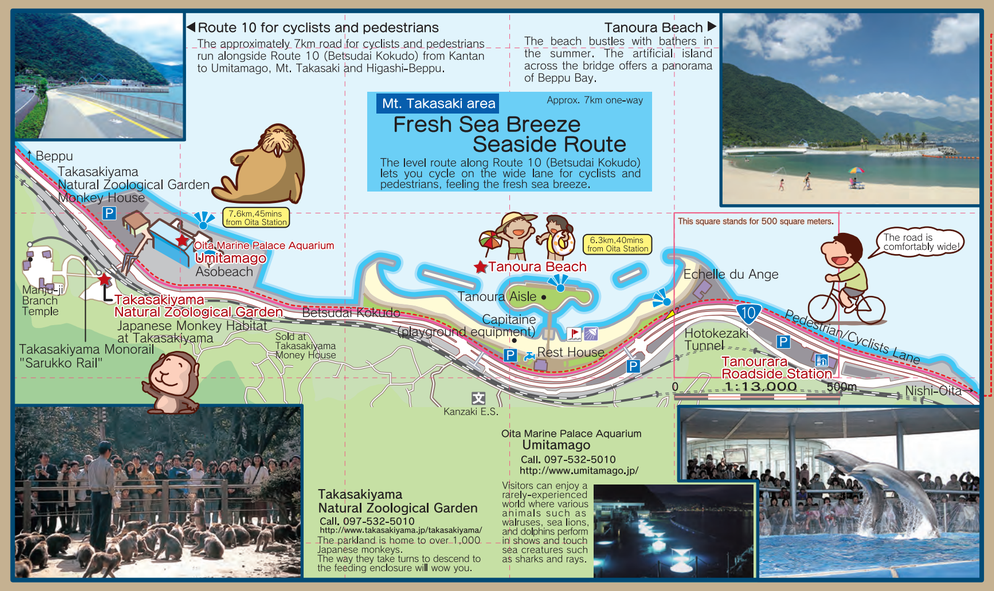


Do you know the advantages of bicycles?

They are eco-friendly!!

Bicycles are clean rides that do not produce anything that negatively impacts the earth's environment. Why not give "Bike Day" a try once a week for the environment?

Unexpectedly quick!!

It is said that bikes are the fastest mode of transport compared with other rides if the distance is 4 to 5km. Why not go out on a bike on a sunny day? You might get to your destination sooner than you'd expect.

You burn about 250 calories if you cycle for an hour at 10kmph! A bowl of rice is about 160 calories.

It's healthy!!

There is a German proverb that goes, "Take a bike instead of a truck-load of medicine." It means "a bike is healthier than taking a lot of medicine." Cycling is a cardio exercise, just like walking and jogging, and it has the added advantage of burning a lot of energy by using the major muscle groups in the legs without putting a strain on the joints such as knees and ankles.
Cycling is perfect for maintaining and improving health!

Oita City ran the "Healthy & Eco" cycling monitor project. After having city resident monitors actively ride bikes, we found their good cholesterol levels increased, cardiorespiratory endurance improved, and leg muscles strengthened.

Let's Make Our Town Bike-friendly!

Creating a bicycle-friendly town is an effort that involves every citizen.

Bicycle Friendly Town
Oita City

Creating a Bicyle-Friendly Town

Everyone understands the convenience, advantages, and ways of riding a bike. Cyclists, pedestrians, and drivers co-exist as they respect one another. There is an infrastructure for cyclists to ride their bikes comfortably when they want. Bicycles are used comfortably in everyday life and are utilized in building communities.

