

# Breathtaking views of the Sea of Japan, the Kubiki Mountains, and Japan's Early Railroad History!

## 能近距離欣賞日本海、頸城三山和日本舊鐵道的自行車道！

### About the Kubiki Cycling Road 久比岐自行車道是？

The Kubiki Cycling Road is a 32 km long cycle path which runs along National Route 8 and the Sea of Japan, connecting the cities of Itoigawa and Joetsu. It was built on the remains of the old Hokuriku Railroad and offers beautiful views of the Sea of Japan. On clear days you can even see Noto Peninsula or Sado Island across the sea! The name "Kubiki" is an old name for the Joetsu, Itoigawa and Myoko Region.

久比岐自行車道是利用舊國營鐵路北陸本線的線路，沿著國道8號所開通的自行車和行人專用道路。從上越市龜生岩戶到糸魚川市中宿全程約32公里，沿著海岸行走能感受到大海的美麗風光，在天氣晴朗的時候還可以望到佐渡和能登半島。「久比岐」是新潟縣上越地區（上越市、糸魚川市、妙高市）的舊稱，另可書寫成「頸城」。

### Kubiki Cycling Road 久比岐自行車道



### Beautiful Coastal Views 沿海的美麗景色



### Lawson Itoigawa Nakashuku 糸魚川中宿店



### Uramoto Station 浦本站



### Hayakawa River 早川



Enjoy crab and other riches of the sea, fresh from the two nearby ports!  
鄰近漁港，來享用新鮮的海產！

### Michi-no-Eki (Roadside Rest Area) Marine Dream Nou 道之驛 海之夢能生

**Restaurants** ■ 餐飲店  
**Fish Market** ■ 魚市場  
**Cycle Station** ■ 自行車站  
**Tools** ■ 工具

3596-2, Nou Kodomari, Itoigawa TEL.025-566-3456  
糸魚川市能生小泊 3596-2 FAX.025-566-3419

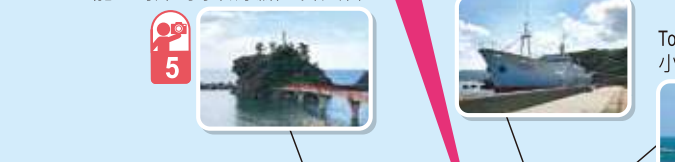
Fish markets, a hotel and more!  
魚市場、餐廳、住宿一應俱全

### Michi-no-Eki (Roadside Rest Area) Umiterasu Nadachi 道之驛 Umiterasu 名立

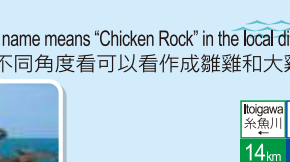
**Restaurant** ■ 餐廳  
**Fish market** ■ 魚市場  
**Hotel** ■ 住宿設施  
**Pool** ■ 游泳池  
**Cycle Station** ■ 自行車站  
**Tools** ■ 工具

4280-1, Nadachiomachi, Nadachi-ku, Joetsu  
上越市名立區名立大町 4280-1  
TEL.025-531-6300 FAX.025-537-2486

Nou Beach's famous Benten Rock 能生海岸的象徵景點，弁天岩



Tour the Etsuzanmaru, the local high school's former training ship 乘搭海洋高校的實習船「越山丸」



