

HAVE A GOOD CYCLE LIFE!



CYCLING MAP & RULES IN TOKYO

SENSOJI



TOKYO
METROPOLITAN
GOVERNMENT



TOKYO



TOKYO TOWER

SHARE THE ROAD

Special sponsor

The General Insurance Association of Japan

...

MIND THE RULES

More bike lanes are emerging.
Self-driven cars will no longer be just a dream.
But Japan is far, far too cramped.
So, here's though.
Think with your brain, but with your heart ,too.
Mind the rules...
but also your manners.
Be considerate – the trip will be shorter.
And safe.
A cord word for you and others who care :

SHARE THE ROAD

Be considerate - the trip will be shorter and safe.

...

SHARE THE ROAD Campaign Promotion Committee

SPECIAL SPONSOR

The General Insurance Association of Japan

SUPPORT

Tokyo Traffic Safety Association
Tokyo Good Manners Project

SECRETARIAT

IKIGAI Project

General Insurance Association of Japan

The General Insurance Association of Japan, with the purpose of contributing to the formation of a safe and secure society, is also a group extending their efforts to the prevention of traffic accidents.



Borrow share bicycles here:



DOCOMO BIKESHARE



HELLO CYCLING

Let's try it with a guide!



Cycling Holiday
Tokyo



TOKYO GREAT
CYCLING TOUR

For Izu Oshima tourism



Oshima Tourism Association

《 Five Rules for Safe Cycling 》

1

Use the road in principle
and the sidewalk as an exception.

2

Cycle on the left side of the road.

3

On the sidewalk, give way to pedestrians
and ride slowly on the side nearest to the road.

4

Obey the rules on road safety.

Cycling under the influence of alcohol is prohibited.
Double riding is prohibited.
Riding side-by-side is prohibited.
You must use lights at night.
Traffic lights must be obeyed.
Stop before entering an intersection.

5

Children must wear a helmet.

CYCLING RULES AND MANNERS

that may be difficult for visitors to understand

RULES AND MANNER-1

Stop Signs

Cyclists must come to a full stop at stop signs, and look both ways to check for oncoming cars before proceeding.



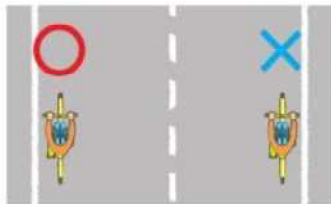
Vehicles and bicycles must come to a full stop. Look both ways before proceeding.

RULES AND MANNER-2

Bicycles ride on the left

Cyclist should ride on the left side on the street.

- Only the left side of the street should be used by cyclists.
- Cyclist must not obstruct pedestrians if riding inside the lines making pedestrian paths.



RULES AND MANNER-3

When riding on the footpath

Cyclists should come to a full stop at intersection, where visibility is poor, narrow roads meet wide streets, or where sidewalks come to an end, and then look both ways to check for safety before proceeding.



Reserved for pedestrians and cyclists only

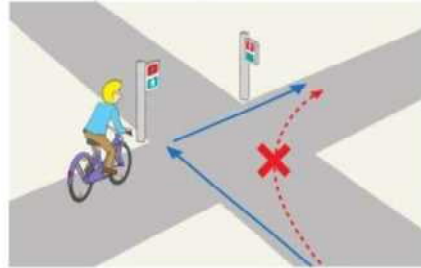


RULES AND MANNER-4

How to proceed through intersections

At intersections with traffic lights

When the light turns green, they cyclist should cross the intersection in a straight direction and come to a stop on the opposite side of the road with the bicycle facing right. When the light of the intersecting street turns green, they cyclist should proceed in a straight direction after looking both ways to check for safety.



At intersections without traffic lights.

The cyclist should look behind to check for safety, cross the intersection in the straight direction, then slow down to make a right-hand turn, and check for oncoming cars before proceeding.



RULES AND MANNER-5

No riding side by side

Cyclist must obey safety rules

riding side by side is prohibited



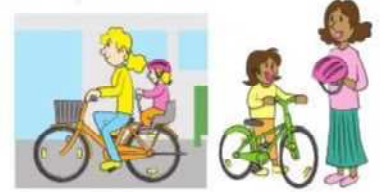
RULES AND MANNER-6

Wearing a helmet

Children must wear a bicycle helmet.

