Alps Azumino Century Ride

Alps Azumino Century Ride (AACR)

First held in 2009, this long-distance event starts in Shisuien Park in Matsumoto City, passing through Hakuba, before returning to Matsumoto again for the finish. The organizer of this event Raita Suzuki was selected to represent Japan in the Olympic Games in Sydney. Each participant enjoys a variety of landscapes at their own pace, such as the countryside of Azumino and the scenic Northern Alps, which often change color from season to season.

Opening in 2017, the Cherry Blossoms AACR and the Greenery AACR events are now made available twice a year. Cycle past rows of flowers such as Japanese sakura (cherry) and spring tulips while they are in full bloom. In the green season enjoy fields of early fresh greenery and the foothills of the Northern Alps with their remnants of snow. At the many so called "aid station" rest areas, participants may stop to rejuvenate and entertain themselves with a variety of foods from the region and greetings from friendly local people.

At Omachi City Aid Station you may discover negi-miso onigiri (leek and soy/miso flavored rice ball), which is a legendary local food and a popular treat for many participants.

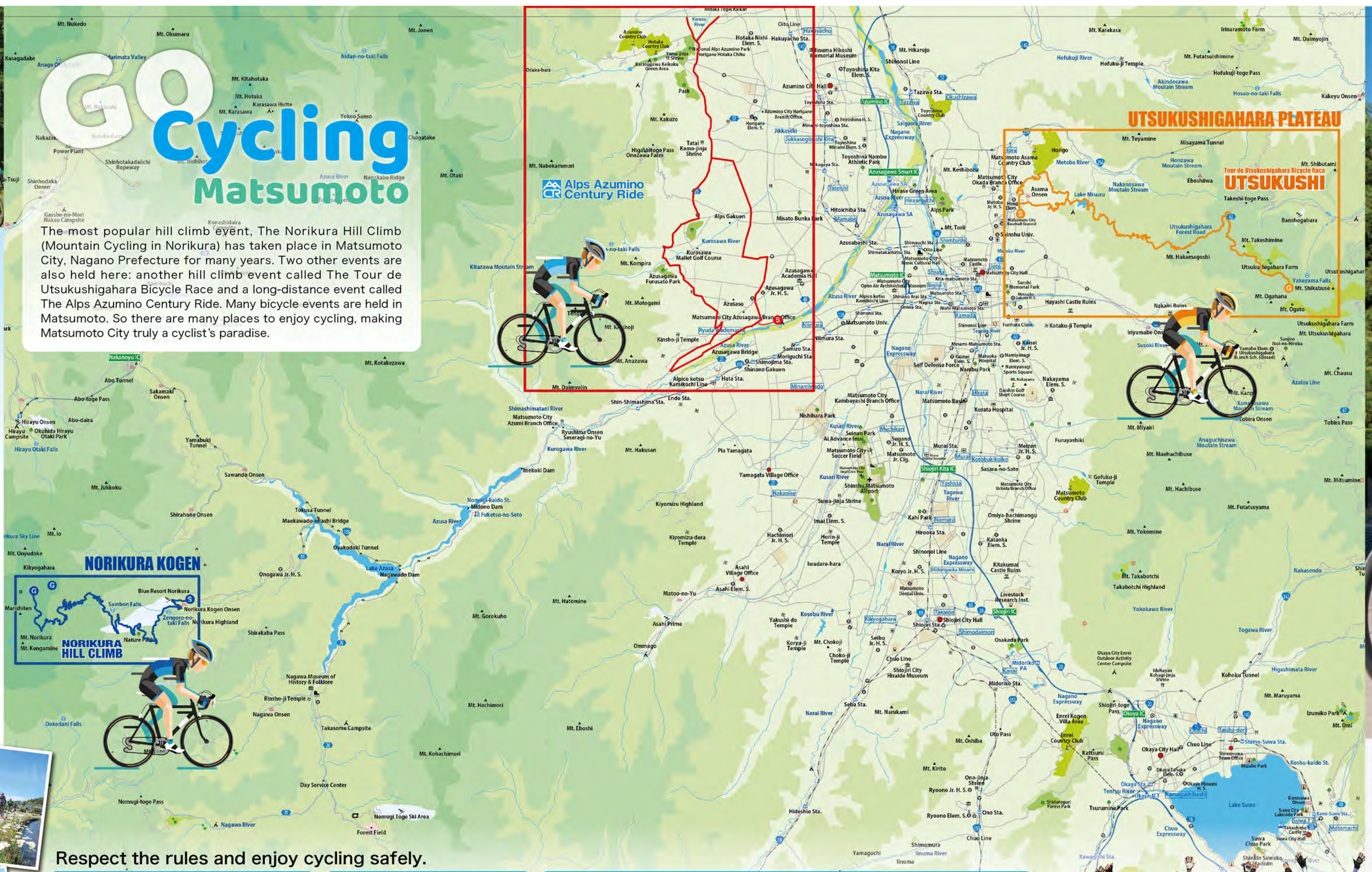
AACR

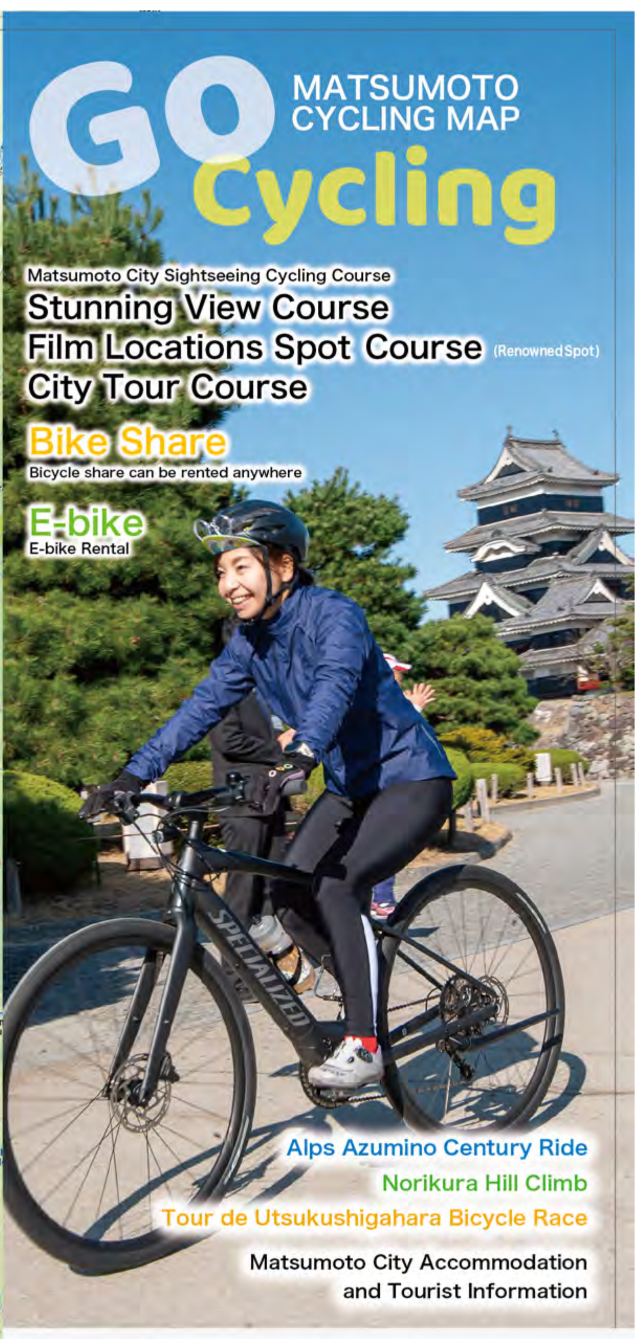
◆Event Date:
Cherry Blossom Alps Azumino Century Ride: Late April
Green Alps Azumino Century Ride: Late May
◆Distance: 120km Course or 160km Course (changes each year)
◆Starting Location: Matsumoto City, Shisuien

Distance **120km** | Distance **160km**

GO Cycling Matsumoto

The most popular hill climb event, The Norikura Hill Climb (Mountain Cycling in Norikura) has taken place in Matsumoto City, Nagano Prefecture for many years. Two other events are also held here: another hill climb event called The Tour de Utsukushigahara Bicycle Race and a long-distance event called The Alps Azumino Century Ride. Many bicycle events are held in Matsumoto. So there are many places to enjoy cycling, making Matsumoto City truly a cyclist's paradise.





