

rare ria costal area on the Sea of Japan. As a gateway to he sea, the unique geography provided a natural harbor that sea and the ancient capitals of Nara and Kyoto. The area was often called miketsukuni (lit. land of delicacies), as it was a big supplier of seafood for the capital. In particular, saba mackerel) became a part of Kyoto's culinary culture. The network of routes used to transport these products from Nakasa to the capitals came to be known as the Saba Kaido

These scenic seaside areas, now Obama and Wakasa, have preserved a diversity of culture and traditions rooted in the ncient sea trade and seen in the townscapes, temples and shrines, festivals, and gastronomy

### **№** Cycling Etiquette

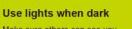
Five Rules for Safe Cycling in Japan

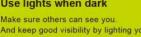
lit. "Mackerel Road").



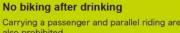














Wear helmets



1) The Oldest and Shortest Saba Kaido Route Over Harihata Pass A precipitous yet beautiful trail where food was transported long ago





### Hanase Pass & Onyu Pass (花脊峠 & おにゅう峠)

This course features two 800-meter-class Along the Saba Kaido routes, there are a sea of clouds. From the top of the pass, historic shrines, etc. the Sea of Japan can be seen in the

Sato-no-Eki Ohara (里の駅 大原)

Farmers' market located in a peaceful

farming village. In addition to locally-grown

fresh every morning, made from sticky

mochi rice. The mochi with Ohara-grown

am - 4 pm / Restaurant 9 am - 3:30 pm

Mon ♥075-744-4321 ♥D16



ountain passes. Climb about 500 meters many mountain villages that served as steeper up the second half. Heading up to beautiful rustic scenery of traditional Onyu Pass, there's a popular viewpoint for homes, terraced fields of former farm land,

In particular, from Kumagawa-juku post town onward, you can enjoy the authentic vestiges of the Saba Kaido roads.

A flow of culture and cuisine between the sea and the capital

Zone Distance: 77.1 km Approx. Duration: 7 hr. 40 mins Activity Level: Advanced

2 Wakasa Kaido, Main Route of the Historic Saba Kaido Roads

The Wakasa Kaido was the most heavily trafficked of all the Saba Kaido roads. Mackerel from the Wakasa Bay was transported on this route to the old

capital of Kyoto, from Onyu to Kumagawa, Kutsuki over the Hanaore Pass, Ohara and finally Kyoto. On this cycling course following the historic route,

you'll ride a distance of 77 km from Kyoto to Obama. You'll mainly stay on the national roads, with occasional old paths offering a bit deeper adventure.



## (遠敷の町並み)

over around 6 km on Hanase Pass, ancient transit stops. You'll see the second half Hading up to



## (ふるさと茶屋清右ヱ門)

The Onyu area served as a junction of A community center in a renovated Wakasa Kaido and Harihata Pass. Once 200-year-old house along the route. Rest this was the political and economic center tours and various events are also held here. of Wakasa, with a nationally appointed 910am - 4pm (Open on Sat, Sun & temple and large shrine. Even today, national holidays. Contact for other days) late-Edo and Meiji buildings remain, 09090-3296-2816 (Onyu Tango Kaido creating a strong atmosphere of the Machinami Preservation Promotion

Kumagawa-juku Post Town

argest post towns of the Wakasa

ido, the busiest the various Saba

aido trade routes. Just one street off

om the national road, you'll enjoy the

storic townscape, nationally designated as an important

reservation district. There are also cafes and stores occupying renovated

traditional buildings. The nearby

roadside rest is the entry point to visit

\* This course consists of high traffic roads and a number of tunnels

Wakasa Town

Shiga Pref.

Takashima City

Nantan City

### Wakasa Bay (若狭湾)

Surrounded by the Tango Peninsula and Cape Echizen, this bay features the only coastal ria on the Sea of Japan coastline. A natural harbor, blessed with abundant marine life. Mackerel has been the dominant catch here for centuries, and as the nearest port to continental Asia from the old capitals, it was the start point of the

Shiga Pref.

Takashima/

City

Kyoto Pref.

Otoba

Wakasa

Town



On this course, you'll explore the origin point of the Saba Kaido, featuring the popular stretch of the kaido from Kumagawa-juku to Obama, and port towns along the coast. Starting on the old path toward Uriwari Falls, you will see the area's rich marine ecosystem sustained by natural springs that support the local communities. Try the local specialty, yakisaba (grilled mackerel) around the fishing port, then head to the tip of the Uchitomi Peninsula. From Ano to Tagarasu, ride through a number of small fishing villages along the ria coast. The best course to immerse yourself in the deep culture of the historic Wakasa port town, which remains today an important fishing center of Japan.

