

Route 10 for cyclists and pedestrians
 The approximately 7km road for cyclists and pedestrians runs alongside Route 10 (Betsudai Kokudo) from Kanton to Umitamago, Mt. Takasaki and Higashi-Beppu.

Tanoura Beach
 The beach bustles with bathers in the summer. The artificial island across the bridge offers a panorama of Beppu Bay.

Fresh Sea Breeze Seaside Route
 The level route along Route 10 (Betsudai Kokudo) lets you cycle on the wide lane for cyclists and pedestrians, feeling the fresh sea breeze.

Mt. Takasaki area Approx. 7km one-way

Beppu
 Takasakiyama Natural Zoological Garden
 Oita Marine Palace Aquarium Umitamago Asobeach
 7.6km 45mins from Oita Station

Umitamago
 Tanoura Beach
 6.3km 40mins from Oita Station

Takeaway: Soft-serve Ice Cream with Loquat
 Takasakiyama Natural Zoological Garden
 Call: 097-532-5010
<http://www.takasakiyama.jp/takasakiyama/>
 The parkland is home to over 1,000 Japanese monkeys. The way they take turns to descend to the feeding enclosure will wow you.

Oita Marine Palace Aquarium Umitamago
 Call: 097-532-5010
<http://www.umitamago.jp/>
 Visitors can enjoy a rarely-experienced world where various animals such as walrus, sea lions, and dolphins perform in shows and touch sea creatures such as sharks and rays.

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.

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!

It's fun!
 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 Bicycle-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
 This map is based on the ideas that the residents of the city came up with through questionnaires and three workshops.

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

Oita City Center Cycling Map

Oita Station Rent-a-Cycle Port
 Inquiries: Call: 097-537-5739
 Hours: 7:30-19:30
 Address: 2605-2, Kaname-machi, Oita City.

Color-coding of streets

Color	Description
 	Street requiring a normal level of caution.
 	Street requiring great care.
 	Street requiring extra attention.

Legend

10'	Very steep hill	Highlight	Toilet	No Abandoned Bicycles Zone
5'	Steep hill	Bicycle parking lot	Wheelchair-accessible toilet	Recommended Route
3'	Gentle hill	Vista	Shower facility (Call the facility management for prices and availability)	
1	Bicycle shop	Drinking fountain		

History and Culture Tour Route
 Explore the mountain of Ueno while visiting cultural properties and an art museum. Feel as if you're an explorer as you cycle through narrow lanes and steep hills. Approx. 6.6km

Riding Out-of-the-Saddle Challenge Route
 Take care when braking on descent (there are speed bumps). Approx. 10km, 60 mins. http://www.oita.saiki.co.jp/oita_qr_bicycle/01.html

Town Art Discovery Route
 Surprisingly uncharted. Approx. 4.4km
 You're sure to make new discoveries when you wander around while looking for statues and buildings!

Get the Machinaka Rally by scanning the QR code.

Get the Cycling Route from Oita Station by scanning the QR code.
 Take the challenge of trying new ways of enjoying cycling!

Approx. 10km, 60 mins.
http://www.oita.saiki.co.jp/oita_qr_bicycle/01.html

- Scan the QR code with your mobile.
- Images of landmarks such as intersections and buildings are displayed.
- Follow the route using your body and mind.
- Enjoy the playing detective as you won't see the overall course.
- Oita Stations is the final destination, but as it is a circular route, you can join at any point en-route.

Oita City's Bicycle Sharing Service

- Membership registration/how to use, etc.
- Scan the QR code on the right for details
- All power-assisted bicycles
- Pick-up and return at ports of your choice.

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

Local hotspots and events
 Oita City Tourism Association website Mobile site QR code
<http://www.oishimati-oita.jp/>

History and Culture Tour Route
 Approx. 6.6km

Uenogaoka Cemetery Park
 The famous cherry viewing spot bustles with people in the spring.

Ueno Substation
 (built in 1914)
 The brick substation is from the Taisho era.