Tottoko-iva—its name means "Chicken Rock" in the local dialect 小雞岩，從不同角度可以看作雞雞和雞



Nou Fishing Port 能生漁港



This unusual station is inside a tunnel! 日本全國少有的隧道車站



Traditional Japanese Scenery 日本原始風景



Nou Beach 能生海水浴場



Hamatokuwa 濱徳台



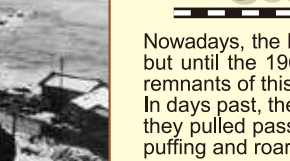
Japanese Scenic Road 日本風景街道



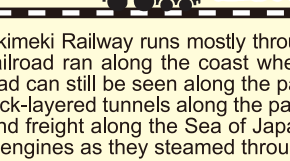
Nou Station 能生站



Hamatokuwa 濱徳台



Traditional Japanese Scenery 日本原始風景



Nou River 能生川



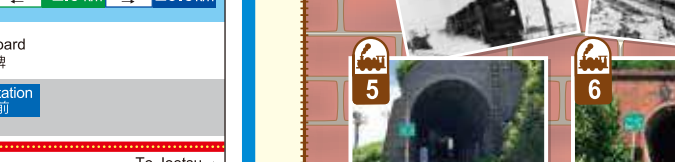
Hamatokuwa 濱徳台



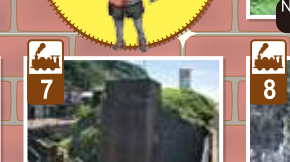
Traditional Japanese Scenery 日本原始風景



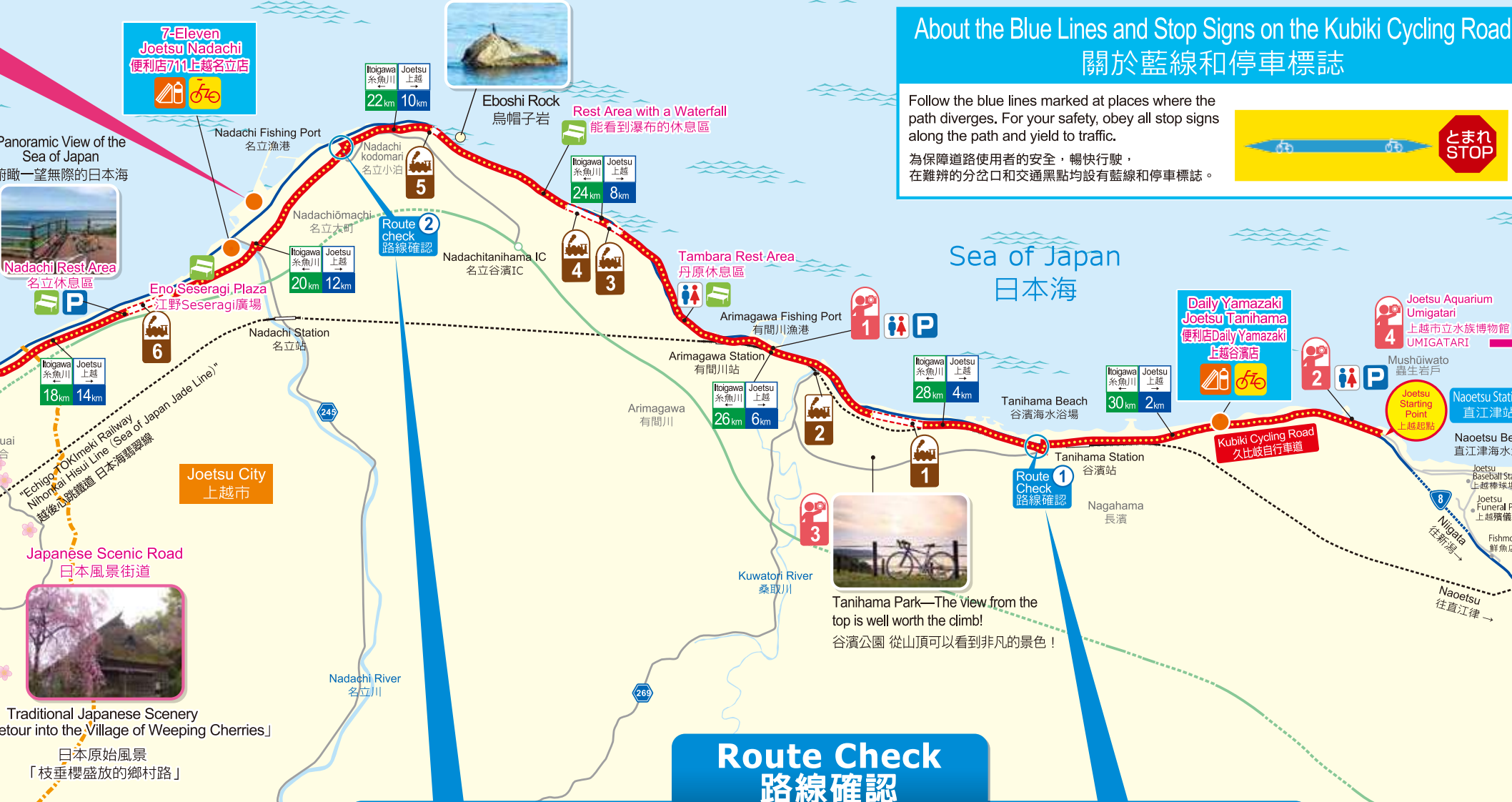
Nou Station 能生站



Hamatokuwa 濱徳台



Traditional Japanese Scenery 日本原始風景



### About the Blue Lines and Stop Signs on the Kubiki Cycling Road 關於藍線和停車標誌

Follow the blue lines marked at places where the path diverges. For your safety, obey all stop signs along the path and yield to traffic.  
為保障道路使用者的安全，轉快行駛，在難辨的分岔口和交通黑點均設有藍線和停車標誌。



