

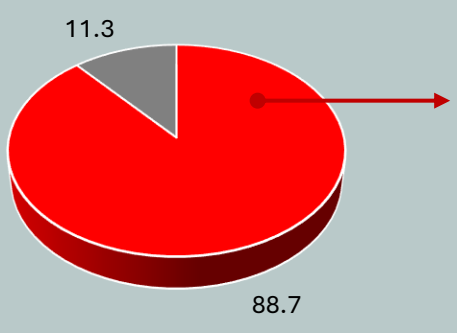
Perspectives about Cycling in Japan

*Survey conducted in partnership with **Japan Cycling Navigator Group** on Facebook.*
Data collection: 20-29 April 2026. Total sample: 71.
Note: While this is not a representative sample of the international cycling community, it offers valuable perspectives for those interested in cycling in Japan. Key insights from this survey will also be featured in an upcoming book about Japan, scheduled for release in late 2026. We thank all Group members who completed the questionnaire!

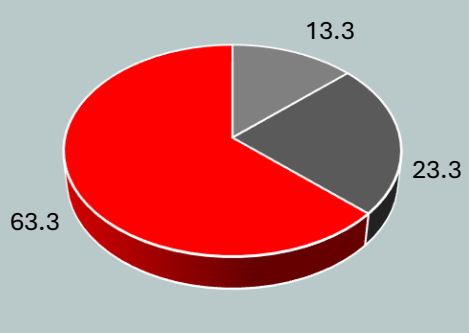


Most participants in the survey provide their feedback as they have cycled in Japan already. Over 60% mention that they have cycled at least 30 days, which strengthens the power of their views, being built on a significant experience.

Have you cycled in Japan in the past 3 years?
(%)

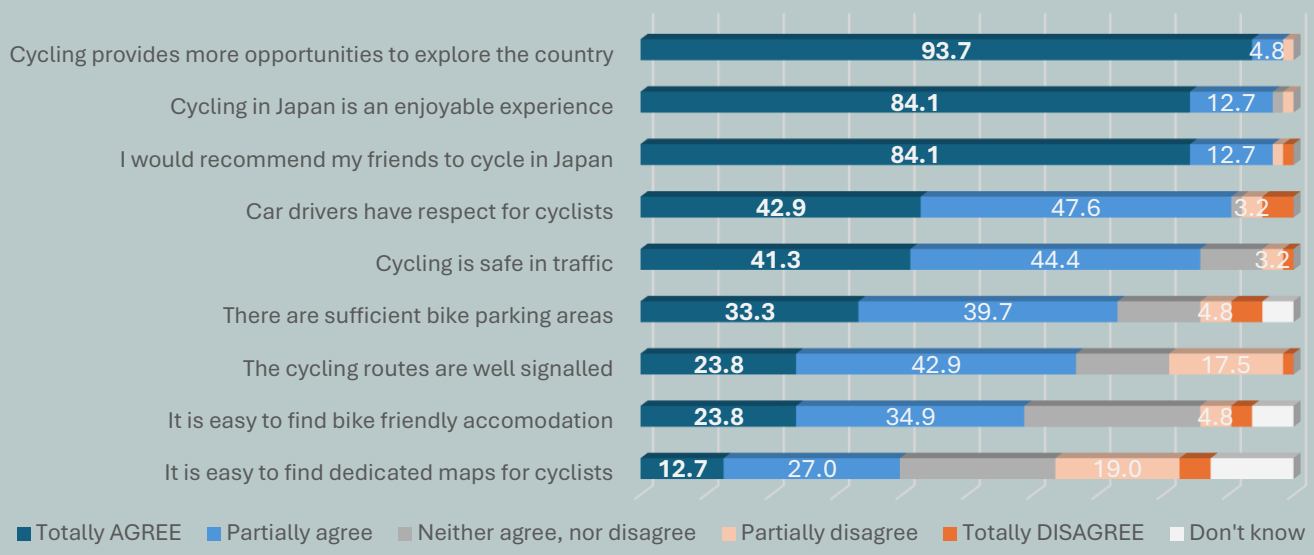


Approximately, how many days did you cycle through Japan, in total?
(%)

