning cyclists of objects or level changes on the roadway)

## Other Cycling Maps of the Greater Kansai Region

Keinawa Cycling Road Course Map, Katsura River Zone, Yamashiro Area, Nara-Kyoto Cycling Map, BIWACHI Cycling Map of Lake Biwa, Wakayama Cycling.

### Pavement Markers

The Kyoto Tamba Cycling Routes all run counter-clockwise!

Starting from the primary base, Sanga Stadium by Kyocera, all five routes run in a counter-clockwise direction, with Tamba Sports Park as the secondary base. For a safe and comfortable ride, there is various road signage along the routes, such as direction arrows and blue-colored lines, and more detailed pavement markers to give information on directions, distance to major destinations, etc.

### Route Developed by Yasutaka Tashiro

Athens Olympic Road Racer. As the head of Linkage Cycling Inc., Mr. Tashiro runs a cycling tour business around the Shonan Enoshima area of Kanagawa Prefecture, where he also works as a guide himself. Additionally, he's involved in bicycle guide training programs, route developments, and various cyclist tour projects across Japan.

I like the Kyoto Tamba area as it's easily accessible from central Kyoto, yet there's lots of greenery and beautiful nature. I really enjoyed cycling through the rural scenery and visiting authentic historical sites. I enjoyed food made with local ingredients too, like black beans, Kyoto vegetables, Mizuno soba, noodles, and so on. With great courses, sightseeing spots, and local cuisine, I would highly recommend you to enjoy cycling in this area.

## Kyoto Tamba Area Transit Map

Kyotamba Town, 3 of the routes features on this map, which are 85 km or more, all pass by here. This park makes a convenient base for accessing the further points, such as Miyama. The park includes a family-friendly play area, camp ground, and training center with accommodation facilities. A perfect stopping point along your trip, or as a base to enjoy with family.

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