Respect the rules and enjoy cycling safely.

Rules of the road:

- ●As a general rule, bicycles must remain in the traffic lanes. It is forbidden to ride on the sidewalk.
- ●Ride single-file on the left side of the traffic lane.
- ●Stop at red lights and railroad crossings.
- ●Do not use your mobile phone while riding.

Bicycle equipment:

- ●Check the maintenance of your bicycle before each ride.
- ●Helmets are mandatory.
- ●Carry a repair kit with you in case of a flat tire.
- ●Make sure your bicycle is well equipped with a headlight, taillight and bell.

Others:

- ●UV rays are strong, so be sure to bring sunscreen and sunglasses.
- ●Some areas do not have vending machines. Bring plenty of food and beverage supplements.
- ●The temperature drops at high altitudes. Bring a windbreaker and rain gear.
- ●Watch out for wild animals crossing in some parts of the mountains and forests.
- ●There are many blind corners and long steep downhills, so be careful of excessive speed and oncoming vehicles.
- ●Snow patches may remain in common snowfall areas.
- ●Please ride only from April to November. Some part of the roads will be completely closed in winter.

NORIKURA HILL CLIMB

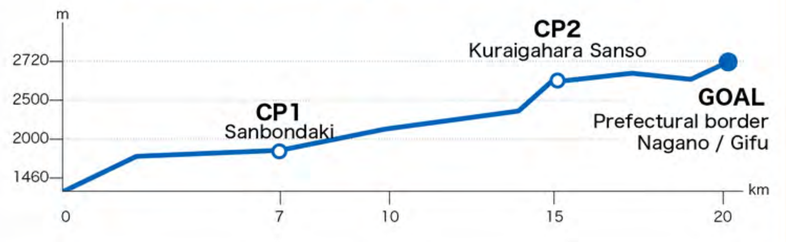
Norikura Hill Climb (FKA: Mountain Cycling in Norikura)

NORIKURA HILL CLIMB

This is the oldest hill climb race event in Japan.
Every year more than 4000 participants compete in this race.
It is no exaggeration to say that, whoever wins this race will be considered Japan's king of the hill climb!
Motor vehicles are not allowed past the section above "The Gate of Sanbondaki Falls", even outside the dates of the event. Yet bicycles are permitted. However, please note that the road is closed to all vehicles during the winter season.

◆Distance: 20.5km ◆Total Ascent: 1,260m
*The altitude at the summit point is 2,720m, which represents the highest altitude attained in Japan for such an event on a paved road.
◆Date: Late August ◆Organizer: Norikura Hill Climb Executive Committee

Distance **20.5km** | TOTAL ASCENT **1,260m**



Tour de Utsukushigahara Bicycle Race

UTSUKUSHI

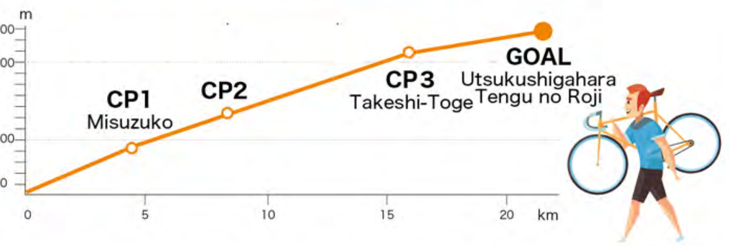
Tour de Utsukushigahara Bicycle Race

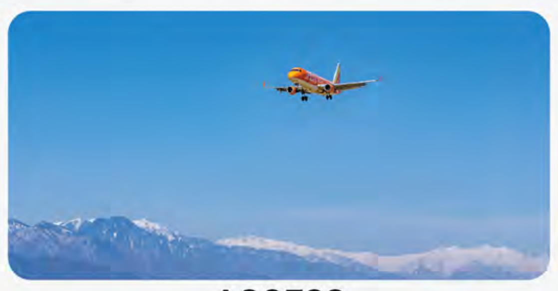
TOUR DE UTSUKUSHIGAHARA BICYCLE RACE

Starting from Asama Onsen in Matsumoto City, this is a hill climb race that runs up 21.6 km to the open field of Utsukushigahara Tengu no Roji. Immediately after the start, a very steep road awaits each participant for a challenging hill climb. From the middle to the end of the course, there is a beautiful view of the Japanese Azaleas and overlooking panorama of the Northern Alps. Feel the cool refreshing breeze near the finish line.