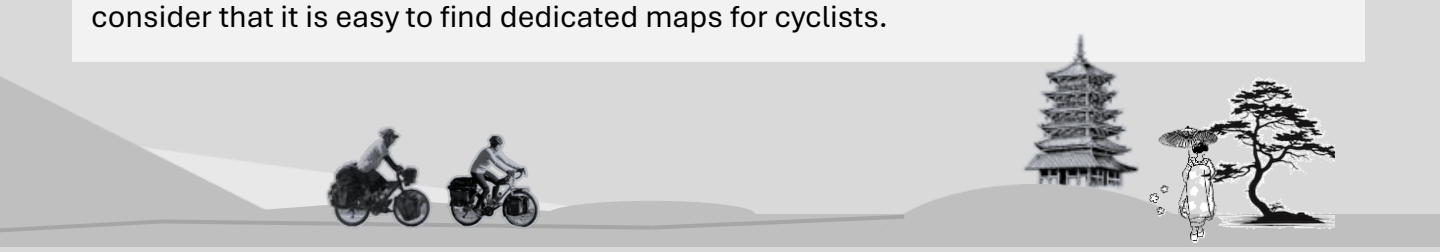


Cyclists share the general opinion that exploring the country by bike offers broader opportunities, being an enjoyable experience. 4 out of 10 totally agree that car drivers respect cyclists and traffic is safe. However, note that there are people sharing important remarks on safety – such as avoiding main roads and especially paying attention to tunnels.

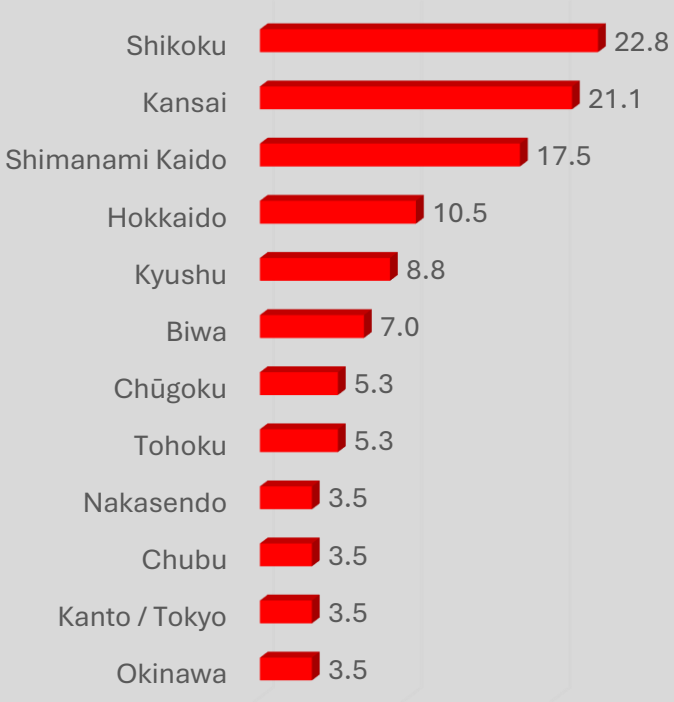
How much do you agree or disagree to the following statements about cycling in Japan?



While cyclists in Japan value the experience, their feedback on infrastructure reveals a level that could be improved. 10% don't think parking for bikes are sufficient, while 19% tend to disagree that road signaling for cyclists is good. 24% of the participants in the survey don't consider that it is easy to find dedicated maps for cyclists.