### Route Check 路線確認

#### Route Check 2 Nadachitanihama IC Intersection 名立谷濱IC交叉路口



#### Route Check 1 Nagahama Underpass 長濱地下道



### Route Check 3 Uramoto Station Intersection 浦本站前交叉路口



### Kubiki Cycling Road 久比岐自行車道

Steam locomotives used to run on the Kubiki Cycling Road  
過去真的有蒸汽火車會在久比岐自行車道上奔馳？

Nowadays, the Echigo Tokimeki Railway runs mostly through tunnels carved deep through the mountains, but until the 1960s the railroad ran along the coast where the Kubiki Cycling Road now stands. Many remnants of this old railroad can still be seen along the path. In days past, the many brick-layered tunnels along the path were used by steam-powered locomotives as they pulled passengers and freight along the Sea of Japan through the Kubiki Region. Try imagining the puffing and roaring of the engines as they steamed through to their destinations.

越後心跳鐵道日本海翡翠線現時的軌路雖然離海岸線有一段距離，但原來的路線是沿著海岸線而行，即是現時的久比岐自行車道。久比岐自行車道上的一部份隧道和橋樑沿用了當時的紅磚，故此可以感受到當時的風貌。此外，當時行駛的並非電車而是蒸汽火車（SL）。一邊行走任自行車道可以一邊想像到SL當時馳行的樣子也是箇中樂趣。

### Remnants of the Old Hokuriku Railroad 古風古貌鐵道設施舊址

1 Nagahama Tunnel 長濱隧道	2 Old bridge foundation 紅磚橋墩	3 Aokizaka Tunnel 青木坂隧道	4 Ubatake Tunnel 乳母岳隧道
5 Torigakubi Tunnel 扇貝隧道	6 Onuki Tunnel 大坂隧道	7 Old bridge foundation 紅磚橋墩	8 Stone-covered retaining wall 護土牆
9 Momogawa Tunnel 百川隧道	10 Kodomari Tunnel 小泊隧道	11 Hakusan Tunnel 白山隧道	

### Icon List 圖示一覽

Route Check 0 交叉路口或馬路	Restaurant 餐飲店	Rest Area 休息區	Park 公園、遊玩設施
Remnants of the Old Hokuriku Railroad 保存舊北陸本線風貌的地點	Toilets 洗手間	Convenience Store 便利店	Parking 停車場
Tunnel 隧道	Cycle Station 自行車站		

## Enjoy the Kubiki Cycling Road Safely! 為了安全地享受騎自行車的樂趣

- **Be mindful of local residents and pedestrians**  
The Kubiki Cycling Road is often used by locals as a footpath. Keep to a reasonable speed and be mindful of others, especially young children and the elderly who might not notice you. Pedestrians always have the right-of-way, so get off your bike if necessary.
- **請注意久比岐自行車道某些路段會通過住宅範圍**  
住宅區內的自行車道，同時也被作為生活道路而使用，在該區行駛時請留意行人特別是長者及小孩，保持慢速前進。
- **Turn on your light when entering tunnels**  
7% of the Kubiki Cycling Road runs through tunnels. Stay visible and safe by keeping your light on.
- **在隧道中請打開車燈**  
久比岐自行車道全長約7%為隧道。在隧道中，為安全請打開車燈行駛。
- **Always wear a helmet** ● **請一定要戴好安全帽**

### Obey traffic rules ● 遵守交通規則

There are areas of the Kubiki Cycling Road which cross ordinary roads or where cyclists cannot be easily seen by drivers; always stop wherever indicated. Bicycles are subject to traffic laws, so always keep to the left and never cycle while intoxicated or using a phone.

