

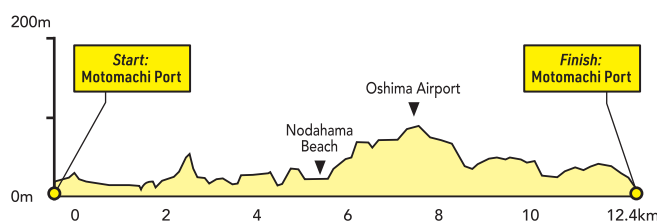
Introducing recommended courses for beginners

The course is perfect for pottering, bicycling around at a leisurely pace as if taking a stroll without any particular destination in mind. Enjoyable for not only families but also couples and friends.

ROUTE 3 Sunset Palm Line Course

Start Motomachi Port Finish Motomachi Port

Difficulty level	Distance	Time required	Elevation gain
☆☆☆☆	Approx. 12.4 km	1 hours excluding sightseeing /rest stops	Approx. 87 m

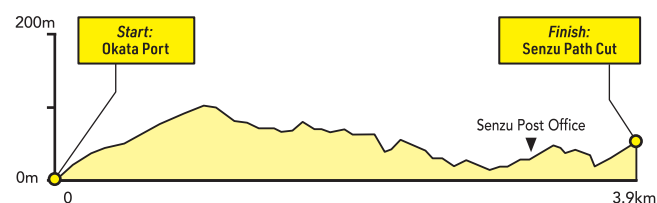


Savor the vast ocean views as you ride around on this easy pottering course. At the midway point stands the Buratto House farmers' market where you can enjoy local produce, such as ashitaba and island peppers, as well as Oshima milk ice cream.

ROUTE 4 Senzu Power Spot Course

Start Okata Port Finish Senzu Path Cut

Difficulty level	Distance	Time required	Elevation gain
☆☆☆☆	Approx. 3.9 km	20 minutes excluding sightseeing /rest stops	Approx. 76 m



The scenery along the Senzu Path Cut stairway is as if the earth has been sliced open. With the entrance seeming to lead into another dimension, this power spot generates a mysterious atmosphere. Be sure to capture the scenery in a beautiful photo!

ACCESS



If you want to enjoy ocean travel

Tokyo/Takeshiba Passenger Ship Terminal	Large Passenger Ships (nighttime service): 6 hours minimum	Izu Oshima Motomachi Port or Okata Port
Atami Port	High-speed Jet Ferry: 1 hour and 45 minutes minimum	
	High-speed Jet Ferry: 45 minutes minimum	

Inquiries/bookings: Tokai Kisen Co., Ltd. Tel: 03-5472-9999

*Izu Oshima has two passenger ports: Motomachi Port and Okata Port. Which port the ships and ferries dock at is decided on the morning of each service based on weather and ocean conditions.

*Depending on the season, routes may also operate via Tateyama, or Ito.

For visitors riding road bikes



High-speed Jet Ferry
Bicycles may be carried onboard in a bicycle bag. Baggage fees apply.



Large Passenger Ships
Bicycles may be carried onboard in a bicycle bag. Baggage fees apply.

If you want to enjoy air travel

Chofu Airport	25 minutes	Oshima Airport Tokyo Oshima Camellia Airport	Small propeller planes with a passenger capacity of 19 provide return flight services two to three times per day.
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Inquiries/bookings: New Central Airservice Tel: 0422-31-4191

*Please make inquiries about taking bicycles onboard the plane.

For visitors not traveling by bike

Bus services
Direct connecting bus services to various destinations—Motomachi Port, Gojinka Onsen, Habu Port, Oshima Park, and Oshima Onsen Hotel—are timed to coincide with the arrival of early morning boat services at Oshima. See here for details!

Taxi/rental car
It is also possible to book sightseeing taxis/rental cars. A variety of rental cars are available ranging from light and standard passenger cars to box vans and wagons.

See here for sightseeing information!

Oshima Tourism Association Tel: 04992-2-2177

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Introducing cycling routes for everyone to enjoy from beginners to road bikers!

Recommended routes for beginners

Rent a bike and enjoy the island's magnificent nature as you ride along these courses. Flat roads, so perfect for families!



Recommended routes for cyclists

Ride your own bike and enjoy these more challenging courses. Perfect for a weekend bike trip!