Zone Distance: 46.3 km Approx. Duration: 3 hr. 45 mins Activity Level: Intermediate



This waterfall rushes from the springs of Tentokuji Temple in Wakasa. The name, Uriwari (lit. "gourd cracking"), came from in Japan, and a popular spot for drawing water (¥300 fee for water drawing). 00770-62-0186 (Meisui-no-Sato) SE6



### Wakasa Bay & Fishing Villages Mackerel Heshiko & Narezushi (若狭湾と漁村集落)

offer a scenic and relaxing stay.



## (鯖のへしこ・なれずし)

Along the outer side of Uchitomi The local delicacy, narezushi is made with Peninsula, Wakasa Bay is encircled by great care in Tagarasu. First, winter the frigid water known to crack gourds left fishing villages, each located on a small mackerels are pickled for a year in rice bran cooling there. One of the 100 Best Waters natural cove of the ria coast. The bay is a and salt to make heshiko, which is then vital supplier of seafood, especially fermented in koji mold and rice to make famous for farming saba and fugu. narezushi. Heshiko has bold umami flavor, modations in these quiet villages but narezushi has even stronger cheese-like flavor. Find heshiko at shops here.





## (5) Obama Historic Townscape and Ancient Temples and Shrines Enjoy historic spots in rural landscapes of "the seaside Nara" Zone Distance: 15.5 km Approx. Duration: 1 hr. 5 mins Activity Level: Entry

Wakasa, the gateway to the Sea of Japan, has been home to a diversity of culture connecting the ancient capitals and continental Asia through the Saba Kaido, giving rise to many valuable shrines and temples. The junction area, Onyu, was also once home to the provincial government, which led to the establishment of the two largest local shrines, Wakasahiko-jinja Shrine and Wakasahime-jinja Shrine. On this 15 km course starting from JR Higashi-Obama Station, you'll enjoy Onyu's nistoric townscapes, and seasonal attractions at temples and shrines.



### Myotsuji Temple (明通寺)

statues selected as important cultural spectacular view overlooking the garden. ○0770-57-1355 Qe4. D6



Founded in 806 by the shogun, Sakanoue A popular temple with a beautiful. This temple shows a deep link between o Tamuramaro. The main hall and landscape garden and autumn foliage. Wakasa and the ancient capital. The three-story pagoda are designated as Designated as a national place of scenic Omizutori (water drawing) festival of national treasures, and there is a beautiful beauty, enjoy azaleas from May to June Nara's Todaiji Temple involves a rden with seasonal colors. The temple and momiji maple in mid-November at the ceremonial water drawing that is believed houses many treasures including Buddhist temple garden. The main hall also offers a to have been sent 10 days earlier by the Omizu Okuri (water sending) festival, here released into the Onyo River. 29 am - 4 pm@¥500 @0770-56-1911 @c4, C6



### 6 Historic Port Town of Obama as Entry to Saba Kaido Explore the history of a major port town, connecting the sea to the capital Zone Distance: 9.6 km Approx. Duration: 40 mins Activity Level: Entry

◎9 am - 5 pm ◎¥400 ◎0770-56-2308

Mantokuji Temple (萬德寺)

On this course, get a look into local history and community life. As the start of the Saba Kaido, as well as a stop on the Tango Kaido from Echizen to Tango, the part of this area called Nishigumi District thrived with districts for merchants, teahouses, temples, and many traditional townhouses that preserved to this day. Explore the deep local connections with Kyoto in the quiet port town of Obama that developed with a great diversity of culture.



features. Qa2, A5



## Sancho-machi Street (三丁町) GOSHOEN



This district thrived with popular teahouses This was originally a villa of the since ancient times. Even today, there are Furukawaya merchants, who made their old traditional teahouse style ryotei fortune in transport on the major medieval restaurants still operating. Discover the Kitamaebune shipping route. The building local street each year in August for the influence of Kyoto in the historic was renovated and opened as a Jizo Bon Festival, a regional festival that townscape, such as traditional community center, GOSHOEN, which vnhouses with rust-colored bengara houses a stylish café and shared working latticework and other unique Kyoto space. ♥10 am - 5 pm ♦Wed / Thu ♥b1, B4



made its way here from Kyoto. Ob1, B4





## ③Route to Five Lakes of Mikata via Wakasa Seacoast

A quiet lakeside route with plum groves and five lakes of different hues Zone Distance: 74.1 km Approx. Duration: 6 hr. 50 mins Activity Level: Intermediate

Kutsuki Onsen Tenku

From the open-air bath, Tengu-no-Yu, you

The tengu is a creature of ancient lore and

there are tengu-related stories in this

Saba Kaido on his way to the capital.

