

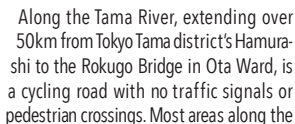
# 遊

Activity

**An invigorating  
cycling course**



Along the Tama River, extending over 50km from Tokyo Tama district's Hamurashi to the Rokugo Bridge in Ota Ward, is a cycling road with no traffic signals or pedestrian crossings. Most areas along the Tama River lack revetments, affording this cycling course close-up views of river waters and greenery. The distant view of skyscrapers and Mt. Fuji also make for a unique luxury. The course is mostly flat and suitable for cycling beginners.



**Higashiyamato**  
**Tama Lake Cycling Road**



**Around Tama**  
**Tama River Cycling RoadResidence**

 **Also worth visiting**



Okutama machi

**TREKKLING**

A rental bicycle store that offers a wide range of bikes for all cyclists from beginners to experts. Bikes can also be dropped off at destinations.

🏠 197, Hikawa, Okutama machi  
🕒 9:00-17:00 (15:00 Lending) / Open on Saturdays, Sundays, Holidays



Akiruno

**Tokyo Ura-Yama Base**

An outdoor activity / local tourism base located by the entrance to the Akigawa Valley. The facility offers bike rentals and places to shower.

🏠 4 Tateya, Akiruno-shi 🕒 9:00-17:00 / Closed on Tuesdays



Hinohara mura

**Hinoharide Rental Cycle**

Rents electric motor assisted bicycles at the entrance to the famous Hossawa Falls. Ideal for sightseeing in Hinohara Village, which has many slopes.

🏠 5493 Hinohara-mura, Nishitama District (Restaurant Shiki no Sato)  
🕒 9:30-15:30 / Closed on Mondays