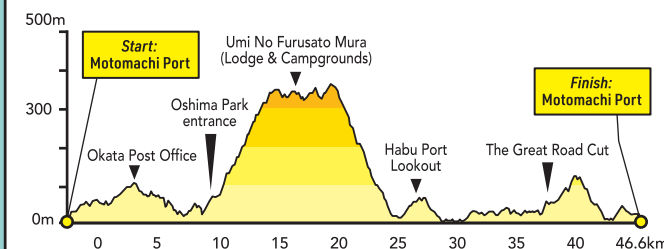
Introducing recommended routes for cyclists

Created by dynamic volcanic activity, Izu Oshima is the ultimate cycling island with full-circuit and hill-climbing courses that provide full riding satisfaction.

ROUTE 1 Oshima Circuit Road Course

Start Motomachi Port Finish Motomachi Port

Difficulty level	Distance	Time required	Elevation gain
☆☆☆☆	Approx. 46.6 km	3-4 hours excluding sightseeing /rest stops	Approx. 800 m



Habu Port has sushi restaurants, public cafeterias, coffee shops, and various other eateries, so be sure to make a rest stop here amid the old-world streetscape!

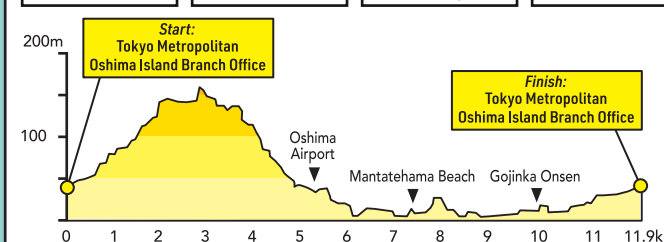


There are neither spots on the island's eastern side for replenishing food and water supplies, and nor shops renting out bicycle tools in this area, so make sure you are prepared.

ROUTE 2 Course used for the Asian Championship/ All-Japan Championship

Start Finish Tokyo Metropolitan Oshima Island Branch Office

Difficulty level	Distance	Time required	Elevation gain
☆☆☆☆	Approx. 11.9 km	1 hours excluding sightseeing /rest stops	Approx. 191 m



Useful maps for beginners and cyclists

Check out the three ports that form the basis for bicycling around the island!

Izu Oshima has two passenger ports: Motomachi Port and Okata Port. Which port ships and ferries dock at is decided on the morning of each service based on weather and ocean conditions.

Enlarged map of area around Okata Port



There are tunnels along the inbound section between Okata Port and the Oshima Circuit Road. When riding a bike, follow the signs and take the route through the local neighborhoods rather than going through the tunnels.