◆Distance: 21.6km ◆Total Ascent: 1,270m ◆Date: Late June

Distance **21.6km** | TOTAL ASCENT **1,270m**





ACCESS

If you arrive by train

- From Tokyo Shinjuku Station — Chuo Line Limited Express Azusa, Between 2hrs 30mins and 2hrs 50mins
- From Nagoya — Chuo Line Shinano Express, Approx. 2hrs
- From Osaka — Tokaido Shinkansen Approx. 1hr → Nagoya Station → Chuo Line Limited Express Shinano Approx. 2hrs

→ JR Matsumoto Station

If you arrive by car

- From Tokyo — Chuo Expressway Approx. 3hrs
- From Nagoya — Chuo Expressway Approx. 2hr

→ Matsumoto IC

If you arrive by plane

- Shin-Chitose Airport (Hokkaido) — Fuji Dream Airline (FDA) 1hr 30mins
- Fukuoka Airport (Fukuoka Prefecture) — Fuji Dream Airline (FDA) 1hr 30mins
- Kobe Airport (Hyogo Prefecture) — Fuji Dream Airline (FDA) 1hr
- Itami Airport (Osaka Prefecture) — JAL (50mins) From August 1st to August 31st

→ Shinshu Matsumoto Airport

Please Note

- ●The Matsumoto City Art Museum is scheduled to be closed for about one year from April 1st, 2021 due to large-scale renovation work.
- ●The Matsumoto City Museum is scheduled to be closed from April 1st, 2021 to September 30th, 2023 for relocation and new construction.
- ●Beginning in June 2021 the former Kaichi School building is scheduled to remain closed for about 3 years for earthquake retrofitting.

Contact

Matsumoto Tourism Convention Association
TEL.+81-263-34-3295 (9:00AM-5:00PM) Except on Saturdays, Sundays, Public Holidays and New Year's Holiday
〒390-0874 3-8-13 Ote, Matsumoto City Hall Office 1F, Matsumoto, Nagano Prefecture
https://www.matsumoto-tca.or.jp/

Matsumoto City Cycling Tour
Stunning View Course

Starting from JR Matsumoto Station, this course has a wonderful view of the Matsumoto valley and the Northern Alps. Sites include the Mont Koboyama Tomb, Keishibouzu Observatory, Alps Park and Joyama Park Observatory. An easy bicycle ride from downtown Matsumoto will provide you with some stunning views. There are many slopes, but you may enjoy the course easily with an electric assist bicycle.