(Green Park Omoide-no-Mori) QG9

may be a foreigner seen traveling the

〈くつき温泉 てんくう〉

vegetables, there's mochi rice cake served can look out at the mountains of Kutsuki.

shiso (red perilla) is a must-try! SMarket 9 region. The inspiration for this creature Elev<sub>400</sub> Ky



Starting from Kumagawa-juku Post Town, this course heads toward Five Lakes of Mikata, a source of fish for the capital. Eel from this area became a local specialty, valued in Kyoto during the Edo period. The course starts from the rural Toba River area, and then goes through Tagarasu, offering beautiful views of Wakasa Bay. Finally, reach Five Lakes of Mikata via a series of tunnels. Ride promenades around the lakes through peaceful nature, lined with plum groves, offering wonderful fragrance to early spring visitors. Each lake has a unique environment, such as the sea-linked Lake Kugushi and Hiruga, as well as Lake Suigetsu, famous for rare layered varved deposits.



## Five Lakes of Mikata (Mikata Goko) 〈三方五湖〉

These lakes are known as Five Lakes of Mikata are tender, rich, and nutritional, as Mikata. Their varying salinity levels and the lakes give them plenty of natural food unique properties give them different sources. This unagi has long been a hues, resulting in their name which means "five-colored lakes." During medieval Jyakushu Unagi during the Edo period. Try times, fishing and shipping industries delicious eel dishes served at some of this prospered here. The area is also known area's unagi restaurants. as a major producer of plums. OF2



The unagi (eels) from Five Lakes of

popular favorite in Kvoto, known as

Vakasa Mikata Jomon Museum

Varve is a type of layered sediment deposit found on the bottom of lakes, ntaining plankton and other ancient organisms. The varve discovered in Lake uigetsu is marked as the longest in the orld at 45 meters in length (70,000 years of accumulation). Learn about this amazing artifact at these adjacent seums. ♥9 am~5 pm ♥Tue ♥Adult ¥500 \$0770-45-0456 @F3



## **7**Scenic Hill Climb Course Overlooking Saba Kaido Entry Port Head up the Angel Line Drive for the best view in all of Obama!

After about 7 km from Obama Station, you'll see Uchitomi Peninsula with the mountain ridge of Kusuyagadake on your left. Follow the Angel Line Drive from here, a 10 km scenic road with 600-meter elevation. This route has a series of very steep slopes with inclines of 6 degrees and more, but the higher you climb, the more amazing glimpses you'll catch of the fantastic scenery ahead. At your goal, the panoramic view from the observation deck is truly the best in Obama. Look out across the sea and you may detect traces of the ancient trade route.



## (箸のふるさと館 WAKASA)

sold at the showroom here. 99 am - 5 pm sunset over Obama Bay if you can. Holiday - 4 pm Thu 0770-52-1733 B4 7 am - 7 pm (Apr - Nov) A3



### hi no Furusato Kan WAKASA Angel Line Summit Parking Lot Sotomo Arch Scenic Coastlin 〈エンゼルライン山頂駐車場〉

The Wakasa Obama area is a major From the parking lot at the top of Ascenic 6 km landscape of strange rocks eggshells for an elegant touch. 3,000 unique bay landscape and blue sea create (Sotomo Arch Scenic Coastline Cruise



producer of lacquered chopsticks with an mountain, you can see panoramic view of and caves created by wave erosion along 80% domestic market share. Chopsticks both Obama Bay and the Sea of Japan. Uchitomi Peninsula's northern coast. Take a here are made with traditional lacquer On a clear day, you can see further to cruise boat from the fisherman's wharf for techniques, including abalone shells and Cape Echizen and Tango Peninsula. The the best view of this beautiful landscape. designs of such pieces are displayed and 🛾 a spectacular view. Catch a breath-taking 🛮 😂 9:30 am - 3:30 pm 🕏 Dec - Feb 🔇 Adult ¥2,200 / Child ¥1,100 0770-52-3111



## Saba Kaido Cycling Map of Obama City and Wakasa Town

Ote, Obama City, Fukui Prefecture 917-858 TEL: 0770-53-1111 late of Issue: January 2023



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Accommodation in Cultural Assets

Yao-Kumagawa Stay & Explore (八百熊川

## Obama Machiya Stay (小浜町家ステイ)



### Matsunaga Rokkan (松永六感)



## III Museums

●Wakasa History Museum 〈福井県立若狭歴史博物館〉

●Kumagawa-Juku Shukubakan (若狭鯖街道鵝川宿資料館

•Sabakaido Road Museum (Wakasa Town) (鯖街道ミュージアム ●Sabakaido Road Museum (Obama City) (鯖街道ミュージアム)

 Miketsukuni Wakasa Obama Food Culture Museum (御食国若狭おばま食文化館)

enue also has a public bath. ②a1, B4

## Surrounding Area Information

# SABAKAIDO

Keinawa Cycling Road Cource Map Kizu River Zone



ssued by: Kyoto Prefecture

BIWAICHI Cycling Map of Lake Biwa