Enlarged map of area around Motomachi Port

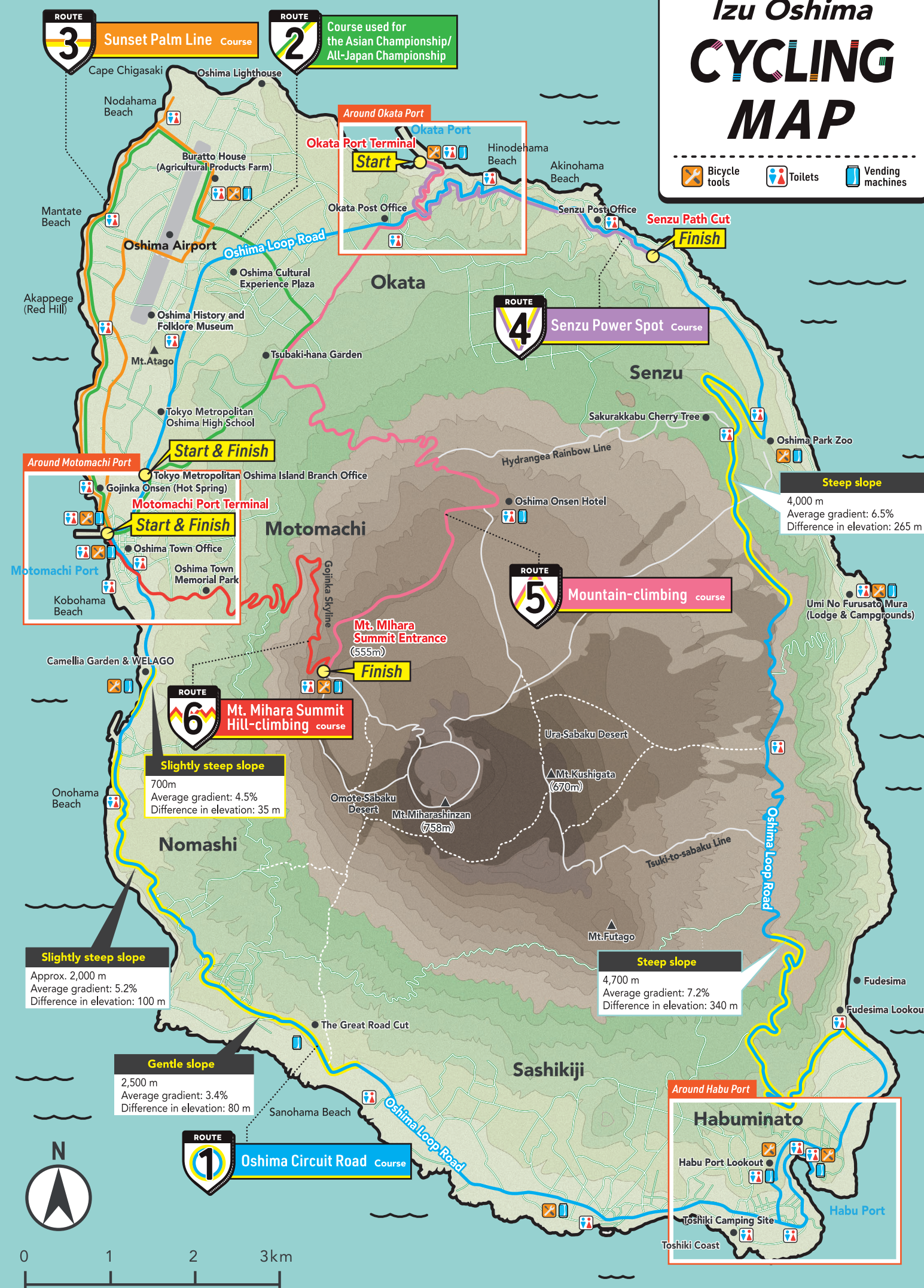


The Oshima Tourism Association, Town Office, banks, and other facilities are located in Motomachi Port. With hot spring restaurants where you can relax and wash away the sweat as well as numerous restaurants, souvenir shops, and other services, this port makes a good base for sightseeing around Oshima.

Enlarged map of area around Habu Port



This port is in the southern part of the island. It is the perfect spot for resting your legs when taking the Oshima Circuit Road course. Some pathways are all stairs, so be careful!



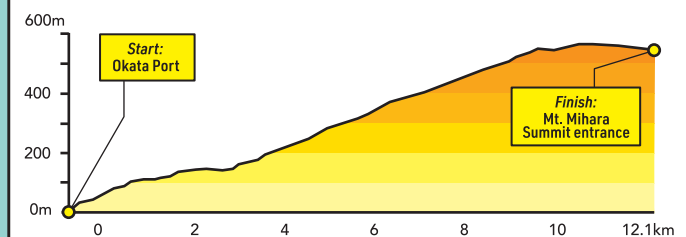
Izu Oshima CYCLING MAP

 Bicycle tools  Toilets  Vending machines

Introducing recommended courses for cyclists

ROUTE 5 Mountain-climbing course

Difficulty level	Distance	Time required	Elevation gain
☆☆☆☆	Approx. 12.1 km	1 hours excluding sightseeing /rest stops	Approx. 563 m



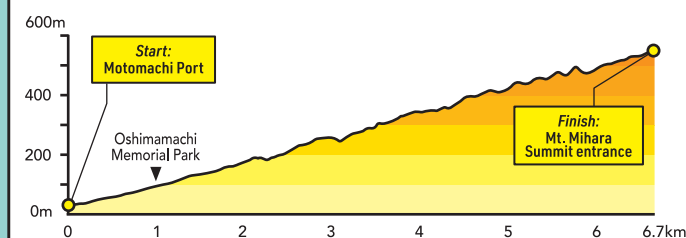
Enjoy spectacular scenery from the summit!



This course takes you up to the summit of Mt. Mihara (elevation: 555 m), Izu Oshima's symbol. Bike riders need to be careful because buses and cars also use this road, but the broad road width and comparatively gentle climb make this a recommended hill-climbing route.

ROUTE 6 Mt. Mihara Summit Hill-climbing course

Difficulty level	Distance	Time required	Elevation gain
☆☆☆☆	Approx. 6.7 km	1-2 hours excluding sightseeing /rest stops	Approx. 526 m



Superb views from the Gojinka Skyline!



Climb the dynamic uphill road while enjoying the stunning Pacific Ocean scenery. While the climb is on the difficult side with a steep gradient of 19.4%, the views from the finish point are simply breathtaking. Enjoy the sky-ocean gradation.