Distance	Total Ascent	Running time (approximate)
30.4km	510m	3hours

ROUTE

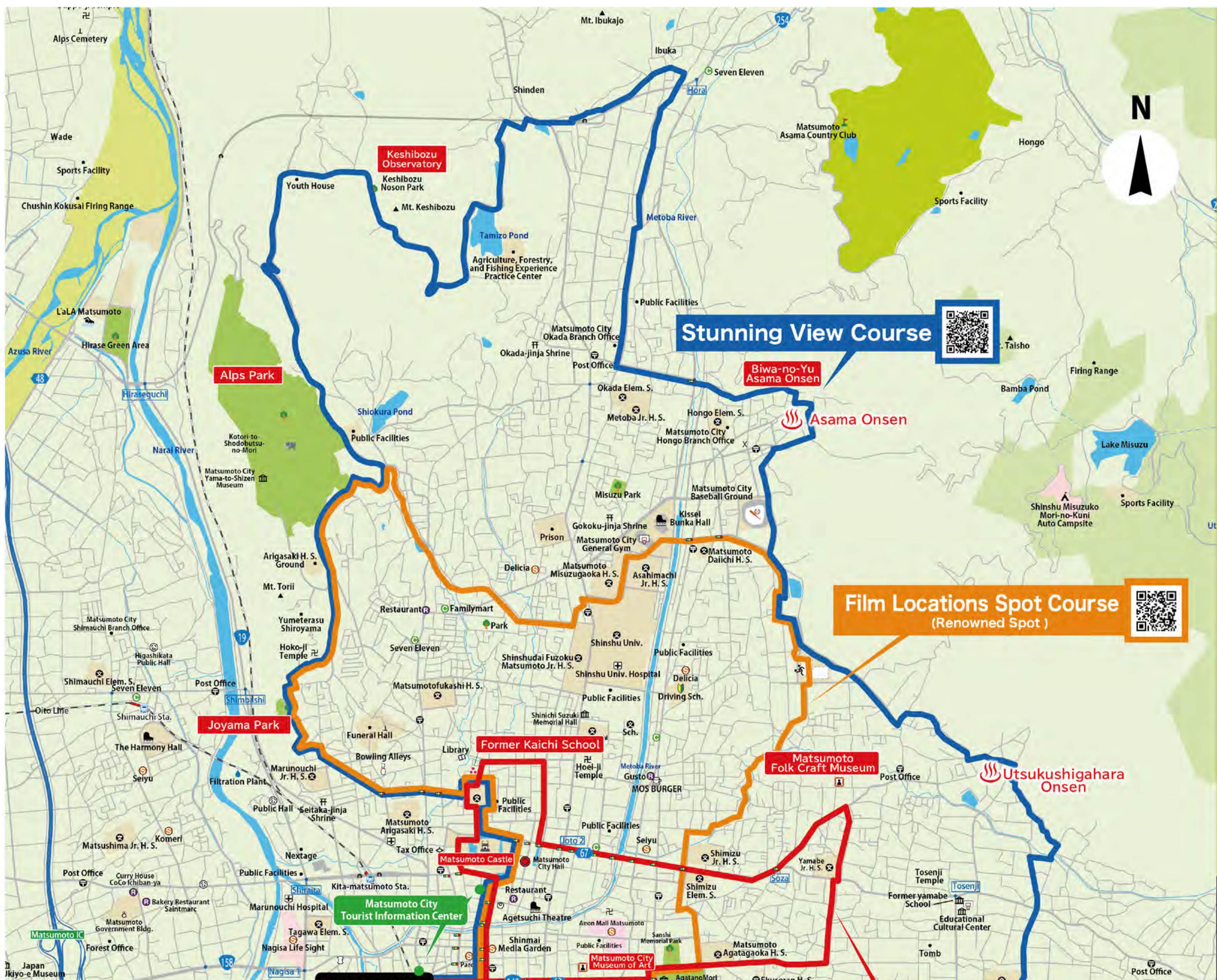
JR Matsumoto Station
↓ 3.7km (Total 3.7km)
Mt. Koboyama Tomb
↓ 6.9km (Total 10.6km)
Utsukushigahara Onsen
↓ 3.7km (Total 14.3km)
Biwa-no-yu Asama Onsen
↓ 6.9km (Total 21.2km)
Keshibouzu Observatory
↓ 2.8km (Total 24.0km)
Alps Park
↓ 2.7km (Total 26.7km)
Joyama Park Observatory
↓ 1.5km (Total 28.2km)
Former Kaichi School
↓ 1.0km (Total 29.2km)
Matsumoto Castle
↓ 1.2km (Total 30.4km)
JR Matsumoto Station

Located on the summit of Mt.Koboyama, this is a rectangular shaped ancient tomb created at the end of the 3rd century A.D. (Kofun period). This summit overlooks the city and includes a stunning backdrop of the Northern Alps. In spring, the entire mountain turns pink with cherry blossoms.

From the summit of Keshibouzu Observatory, there is a beautiful view of Azumino, Matsumoto City and the Northern Alps.

Alps Park is a relaxing place to fully enjoy nature in Matsumoto City. There is a scenic spot in the observation square to view Azumino and the Northern Alps.

RIDE WITH GPS



Please Note

- ●The Matsumoto City Art Museum is scheduled to be closed for about one year from April 1st, 2021 due to large-scale renovation work.
- ●The Matsumoto City Museum is scheduled to be closed from April 1st, 2021 to September 30th, 2023 for relocation and new construction.
- ●Beginning in June 2021 the former Kaichi School building is scheduled to remain closed for about 3 years for earthquake retrofitting.