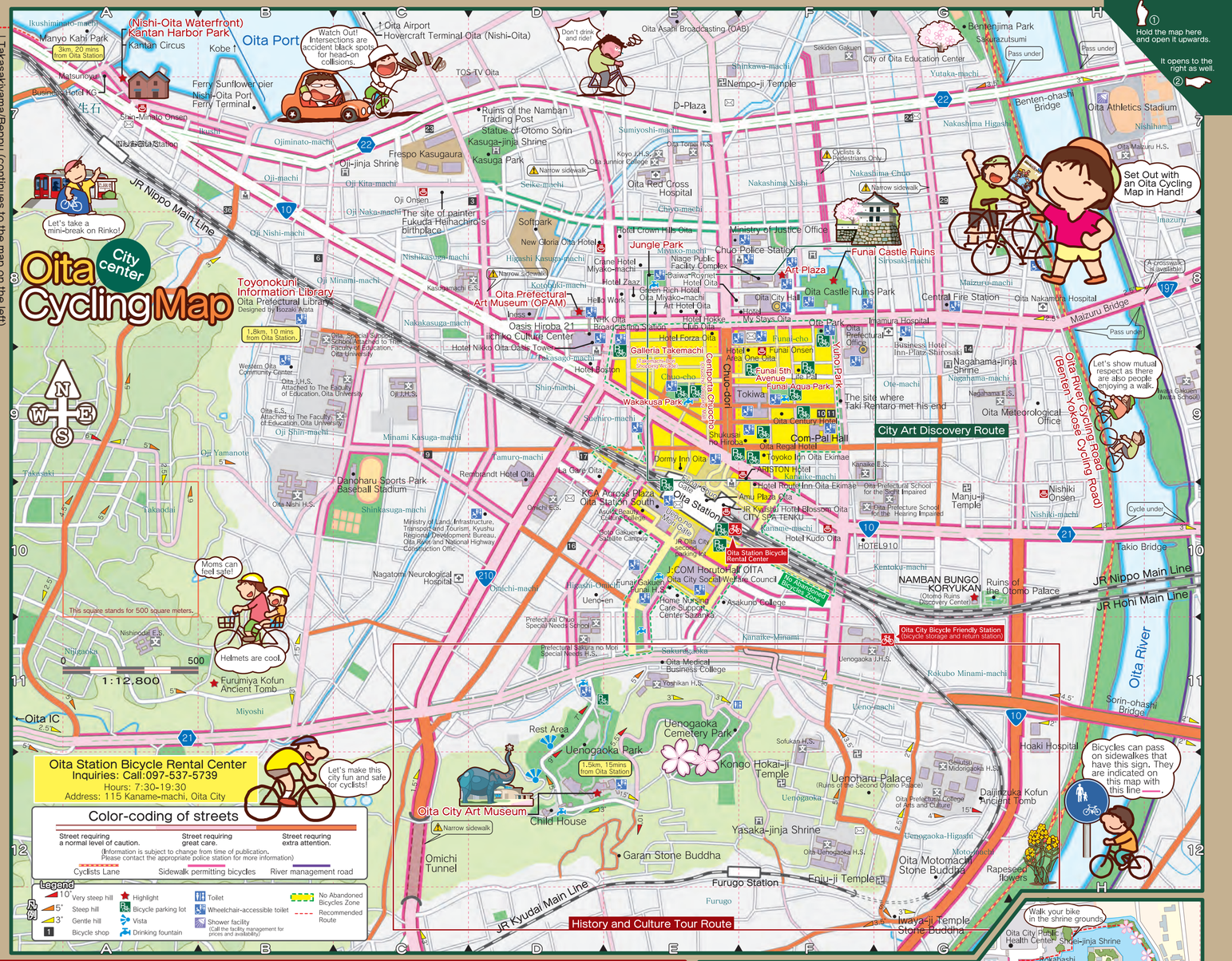
Oita — A Bicycle-Friendly Town

What is a "bicycle-friendly town"?

This map is based on the ideas that the residents of the city came up with through questionnaires and three workshops.

We would like to hear your views, too.

Oita City
Urban Traffic Division
Bicycle Section
Call: 097-537-5973
E-mail: tosikotu@city.oita.oita.jp



Bicycle Parking in Oita City

Do not leave your bicycle parked for long periods of time.

Park only in designated areas.

Be sure to always lock your bicycle.