Uenoharu Palace
 (Ruins of the Second Otomo Palace)
 It is believed that one of the feudal lord Otomo's residences stood on the site. The estate was built by cleverly utilizing the land features to prevent enemy invasions.

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 (Ruins of the Second Otomo Palace)
 The carvings believed to be from the late Heian period are in good preservation and are one of the best in the prefecture. The historical site is officially designated.

Oita Motomachi Stone Buddha
 This cluster comprises of 17 stone Buddhas believed to be from the same era as the Ueno Motomachi stone Buddha.

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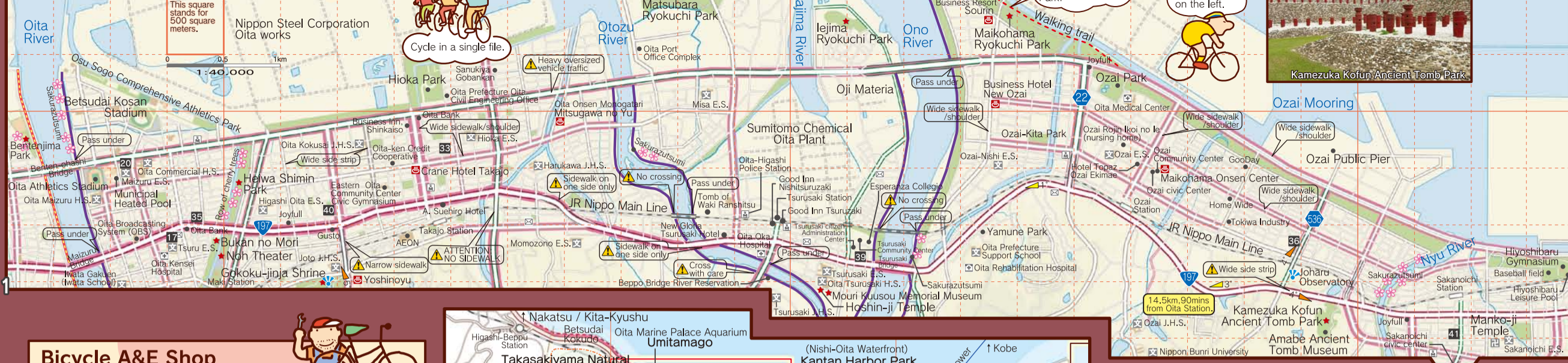
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Tsuru - Sakanochi area