在久比岐自行車道上存在與馬路相交的危險位置和視野盲點。在有「停車」標示和藍線的地方請務必停車查看四周交通情況。此外，行駛時嚴禁使用手機。請遵守交通規則和靠左行駛。

### Plan for an average speed of 10 kph ● 平均速度以10km/h為準

The average pace for cyclists is usually about 10 kph when factoring in stops, breaks and sightseeing. Plan your schedule accordingly. 除了騎行時間，連同中途休息、用餐和觀光時間計算在內，在計劃行程時建議平均速度為10km/h。

### Plan plenty of time for the return ride ● 為午後的行程預留更多時間

Bear in mind that you might be tired in the afternoon so give yourself plenty of time. 考慮到體力下降和回程路上起風等因素，請為回程預留更多時間。

### Plan around the slowest rider in your party ● 量力而為

If riding with small children or inexperienced cyclists, keep their physical ability and condition in mind when planning your ride. 在帶有小童的情況下，請考慮小童的體力和當日天氣情況彈性調整行程。

### Choose a reasonable destination ● 制定合適的路程

Keep in mind that you will have to make a return trip and plan accordingly. This is especially important when choosing downhill or downward destinations. 考慮到午後的風向和上下坡路，請留意往返所需的時候會有所不同。

### Rest regularly ● 請確保有足夠休息

It is advisable to take a break every 30 - 40 minutes. Take more frequent breaks depending on the weather and how fit you are feeling.

1. 每騎行30至40分鐘休息一次 根據當日體力和天氣情況增加休息次數。

2. Don't rest for longer than 5-10 minutes. Resting for too long can actually make you feel more tired.

2. 每次休息約5至10分鐘 如果休息時間過長可能反而會更疲勞。

3. Take drink breaks regularly, but also bring sweets, chocolates or energy supplements to keep up your energy

Drink before you start feeling thirsty. Drink sports drinks or other sources of sodium on hot days or if you sweat a lot.

3. 休息時補充水分和能量 騎行時請定時補充水份，不要等到口渴時才喝水。休息時進食巧克力、糖果、能量棒等補充能量。

### Coping with heat and cold ● 炎熱、寒冷時的對策

1. Keep your neck protected

When your neck is exposed to the sun for many hours, you may start to feel sick. Wrap a towel around your neck to protect it.

1. 請保護脖頸 脖頸如果果長時間受到太陽照射，會引致身體不適。騎行時請使用毛巾等保護脖頸。

2. What to do on a cold day

Wear warm, comfortable clothing, such as a windbreaker and sweat pants. Wear gloves and thick socks to keep your hands and feet warm.

2. 天氣寒冷時的防寒對策 請穿著易於運動、防風防寒和吸濕排汗的衣服。另外，配戴手套和厚襪以手指和腳趾保暖。

## Sights and Activities along the Kubiki Cycling Road Joetsu City Tourist Information 久比岐自行車道周邊的景點和活動 上越市的旅遊資訊

### 1 Arimagawa Fish Arena 有間川 Fish Arena



A uniquely designed rest facility inside the Arimagawa Fishing Port. 設有釣魚竿出租，可以悠閒自在地在海邊釣魚。

Open 營業時間: 4/1~11/30 8:30~17:00, 12/1~3/31 8:30~12:00

Admission 費用: Free, Parking Information 停車位數量: about 50 cars

Toilets 洗手間: 有

Location 地址: 1014-6, Oaza Arimagawa Aza Hirahama, Joetsu

Inquiries 查詢: TEL: 025-526-5111

### 2 Ocean Fishing Center 海洋釣魚中心



A great place for fishing! Rentals available. 設有釣魚竿出租，可以悠閒自在地在海邊釣魚。

Open 營業時間: 9:00~17:00

Admission 費用: Check opening days on the website

Toilets 洗手間: 有

Location 地址: 719, Mushuiwato, Joetsu

Inquiries 查詢: TEL: 025-544-2475

### 3 Tanihama Park 谷濱公園



This expansive hilltop park features panoramic views of the Sea of Japan and Joetsu City's largest jungle gym as well as ropeways, swings, seesaws, spring riders and more! Also enjoy the barbecue and picnic area as well as Niigata's largest dog run, all free of charge!