Downtown Bicycle Parking

https://www.city.oita.oita.jp/o171/machizukuri/kotsu/1291777004389.html

Bicycle Parking Near Train Stations

https://www.city.oita.oita.jp/o171/machizukuri/kotsu/1483677305106.html

Oita Cycle Share

- For more information on member registration and how to use the service, scan the QR code on the right →
- All bicycles are electric-powered.
- Pick up and drop off at any station of your choice.

http://docomo-cycle.jp/oita/

Packed with info on local hotspots, including sightseeing and events.

Oita City Tourism Association website Mobile site QR code

http://www.oishiimati-oita.jp/sp/

Oita Cycling Map

Entire Area

Tsuru - Sakanoichi area

This square stands for 500 square meters.

1:40,000

Cycle in a single file.

There is a walking trail along Ryokuchi Park!

Bicycles travel on the left.

Kamezuka Kofun Ancient Tomb Park

Bicycle A&E Shop

Stay safe and comfortable with regular inspections!

Name of the shop (W: Whole area map) (C: Central map)	Call Area code (097) Map
1 Abeko Cycle	544-0213 ⊡D-5
2 Abe Jitensha Shokai	575-8600 ⊡I-3
3 Ito Bicycle Shop	532-5378 ⊡D-7
4 Eto Cycle Center	544-2964 ⊡D-5
5 Auto Shop Mine	542-5839 ⊡D-6
6 Ono Shokai	532-1521 ⊡B-8
7 Kimura Cycle	545-8312 ⊡D-4
8 Cycle Shop Abe	527-2413 ⊡E-2
9 Cycle Shop Kugimiya	543-0608 ⊡C-9
Cycle Shop Kodama	
10 Funai main store	536-1510 ⊡F-9
11 Funky Farago	532-0959 ⊡F-9
12 Mori-machi Bypass branch	524-0500 ⊡E-2
13 Wasada branch	588-8180 ⊡C-6
14 Cycle Shop Daito	532-4304 ⊡G-9
15 Cycle Shop Toshimitsu	558-1343 ⊡A-1
Cycle Shop Higashimura	
16 Omichi main store	543-1093 ⊡D-10
17 Tamuro branch	545-5921 ⊡D-9
18 Cycle Shop Maizuru	551-8392 ⊡A-1
19 Cycle House Eto	542-5600 ⊡C-3

Name of the shop (W: Whole area map) (C: Central map)	Call Area code (097) Map
Cycle Base Asahi	
20 Across Plaza Morimachi	503-6003 ⊡E-2
21 Shimogori	554-3325 ⊡D-2
22 Minami-Oita	573-6107 ⊡D-5
23 Nishi-Oita	540-6082 ⊡C-7
24 The Cycle	573-9277 ⊡G-7
25 Sano Cycle	
Bicycle & Bike Sales & Repairs	568-8300 ⊡D-3
26 C&C Akeno	556-5152 ⊡I-3
27 Sports Shop Noda	568-2232 ⊡D-2
28 Takakura Cycle	536-3088 ⊡D-2
29 Takeda Jitensha Shokai	532-1423 ⊡G-7
30 Tanaka Cycle	558-6214 ⊡B-1
31 Tsusue Cycle	569-1751 ⊡D-2
32 BMX & Cycle Rescue ROBO RIBO	
Toll free 0120-593474	⊡E-1
33 Hiiiya Ringyo	597-0069 ⊡D-3
34 Maki Cycle	558-6098 ⊡B-1
35 Muto Jitensha Shokai	592-1163 ⊡E-1
36 Yamaguchi Ringyo Nishi-Oita	534-9775 ⊡B-7
37 Yamamura Ringyo	521-5490 ⊡E-2
38 Wakabayashi Jitensha Shokai	592-1421 ⊡G-2

Oita Kenmin no Mori Cycling Center

The cycling area has a 120-meter cycling course where children can practice safely and a unicycle practice bar. Rent a mountain bike and take on the wild cycling route.