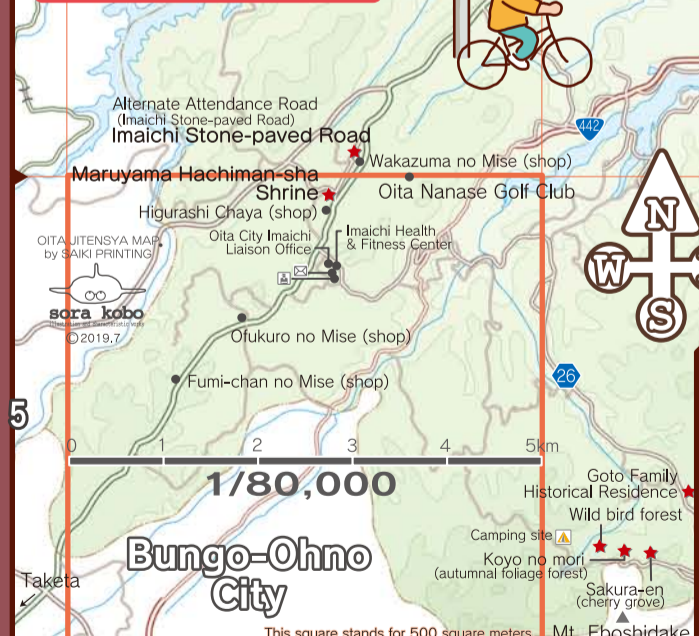


Bicycle A&E Shop

Name of the shop	Call Area code (977) Map (W: Whole area map) (C: Central map)	Name of the shop	Call Area code (977) Map (W: Whole area map) (C: Central map)
1 Abeho Cycle	544-0213 W-D-5	21 The Cycle	973-9277 C-G-7
2 Abe Jitensha Shopki	575-8600 W-I-3	22 Sano Cycle	
3 Ito Bicycle Shop	532-5378 C-D-7	23 Bicycle & Bike Sales & Repairs	588-6300 W-D-3
4 Eto Cycle Center	544-2964 W-D-5	24 C&C Akeno	556-5152 W-I-3
5 Ota Cycle Service	546-1232 W-D-4	25 Sports Shop Noda	568-2232 W-D-2
6 Auto Shop Mine	542-5839 W-D-6	26 Takakura Cycle	536-3088 W-D-2
7 Ono Shokai	532-1521 C-B-8	27 Takeda Jitensha Shopki	532-1423 C-G-7
8 Kimura Cycle	545-8312 W-D-4	28 Tanaka Cycle	558-6214 W-B-1
9 Kimura Ringyo	544-1315 W-D-4	29 Tsusue Cycle	569-1751 W-D-2
10 Cycle Shop Abe	527-2413 W-E-2	30 Tsuru Ringyo	558-7285 W-A-1
11 Cycle Shop Kugumiya	543-0608 C-C-9	31 BMX & Cycle Rescue ROBO RIBO	
12 Cycle Shop Kodama	543-1510 C-F-9	32 Cycle Shop Kodama	0120-593474 W-E-1
13 Funky Farago	532-0959 C-F-9	33 Hijiri Ringyo	597-0069 W-D-3
14 Mogi-machi Bypass branch	524-0500 W-E-2	34 Friend Cycle	522-1778 W-F-2
15 Wasada branch	588-8180 W-G-6	35 Maki Cycle	527-2663 W-C-1
16 Cycle Shop Daito	532-4304 C-G-9	36 Maki Jitensha Shopki	568-6098 W-B-1
17 Cycle Shop Toshimisu	558-1343 W-A-1	37 Muto Jitensha Shopki	592-1163 W-E-1
18 Cycle Shop Higashimura	543-1093 C-D-10	38 Yamaguchi Ringyo Nishi-Ota	534-9775 C-B-7
19 Omichi main store	543-5921 C-D-9	39 Yamazaki Cycle	532-4795 E-7
20 Tamuro branch	545-5921 C-D-9	40 Yamamura Ringyo	521-5490 W-E-2
21 Cycle Shop Maizuru	551-8392 W-A-1	41 Light Sports	575-2350 W-I-1
22 Cycle Shop Munakata	541-6754 W-C-5	42 Wakabayashi Jitensha Shopki	592-1421 W-G-2
23 Cycle House Ota	542-5600 W-C-3		
24 Cycle Base Asahi			
25 Across Plaza Morinachi	503-6003 W-E-2		
26 Shimogiri	554-3325 W-D-2		
27 Minami-Ota	573-6107 W-D-5		
28 Nishi-Ota	540-6082 C-C-7		