Matsumoto City Cycling Tour
Film Locations Spot Course (Renowned Spot)

This course follows famous scenes from Japanese manga and TV and Movie dramas set in Matsumoto City. Visit places that are loved by the locals, such as Agatanomori Forest and the Susuki River. The Susukigawa appears in the manga and movie Orange and the TV drama Hakusen nagashi. If you have ever read the manga or seen the TV drama before, try recalling the locations that appear on the course! You may even enjoy your ride more after watching the Orange movie, before or after you start cycling!

Distance	Total Ascent	Running time (approximate)
21.8km	307m	2.5hours

ROUTE

JR Matsumoto Station
↓ 3.7km (Total 3.7km)
Mt. Koboyama Tomb
↓ 3.5km (Total 7.2km)
Susuki River
↓ 1.0km (Total 8.2km)
Agatanomori Park
↓ 2.8km (Total 11.0km)
Karigane Soccer Field
↓ 7.0km (Total 18.0km)
Joyama Park Observatory
↓ 1.6km (Total 19.6km)
Former Kaichi School
↓ 1.0km (Total 20.6km)
Matsumoto Castle
↓ 1.2km (Total 21.8km)
JR Matsumoto Station

The Susuki River, (along with the Shinano River), is one of the most important waterways in Japan. It often appears flowing through Matsumoto City in the TV drama Hakusen nagashi and the manga Orange.

The view of the Northern Alps from the observatory is wonderful. There are also many postings of poetry and other works around this park.

Starting from Fukashi Castle which was built during the Eicho period of the Warring States period, Matsumoto Castele has become a National Treasure as the oldest extant five structure /six story castle in Japan.
Its contrasting black and white, against the shining Japanese Alps makes for splendid scenery.

RIDE WITH GPS

Matsumoto City Cycling Tour
City Tour Course

Enjoy a course that travels all around Matsumoto City and which highlights two of the city's national treasures: Matsumoto Castle and the Former Kaichi School. There are many one-way streets in Matsumoto, making bicycle travel here the most convenient!

Distance	Total Ascent	Running time (approximate)
9.2km	56m	2hours

ROUTE

JR Matsumoto Station
→ 1.0km (Total 1.0km)
Matsumoto Castle
→ 1.0km (Total 2.0km)
Former Kaichi School
→ 3.3km (Total 5.5km)
Matsumoto Folk Craft Museum
→ 2.1km (Total 7.6km)
Agatanomori Park
→ 0.6km (Total 8.2km)
Matsumoto City Museum of Art
→ 1.0km (Total 9.2km)
JR Matsumoto Station

RIDE WITH GPS

The Former Kaichi School, completed in 1876 (9th year of the Meiji period) is representative of both Japanese and Western architecture. This architecture is called Giyōfū and reassembles Western style in appearance, yet relies on traditional Japanese construction techniques.
It was designated a National Treasure of Japan in 2019 (1st year of the Reiwa Period).

Agatanomori is a place of relaxation for the locals. Consisting of Agatanomori Park with its beautiful large lawns and the Cultural Center inside the well preserved historical Matsumoto High School building, it is designated an important cultural property of Matsumoto City.

The Matsumoto Folkcraft Museum was built by the late Taro Maruyama and opened in 1962 (37th year of the Showa period). The museum consists mainly of Mr. Maruyama's personal collection of popular folk crafts.

Many bicycle events are often held in Matsumoto City. This means that there are many places to enjoy cycling. Breathe in the fresh air and the aroma of the four seasons, and stop to try healthy local foods along the way.
Naturally, cycling is the best way to get around during your visit to Matsumoto. Three different cycling courses are available based on distance and level of difficulty: "Stunning View Course", "Renowned Spot Course", and "City Tour Course". These courses connect national treasures such as Matsumoto Castle and the Former Kaichi School, but also contain many other fun stops around downtown Matsumoto.
The share cycle "HELLO CYCLING" with electric assist is very convenient for cycling inside the city. Now sport-type "E-bikes" are also available for rent. So even riders who are not fully confident in their physical endurance may still enjoy cycling all over the city.
We hope that you will enjoy cycling safely while exploring the city by bicycle.

Matsumoto City Next Generation Transportation Policy Review Committee
Bicycle Utilization Subcommittee Chairman Raita Suzuki

Enjoy cycling safely

Follow the rules and use good manners!

