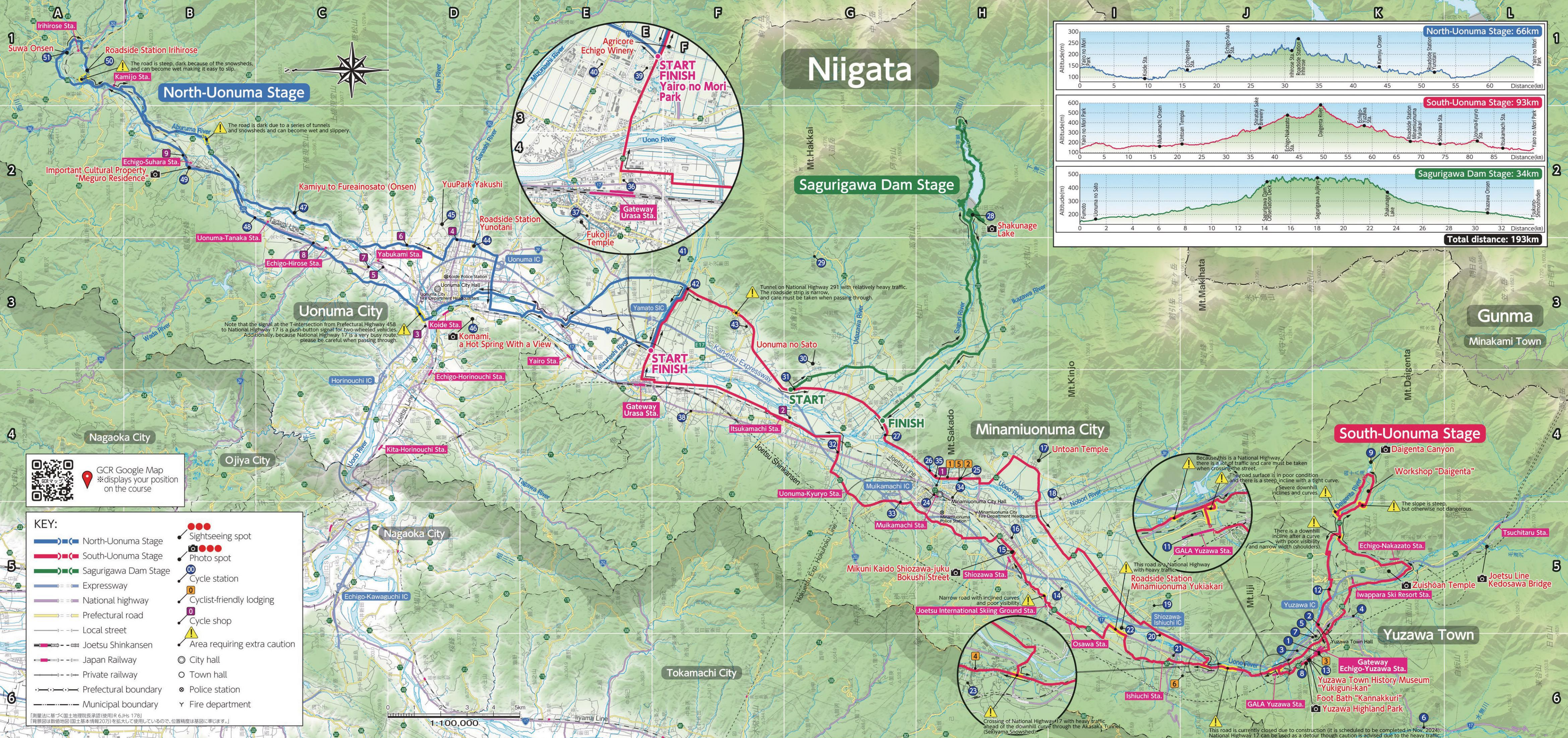




List of cycle stations

Area	Spot	Location	Telephone number
Yuzawa Town	K-6 ❶ West exit of Echigo-Yuzawa Sta. (Yukiguni Kankosha)	2431-1 Yuzawa, Yuzawa Town	025-785-5353
	K-5 ❷ Yuzawa Culture Center	628-1 Kandatsu, Yuzawa Town	025-784-1511
	J-6 ❸ Seven-Eleven Yuzawa-Rakuchou shop	1704-1 Yuzawa, Yuzawa Town	025-788-1370
	K-5 ❹ Seven-Eleven Chuetsu-Yuzawa-Kandatsu shop	1462-1 Kandatsu, Yuzawa Town	025-785-5547
	K-6 ❺ FamilyMart Yuzawa-Narayama shop	183-6 Kandatsu, Yuzawa Town	025-785-2210
	K-6 ❻ Roadside Station Mitsumata	1000 Mitsumata, Yuzawa Town	025-788-9410
	K-6 ❼ xraebsports shop	39-8 Kandatsu, Yuzawa Town	025-788-1788
	J-6 ❽ Yuzawa Kogen Panorama Park	490 Yuzawa, Yuzawa Town	025-784-3326
	K-4 ❾ Daigenta Canyon Campground	3064-17 Tsuchitaru, Yuzawa Town	025-787-3536
	Off Map ❿ Yamadorihara Park	Mikuni, Yuzawa Town	025-789-1666
Minamiuonuma City	J-6 ❶ GALA YUZAWA Ski Resort	1039-2 Yuzawa, Yuzawa Town	025-785-6421
	K-5 ❷ Yuzawa-Chuo Park	151-1 Tsuchitaru, Yuzawa Town	025-787-3388
	J-6 ❸ Yuzawa Museum of History and Folklore "Yukiguni-kan"	354-1 Yuzawa, Yuzawa Town	025-784-3965
	I-5 ❹ Seven-Eleven Chuetsu-Shiozawa-Chuo shop	390-1 Naka, Minamiuonuma City	025-783-3717
	H-5 ❺ Seven-Eleven Chuetsu-Shiozawamachi shop	471-1 Shiozawa, Minamiuonuma City	025-782-5052

Area	Spot	Location	Telephone number