Parents and guardians must ensure that children wear a bicycle helmet in the following cases:

- When a child under the age of 6 is riding in the children's seat of a bicycle
- When a child under the age of 13 is riding a bicycle



RULES AND MANNER-7

No drink-riding



RULES AND MANNER-8

No unnecessary bell-ringing

cyclists should refrain from unnecessarily ringing bicycle bells at pedestrians on sidewalks. Pedestrians are given priority on sidewalks, so cyclists are expected to dismount their bicycle if necessary.



If you would like to know more, take a look at the Traffic Safety Guideline

- National Police Agency
- Japan Traffic Safety Association



The traffic rules and manners described in this brochure were made based on contents supplied by the Japan Traffic Safety Association.

TOKYO CYCLING COURSE MAP

RECOMMENDED CYCLING **4** COURSE

This map features four cycling courses including the area surrounding the Imperial Palace in the heart of Tokyo, an exploration of downtown, popular with foreign visitors, the Tama River route, a favorite of Tokyo cyclists, and Izu Oshima, a place where you can enjoy the charms of a secluded island despite still being in Tokyo. Tokyo is a place with a myriad of scenery and unique environments. Let's have a pleasant time riding while staying safe by obeying the traffic rules.

COUSE 1 Leisurely course around the Imperial Palace in the heart of the city [11.6km]

Starting at the Tokyo Station Marunouchi exit roundabout, this relaxed cycling course takes you around the abundant green of the Imperial Palace, onto Yasukuni Shrine, and through the business districts of Akasaka and Hibiya.

Leave from in front of the Imperial Palace.



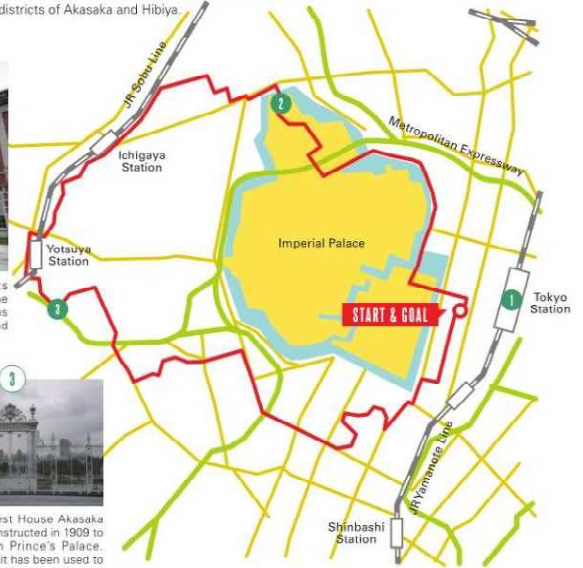
The Marunouchi station building, known for its distinctive red brick, was completed in 1914. After the disaster of 1945, it changed in appearance and was restored. However, only in 2012 was restoration and conservation construction properly completed.



The Nippon Budokan was completed in 1964 with the aim of popularizing the martial arts. At present it is often utilized for entertainment events such as concerts.