- ●As a general rule, bicycles must remain in the traffic lanes. It is forbidden to ride on most sidewalks. (Note: some sidewalks may allow bicycles)
- ●Ride single-file on the left side of the traffic lane.
- ●Obey all safety rules. Follow all traffic signs.
- ●Do not use your mobile phone while riding.
- ●Helmets are mandatory.
- ●Bicycle damage compensation insurance is required when cycling in Nagano Prefecture. Please be sure you have adequate insurance coverage.
- ●We have made cyclist's insurance mandatory for all cyclists in Nagano

Matsumoto City Accommodation and Tourist Information

There are many narrow streets in Matsumoto, typical of a "castle town". So it is more convenient to just leave your car in a parking area and explore the city sights by bicycle.

【Accommodation Information】

- Matsumoto Inn — https://visitmatsumoto.com/en/genre/stay/
- Asama Onsen Ryokan Association — http://www.asamaonsen.com/en/
- Asamaonsen Spa Tourism Association — https://asamaonsen.jp/en/
- Utsukushigahara Onsen Ryokan Association (only in Japanese) — https://www.mcci.or.jp/www/utsukushi/

【Tourist Information】

- Official Travel Guide of Matsumoto, Nagano, Japan — https://visitmatsumoto.com/en
- Matsumoto Tourism Convention Association (only in Japanese) — https://www.matsumoto-tca.or.jp/

Bike Share

Bicycles are easiest way to get around in Matsumoto city!

There are many narrow one-way streets and intersections in Matsumoto, typical of a "castle town". So it is more convenient to just leave your car in a parking area and explore the city sights by bicycle.

Easily accessible on your smartphone at anytime
HELLO CYCLING

This is a new service that allows you to rent and return a bicycle 24 hours a day, 7 days a week, as long as it is from a designated Hello Cycling station lot. Rent a bicycle at the nearest station and return it to the station nearest your destination. In Matsumoto city, Hello Cycling installations are located in front of Matsumoto Station's Castle Exit Square (East Exit) and the Matsumoto Bus Terminal, as well as some commercial facilities and hospitals.

◆Rental fee: ¥70 every 15 minutes.
Maximum of ¥1,000 per 12 hour period
◆Rental Time: 24 hours
◆Rental Station
You can check the station location map using the QR on the right. (External website)

HELLO CYCLING

Download this application first!

HELLO CYCLING
Bicycle share can be rented anywhere
App Store / Google Play

Please download the iOS or Android version from your smartphone. Enter your name, e-mail address, phone number, and password (8 or more alphanumeric characters), agree to the membership agreement and follow the steps.
*Yahoo!JAPAN ID or Facebook login available.
Credit cards accepted.

E-bike
E-bike Rental

Enjoy Norikura Highlands with an E-bike

Enjoy E-biking in Norikura which is THE destination for the hill climb! Experience the Norikura hill climb with a sport-type E-bike! Climb easily to the top of the mountain (2730m) with electric assistance and enjoy the nature and scenery of Norikura!

◆Rental fee: ¥5,000 for 1 day (Helmet included)
For those who do not have liability insurance, an additional ¥500 fee for insurance will be applied at the time of rental.
◆Rental Location: Norikura Tourist Information Center, 4306-5 Azumi, Matsumoto ☎+81-263-93-2326

●Caution●
*The temperatures near the summit are low even in summer, so be sure to bring warm clothing before climbing. *For those who are not used to riding a bicycle, please note that climbing a hill even with an electrically assisted bicycle may be difficult. Please do not over-exert yourself and ride safely at your own pace.

Norikura Tourist Information Center

Enjoy Matsumoto City with an E-bike

Please enjoy Matsumoto city with an E-bike using this Cycling Map! E-bike is easy!
Enjoy not just Matsumoto, but Azumino City by bicycle too!

◆Rental fee: ¥8,000 for 1 day (Helmet included)
◆For those who do not have liability insurance, an additional ¥500 fee for insurance will be applied at the time of rental.
●Rental Location: BIKE RANCH
Bike Ranch, 6-16 Shinbashi, Matsumoto
LIFE STYLE MARKET ☎+81-263-50-6884
●Caution●
Rental and return is only available during Bike Ranch operating hours.