Minamiuonuma City	I-4 ❶ Seven-Eleven Minamiuonuma-Hayakawa shop	164 Hayakawa, Minamiuonuma City	025-775-7775
	I-5 ❷ Ohara Sports Park	417 Manjoshinden, Minamiuonuma City	025-783-3533
	I-6 ❸ Uono-no-Sato	699 Ubashimashinden, Minamiuonuma City	025-783-6788
	I-6 ❹ Seven-Eleven Chuetsu-Shiozawa-Minami shop	1172-1 Seki, Minamiuonuma City	025-783-5031
	I-5 ❺ Roadside Station Minamiuonuma Yukiakari	855 Shimohtoichi, Minamiuonuma City	025-783-3377
	J-6 ❻ Ishiuchi Maruyama Resort Center	1699 Ishiuchi, Minamiuonuma City	025-788-0707
	H-4 ❼ MUSUBI-BA	91-2 Muikamachi, Minamiuonuma City	025-788-0552
	H-4 ❽ ryugon café	1-6 Sakado, Minamiuonuma City	025-772-3470
	H-4 ❾ Zenibuchi Park	399-1 Sakado, Minamiuonuma City	025-772-4973
	G-4 ❿ Seven-Eleven Minamiuonuma-Futsukamachi shop	258-1 Futsukamachi, Minamiuonuma City	025-773-3280
Uonuma City	H-2 ❶ Shakunage Tourism Center	745-48 Butai, Minamiuonuma City	025-774-2200
	G-3 ❷ Hakkaisan Ski Resort	1610 Yamaguchi, Minamiuonuma City	025-775-3311
	G-3 ❸ Uonuma-no-Sato(Hakkaisan-Yukimuro)	1051 Nagamori, Minamiuonuma City	025-788-0808
	G-4 ❹ FamilyMart Acorp-Fumoto shop	108-4 Fumoto, Minamiuonuma City	025-775-3715
	G-4 ❺ Seven-Eleven Minamiuonuma-Aokishinden shop	871-1 Aokishinden, Minamiuonuma City	025-776-2566
	G-5 ❻ Seven-Eleven Minamiuonuma-Yokawa shop	1748-3 Yokawa, Minamiuonuma City	025-772-8551
	H-4 ❼ Minamiuonuma Civic Hall	865 Muikamachi, Minamiuonuma City	025-773-6630