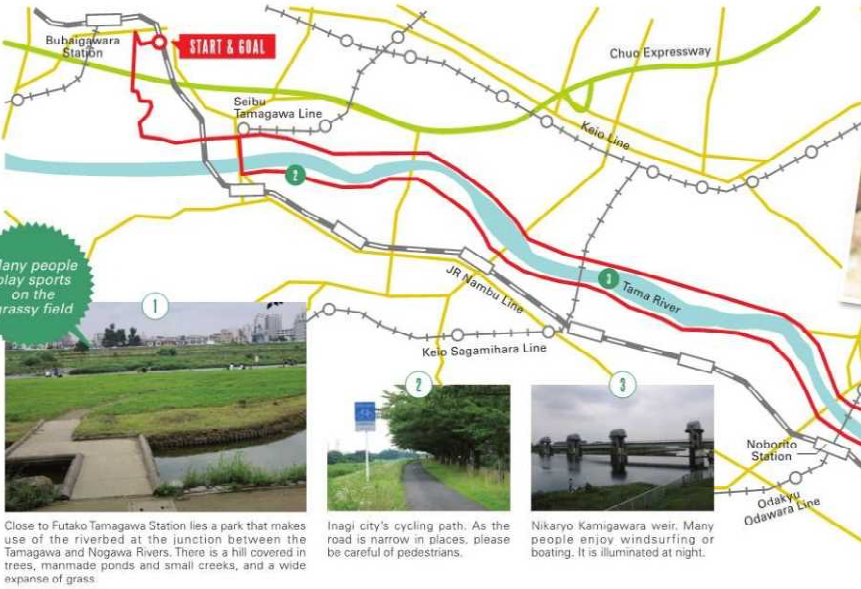


The State Guest House Akasaka Palace was constructed in 1909 to be the Crown Prince's Palace. Since the war, it has been used to accommodate state guests and hold banquets.



COUSE 2 Tama River cycling road [35.9km]

This cycling road along the river is loved by Tokyo cyclists. There are even 'share bicycles' at the origin of the route, Fuchuhommachi Station on the JR Musashino Line.



Many people play sports on the grassy field



Close to Futaba Tamagawa Station lies a park that makes use of the riverbed at the junction between the Tamagawa and Nogawa Rivers. There is a hill covered in trees, manmade ponds and small creeks, and a wide expanse of grass.



Inagi city's cycling path. As the road is narrow in places, please be careful of pedestrians.



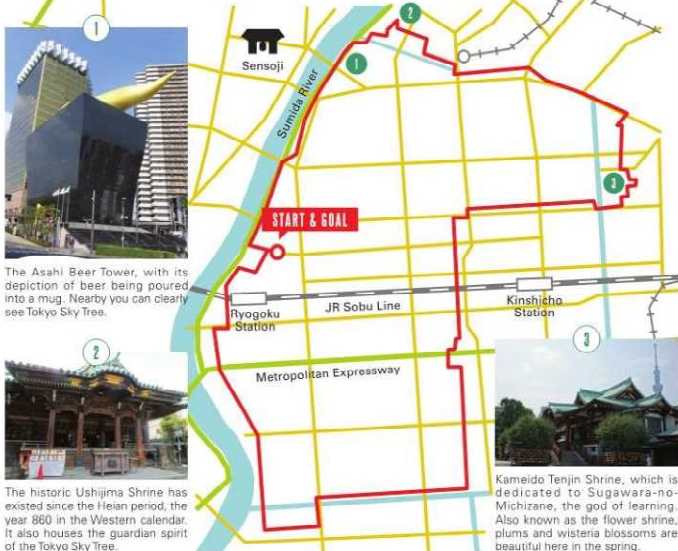
Nikaryo Kamigawara weir. Many people enjoy windsurfing or boating. It is illuminated at night.



A popular course for Tokyo cyclists

COUSE 3 Downtown Ryogoku and Asakusa tour [12.2km]

Ryogoku is the go-to area for downtown sightseeing in Tokyo. Crossing the river, you'll soon find yourself at Asakusa, and it's well worth the trip.



The Asahi Beer Tower, with its depiction of beer being poured into a mug. Nearby you can clearly see Tokyo Sky Tree.



The historic Ushijima Shrine has existed since the Heian period, the year 860 in the Western calendar. It also houses the guardian spirit of the Tokyo Sky Tree.



Kameido Tenjin Shrine, which is dedicated to Sugawara-no-Michizane, the god of learning. Also known as the flower shrine, plums and wisteria blossoms are beautiful here in the spring.

COUSE 4 Course following the perimeter of Izu Oshima [47.5km]

Oshima is the biggest of the Izu Islands. From Takeshiba wharf it is customary to cross by boat. One trip around the island is approximately 48km, and it is a trip worth making. There are many ascents and descents in the eastern section of the island.

You can enjoy bathing while taking in the ocean scenery.



Motomachi Hama Hot Spring is a public hot spring with an outdoor bath. From here, you can see the blue sea and the Izu peninsula stretching out straight ahead before you. Men and women can bathe together wearing swimsuits.



The Great Stratum Section. The "baum kuchen" stratum was discovered by accident when the road was constructed in 1953.