Ota Kenmin no Mori Cycling Center

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

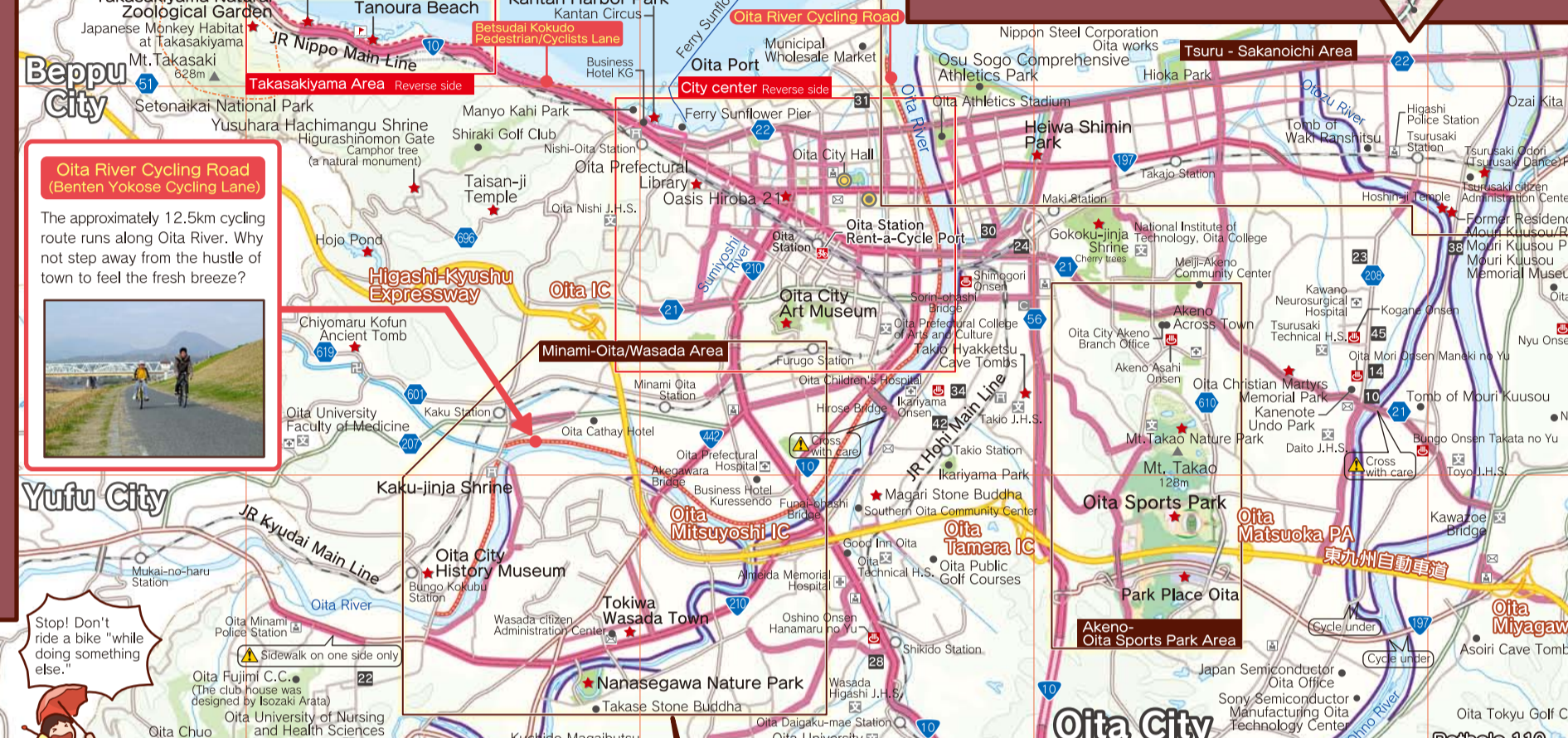


Ota River & Nanase River Route

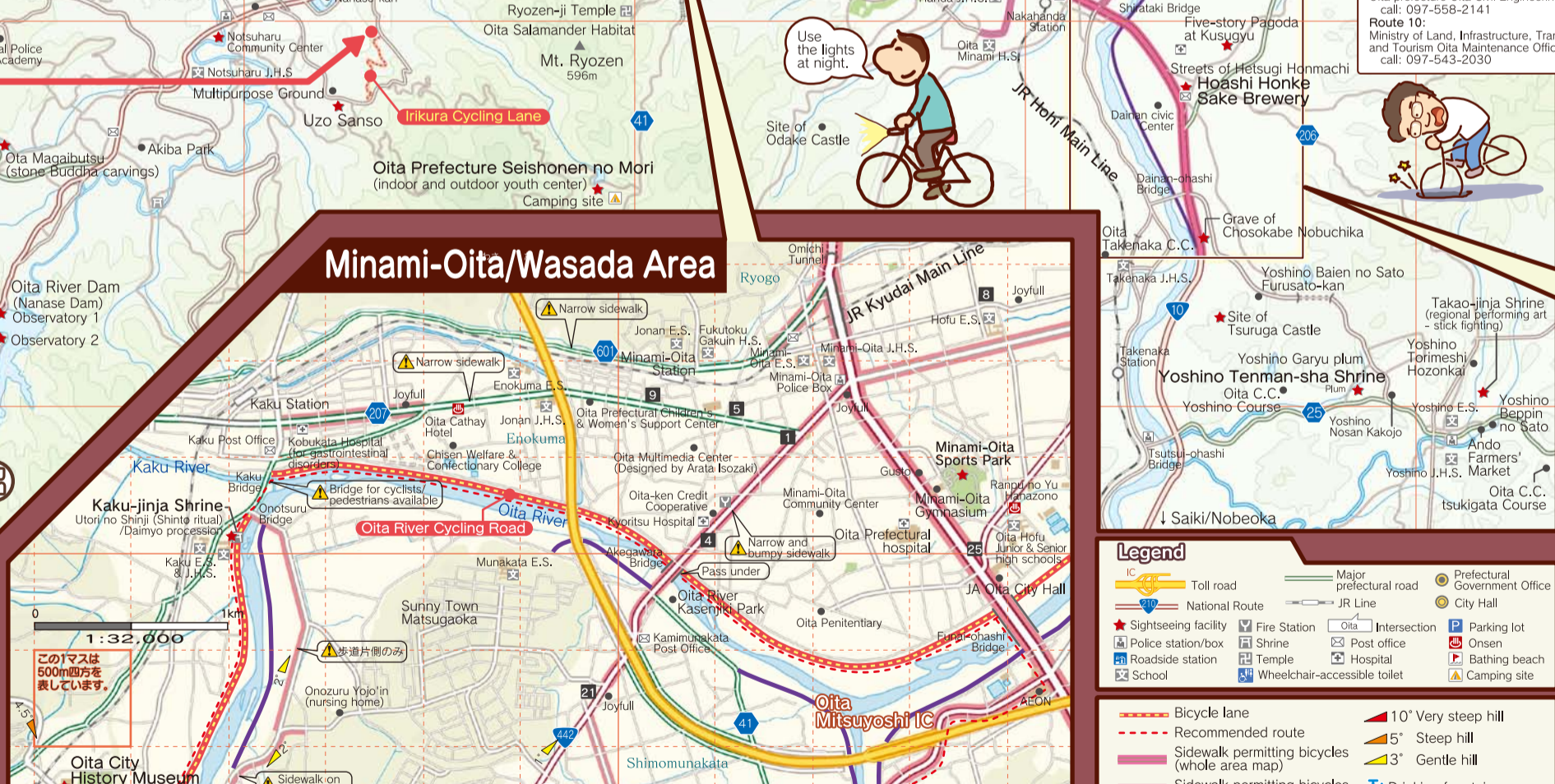
The level route lets cyclists enjoy the nature of rivers Ota and Nanase River. Recommended excursions include the historical museum, just up a slightly steep incline, and the Nonozuhara area down Nanase River.