Open 營業時間: 24 hours a day

Admission 費用: Free

Toilets 洗手間: 有

Location 地址: 294, Nishitono, Joetsu

Inquiries 查詢: TEL: 025-526-5111

### 4 Joetsu Aquarium Umigatari 上越市立水族博物館UMIGATARI



Opened in June 26, 2018, this aquarium features stunning panoramic views of the Sea of Japan. Inside the aquarium enjoy watching bottlenosed dolphins display their physical prowess or come face-to-face with the adorably playful beluga whales.

Open 營業時間: 9:00~17:00

Admission 費用: Adult ¥1,800, High school student ¥1,100, Junior high school and elementary school student ¥900, Infant (4 years old and over) ¥500, Senior (65 years old and over) ¥1,500

Toilets 洗手間: Men's, Women's and Accessible

Location 地址: 2-15-15, Gochi, Joetsu

Inquiries 查詢: TEL: 025-543-2449

### Joetsu Tourist Navigator



Umikun, Katarin

QR code for Joetsu Tourist Navigator

## Sights and Activities along the Kubiki Cycling Road Itoigawa Tourist Information 久比岐自行車道周邊的景點和活動 糸魚川市的旅遊資訊

### 5 Benten Rock 弁天岩



Walk across the vermilion Akebono Bridge to beautiful Benten Rock. This volcanic island has long been sacred to the local sailors—the island's Itsumakura Shrine is dedicated to the goddess of the sea.

Open 營業時間: 24 hours a day


Admission 費用: Free

Toilets 洗手間: 有

Location 地址: Nou, Itoigawa

Inquiries 查詢: TEL: 025-566-2214

### 6 Daiō Hydrangea Garden 大王繡球花園



Over 1200 hydrangea bushes bloom each June in this 1,000 square meter garden which overlooks Benten Rock and the Sea of Japan.

Open 營業時間: 9:00~18:30

Admission 費用: Free

Toilets 洗手間: 有

Location 地址: 7252-1, Nou, Itoigawa

Inquiries 查詢: TEL: 025-566-2214

### 糸魚川觀光ガイド



For more info about Itoigawa visit us online!

QR code for Itoigawa Tourist Guide

### 8 Nou Hakusan Shrine 能生白山神社



Said to be founded over 2000 years ago, Nou Hakusan Shrine has a rich history. The sacred forest of Mt. Oyama is home to many unusual plants as well as the beautiful himemaru cicada.

Open 營業時間: 全年

Admission 費用: Free

Toilets 洗手間: 有

Location 地址: 7238, Nou, Itoigawa

Inquiries 查詢: TEL: 025-552-1511

### 9 Fishing Village of Tsutsuishi 筒石排屋



There has long been a flourishing fishing industry in Tsutsuishi. Even today it is home to one of the largest fishing ports in the region.

Open 營業時間: 全年

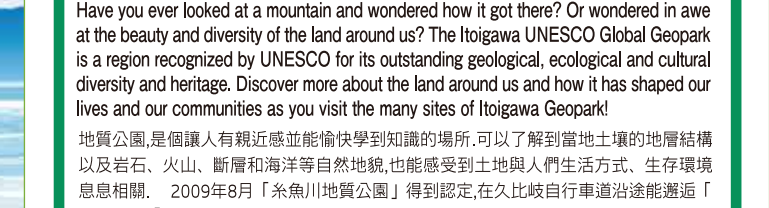
Admission 費用: Free

Toilets 洗手間: 有

Location 地址: 7238, Nou, Itoigawa

Inquiries 查詢: TEL: 025-552-1511

### Itoigawa UNESCO Global Geopark 糸魚川聯合國教科文組織世界地質公園



Have you ever looked at a mountain and wondered how it got there? Or wondered in awe at the beauty and diversity of the land around you?

QR code for Itoigawa UNESCO Global Geopark


### Getting to Kubiki Cycling Road from Naoetsu Station 直江津站~久比岐自行車道交通路線圖



Distance: about 4km Time: about 20min

Gozu Tunnel and Route 8 are too dangerous for cyclists because of heavy traffic and narrow shoulders.