Stop! Don't ride a bike "while doing something else."

Sidewalks with this sign let cyclists through. They are marked on the map with

Oita River Cycling Road (Benten Yokose Cycling Lane)

The approximately 12.5km cycling route runs along Oita River. Why not step away from the hustle of town to feel the fresh breeze?

Use the lights at night.

Saganoseki Area

This square stands for 500 square meters.

1:40,000

Local street: ride slowly.

Disused railway tracks are visible underneath the national route.

25km,150mins from Oita Station

Take care when crossing the national route

Take care when cycling on the national route

The disused Keibin Railway tracks

20km,120mins from Oita Station

The summit with wartime remains of a gun battery offers spectacular views!

Cycle leisurely as you enjoy the view of the tranquil sea.

Keibin Railway Ruins Exploration Route

Approx. 9km

The level route follows the disused railway tracks of Keibin Railway which was in service until 1963. Why not go on a sentimental journey as you cycle through the tunnel that has remained unchanged?

Saganoseki Cycling Road

The pleasant seaside cycling lane is on the disused railway tracks of Keibin Railway. It'll be lovely to go down to the beach for a break.

See heavenly bodies and the majestic Hoyo Straits through the giant telescope!!

Let's try the route on a mountain bike.

Take a mini-trip on a Rinko!

Floating island phenomenon can be seen from winter to early spring.

Saganoseki Peninsula

Minami-Oita/Wasada Area

1:32,000

This square stands for 500 square meters.

Oita River Cycling Road

Sidewalks with this sign let cyclists through. They are marked on the map with

The roads might feel wider if everyone cycled with consideration.

Oita City

Pothole 110

Call the number when you find a pothole!

City roads: Oita City Road Maintenance Division call: 097-537-5769

Prefectural/national routes: Oita prefecture Oita Civil Engineering Office call: 097-558-2141

Route 10: Ministry of Land, Infrastructure, Transport and Tourism Oita Maintenance Office call: 097-543-2030

Let's make Oita "one of the towns in Japan with the cleanest air"!

Bungo-Ohno City

1/80,000

This square stands for 5000 square meters.

Hetsugi Area

1:30,000

You'll make new discoveries when you ride slowly!

Take a breather by the river.

Hetsugi Honmachi Ohno River Route

#98.2km

The level route lets you enjoy Ohno River and the streets of Hetsugi Honmachi. After riding through the pleasant rural landscape and along Ohno River, take a break at Hoashi Honke Sake Brewery and feel the ceaseless passage of time.

Legend

- Toll road
- National Route
- Sightseeing facility
- Police station/box
- School
- Roadside station
- Major prefectural road
- JR Line
- Intersection
- Post office
- Hospital
- Wheelchair-accessible toilet
- Prefectural Government Office
- City Hall
- Parking lot
- Onsen
- Bathing beach
- Camping site
- Bicycle lane
- Recommended route
- Sidewalk permitting bicycles (whole area map)
- Sidewalk permitting bicycles (area map)
- River management road
- 10 Very steep hill
- 5 Steep hill
- 3 Gentle hill
- Drinking fountain
- Vista
- 1 Bicycle shop

Akeno-Oita Sports Park Area

Mt. Takao / Sports Park Route

#98m

The route is for those with strong legs as it covers the Oita Sports Park area. It is suited to those who want to work out since it has many hills. You might forget you were ever tired when you see the spectacular views from the park's observatory.

Don't speed on a downhill!

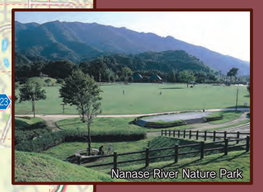
Let's get off the bike and take a walk.

360-degree Panoramal

7.8km,60mins from Oita Station

Watch out for pedestrians in the park

Oita City History Museum


Nanase River Nature Park

Hoashi Honke Sake Brewery

OITA JITENSYA MAP, by SAIKI COMMUNICATIONS

sora kobo

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