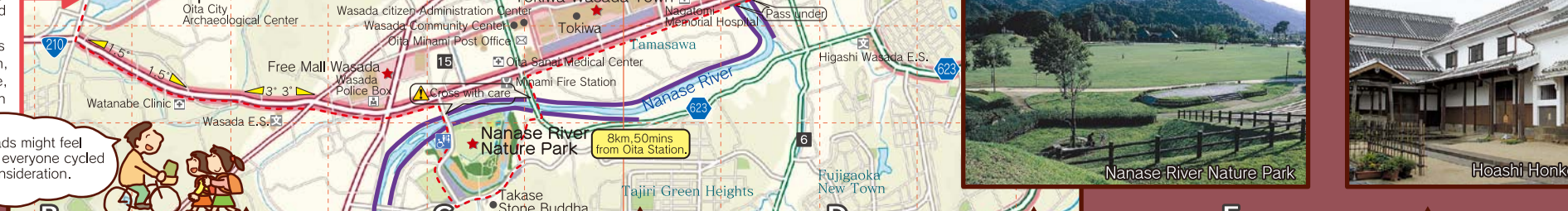
Bepu City



Minami-Ota/Wasada Area



Nanase River Nature Park



Saganoseki Area



Keibin Railway Ruins Exploration Route

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?

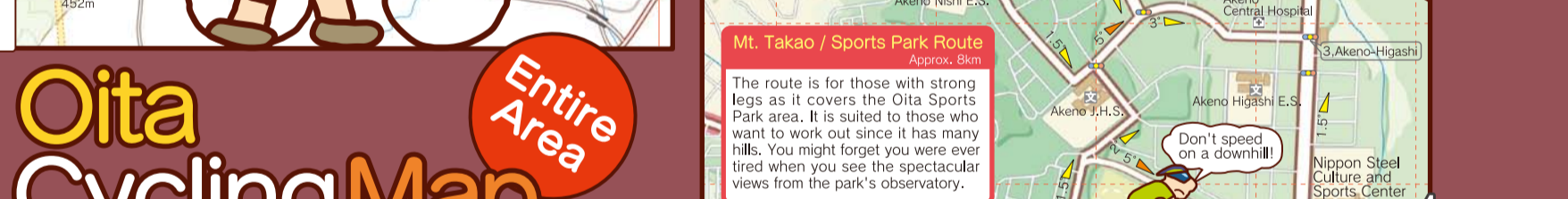
Saganoseki Cycling Road

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.

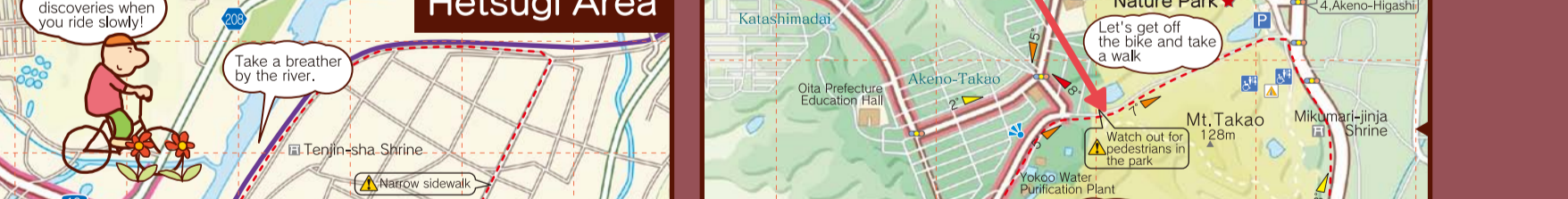
Saganoseki Peninsula

Let's try the route on a mountain bike. Floating island phenomenon can be seen from winter to early spring.