### Getting to Kubiki Cycling Road from Itoigawa Station 糸魚川站~久比岐自行車道交通路線圖



Distance: about 6km Time: about 25min

Alps Route (Larger Roads / Few Turns)

Sea of Japan Route (Cycle through old town and along the sea)

# KUBIKI Cycling Road

### Sea x Railroad x Mountains 海×鐵道×山



### Kubiki Cycling Road 久比岐自行車道

Niigata Prefecture 新潟縣

久比岐自行車道 久比岐自行車道 PPR在詳情

### Kubiki Cycling Road Guide Map 久比岐自行車道 指南地圖

### Cycle Stations 自行車站

These Cycle Stations provide free services to riders along the Kubiki Cycling Road. In addition to bicycle stands, you can borrow pumps, tools and use restrooms at any of these stations.

#### Services Available 提供的服務

- Bicycle stands 自行車停放處
- Bike pumps (Dunlop/Schrader/Presta Valves) 充氣筒(英美法式氣嘴) 出借
- Repair tools 修理工具出借
- Restrooms 洗手間

#### List of Cycle Stations 自行車站一覽

Daily Yamazaki 便利店	1412, Mushuiwato, Joetsu
Umiterasu Nadachi 道之驛	4290-1, Nadachimachi, Nadeshiko, Joetsu
7-Eleven Joetsu Nadachi 便利店	3970-1, Nadachimachi, Nadeshiko, Joetsu
Marine Dream Nou 海之夢 能生	3596-2, Nou Kodomari, Itoigawa
7-Eleven Itoigawa Nou Onibushi 便利店	5583, Oaza Onibushi, Itoigawa
Lawson Nakashuku 便利店	519-1, Oaza Nakashuku, Itoigawa

### Rent-a-Cycle 租借自行車

Itoigawa Station South Exit (Alps Side) 糸魚川站阿爾卑斯口(南出口)

Itoigawa GeoStation GeoPal 阿爾卑斯口綜合觀光案内所

TEL: 025-555-7344

Hours 營業時間: 9:00~18:00 (desk closes at 17:00)

Rental Fees 租車費: Utility bike (three speed) ¥500/3 hours, Electric pedal-assisted bike ¥500/1 hour, Hybrid bike ¥500/1 hour, Children's bike (reservation required) ¥400/3 hours, 普通車(3段變速) 3小時 500日圓/1天 2000日圓, 電動助力自行車 1小時 500日圓/1天 2000日圓, 越野公路車 1小時 500日圓/1天 2000日圓, 越野公路車 400日圓/3小時 1天 900日圓

Itoigawa Station North Exit (Sea of Japan Side) 糸魚川站日本海口(北出口)

Ito Bicycle Shop 伊藤商會

TEL: 025-552-0239

Hours 營業時間: 9:00~18:00 (desk closes at 17:00)

Rental Fees 租車費: Utility bike (three speed) ¥500/3 hours, Electric pedal-assisted bike ¥500/1 hour, Hybrid bike ¥500/1 hour, Children's bike (reservation required) ¥400/3 hours, 普通車(3段變速) 3小時 500日圓/1天 2000日圓, 電動助力自行車 1小時 500日圓/1天 2000日圓, 越野公路車 1小時 500日圓/1天 2000日圓, 越野公路車 400日圓/3小時 1天 900日圓

### Having trouble? Don't panic! 如遇突發情況請保持冷靜

In the event of an accident, injury or sudden illness, ask nearby people for help and contact emergency services using the numbers below:

Obey all traffic rules and ride safely! 請遵守交通規則

### Emergency Contact Numbers 緊急聯絡電話

Accident 事故 Police 110 警察 110	Injury or Illness 受傷, 感到不適 Emergency Services 119 救護服務 119
-------------------------------	--

Kubiki Cycling Road Maintenance and Management 有關久比岐自行車道的維修、管理

Tokada River Highway Office, Ministry of Land, Infrastructure, Transport and Tourism 國土交通省河田川国道事務所	Joetsu Regional Development Office, Niigata Prefecture 新潟縣上越地域振興局	Itoigawa Regional Development Office, Niigata Prefecture 新潟縣糸魚川地域振興局	Itoigawa City Hall 糸魚川市役所(市政府)
025-523-3136	025-526-9512	025-553-1971	025-552-1511

### Rin Kubiki 久比岐 凜

Facebook, Twitter

Produced by: Kubiki Cycling Road Attractiveness Improvement Committee

Regional Development Section, Planning Promotion Department, Niigata Prefecture Itoigawa Regional Development Office

025-553-1843 (Mon - Fri: 8:30-17:15) (週一至週五8:30~17:15)

Published October 2018 發行: 2018年10月