Area	Spot	Location	Telephone number
Minamiuonuma City	H-4 ❶ Disport Minamiuonuma	372 Sakado, Minamiuonuma City	025-773-6620
	E-4 ❷ Seven-Eleven Urasa-Ekimae shop	926-1 Urasa, Minamiuonuma City	025-777-2139
	E-4 ❸ Yukiguni Okunijman Kaikan	2467-2 Urasa, Minamiuonuma City	025-777-4535
	F-4 ❹ Seven-Eleven Chuetsu-Yamato-Minami shop	1623-1 Hitomura, Minamiuonuma City	025-777-5529
	E-3 ❺ Yaironomori Park	5483-1 Urasa, Minamiuonuma City	025-780-4560
	E-3 ❻ Lawson Uonuma-Kikan-Byoimae shop	4069-1 Urasa, Minamiuonuma City	025-777-3763
	F-3 ❼ Hakkaisanroku Cycling Terminal	70 Aragane, Minamiuonuma City	025-779-3230
	F-3 ❽ Seven-Eleven Chuetsu-Yamato-Kitasato-Street shop	435-1 Kurotsuchishinden, Minamiuonuma City	025-779-2838
	F-3 ❾ Hakkaisanson Shrine	4161 Osaki, Minamiuonuma City	025-779-2010
	D-3 ❿ Uonuma City Tourism Association	1144 Yoshida, Uonuma City	025-792-7300
Uonuma City	D-2 ❶ YuuPark Yakushi	643-1 Nanokaichishinden, Uonuma City	025-792-5554
	D-3 ❷ Komami, a Hot Spring With a View	2083-1 Aoshima, Uonuma City	025-792-8001
	C-2 ❸ Kamiyu Onsen	583 Kiyomoto, Uonuma City	025-799-3350
	B-2 ❹ Monozukimura	40-1 Mifuchisawa, Uonuma City	025-799-4801
	B-2 ❺ Meguro Residence	892 Suhara, Uonuma City	025-797-3220
	A-1 ❻ Roadside Station Irihoro	356-2 Otochiyama, Uonuma City	025-796-2500
	A-1 ❼ Suwa Onsen	12 Anazawa, Uonuma City	025-796-3033

Cyclist Friendly Lodging

Places to lock bicycles, laundry services, space to clean/work on bicycles, and information available.

[MAP H-4] ❶ Shunsai no Sho Sakadojo	292-4 Sakado, Minamiuonuma City ☎025-773-3333
● Long-term bicycle parking space free of charge for guests	● Daytime onsen 1000 yen, 500 yen for guests after check-out
[MAP H-4] ❷ ryugon	1-6 Sakado, Minamiuonuma City ☎025-772-3470
● Free access to the hot spring baths from 12:00 before check-in and until 15:00 after check-out for overnight guests.	
[MAP K-6] ❸ Echigo Yuzawa HATAGO Isen	2455 Yuzawa, Yuzawa Town ☎025-784-3361
● Free access to the hot spring baths from 12:00 before check-in and until 15:00 after check-out for overnight guests.	
[MAP J-6] ❹ Inoya Inn	104 Ishiuchi, Minamiuonuma City ☎025-783-2470
● Shower available anytime during your stay	● Drying room available
● Valuables lockers available	● Free parking available
[MAP H-4] ❺ Kinseikan Grace Court Realis	1-12 Sakado, Minamiuonuma City ☎025-772-2377
● Bicycle can be taken into the guest room	● Free long-term parking for regular and large vehicles
● Onsen 500 yen	● Free drinking water for refillable bottles
[MAP J-6] ❻ Mise Inn	2026 Ishiuchi, Minamiuonuma City ☎025-783-2532
● Mini tandem bicycle rental (2,000 yen / 3 hours)	

Bike Shops

[MAP H-4] ❶ Cycle Shop Sato	1775 Muikamachi, Minamiuonuma City ☎025-772-2320	On-site repair support
[MAP G-4] ❷ Bike Friend Shiokawa	265-13 Itsukamachi, Minamiuonuma City ☎025-776-2069	On-site repair support
[MAP D-3] ❸ Cycle Maintenance Stand	379-1 Tado, Uonuma City ☎025-794-5315	On-site repair support
[MAP D-3] ❹ Yunotani Jidosha Nanokaichi Branch	69 Nanokaichi, Uonuma City ☎025-792-0868	In-shop repair support
[MAP C-3] ❺ Motor Shop Yamashige	1568-1 Imaizumi, Uonuma City ☎025-799-3115	In-shop repair support
[MAP D-3] ❻ Sakurai Bike Shop	283-3 Hitoichi, Uonuma City ☎025-792-2259	On-site repair support
[MAP C-3] ❼ Sakurai Bike Shop Branch Store	9 Namiyanagi, Uonuma City ☎025-799-2475	In-shop repair support
[MAP C-3] ❽ Matsuda Bike Shop	99-16 Oiyagura, Uonuma City ☎025-799-2144	In-shop repair support
[MAP B-2] ❾ Tsubaki Ringyo Bike Shop	2947-Ne Suhara, Uonuma City ☎025-797-2133	In-shop repair support