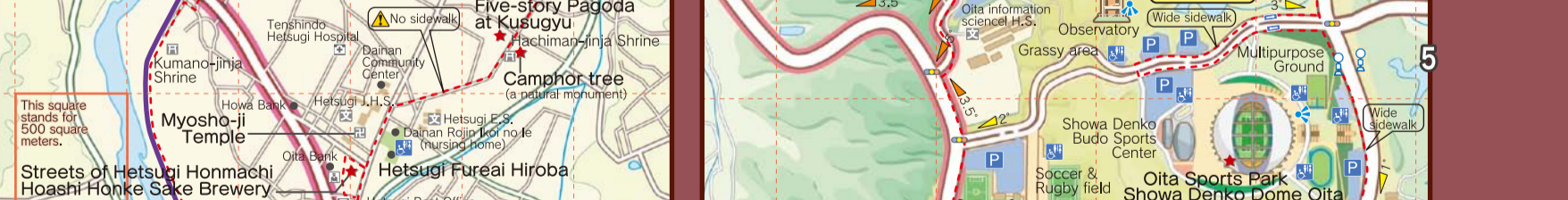
Usuki City



Oita Cycling Map



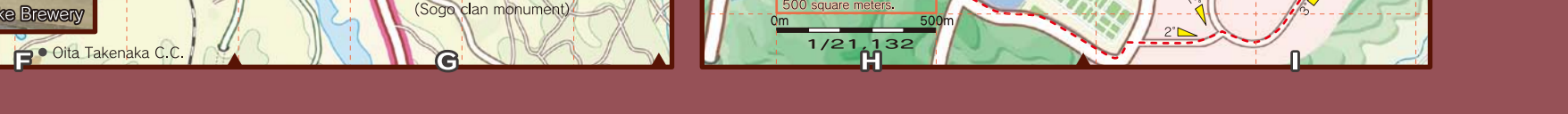
Hetsugi Area



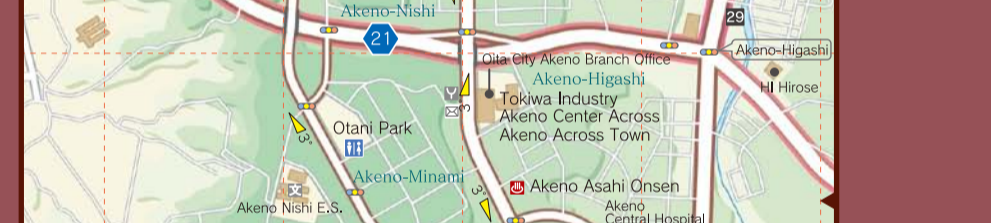
Hetsugi Honmachi Ohno River Route

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.

Hoashi Honke Sake Brewery



Akeno-Ota Sports Park Area



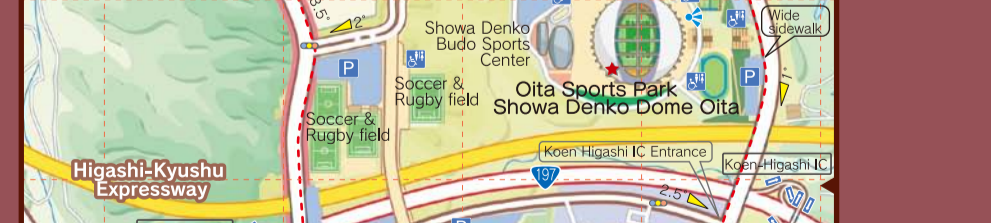
Mt. Takao / Sports Park Route

The route is for those with strong legs as it covers the Ota 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.

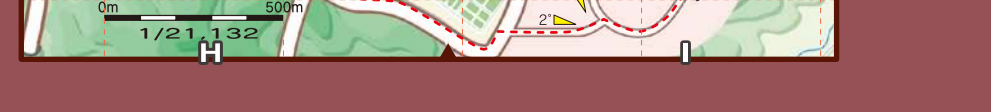
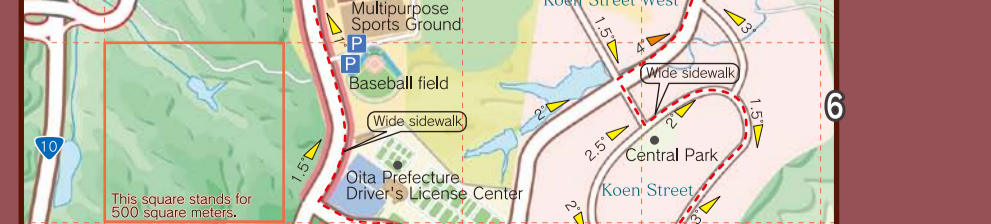
Ota Sports Park



Hoashi Honke Sake Brewery



Hoashi Honke Sake Brewery



Legend

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