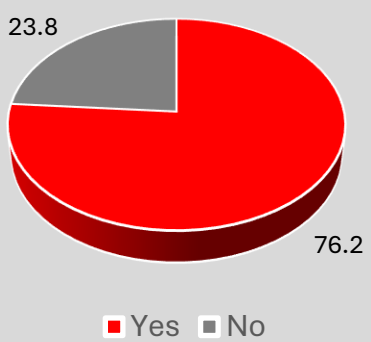
Which is your favourite cycling area or route in Japan?
(%)



Respondents provided their feedback on preferred cycling routes or areas in Japan in an open-ended question. Various preferences have been shared.
To provide an overview, we have summarized the individual responses in a few groups.
As a general perspective, most recommended regions are quite remote from Tokyo, cyclists favoring rural areas, richer in natural landscapes and authentic, immersive experiences. Both coastal and mountain roads are mentioned.

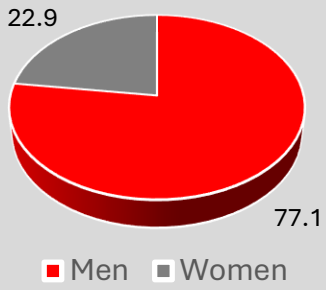
Intention to come again in Japan and cycle is high. More than 3 in 4 respondents state they intend to return to Japan over the next 3 years, to cycle through the country. Reading through the comments of those who don't think they will come back soon, their feedback is generally positive, which suggests the idea that other priorities are the key driver for their decision – and not a "negative vote" for their past cycling experience.

Do you intend to cycle in Japan in the following 3 years?
(%)



Most respondents are from Europe and North America. Around 3 in 4 are men. The distribution on age groups is relatively balanced, over 30% of those who shared their views being aged 60 or older. Another segment well represented is 30-39 years old, counting for over ¼ of the sample.

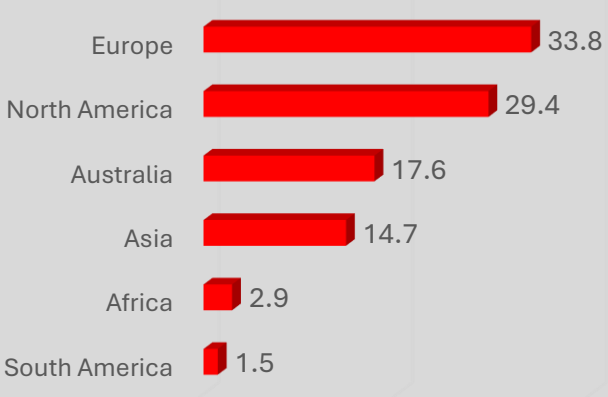
Gender
(%)

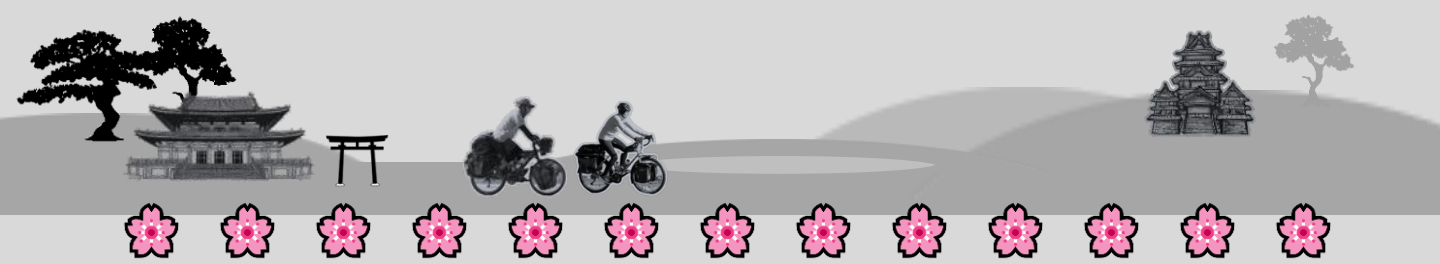


Age group
(%)



Continent
(%)





Few perspectives in cyclists' words

Take your time without rushing. There is no need to complete the length just because - had I had a second chance, I would take it a bit slower to enjoy the countryside better.
M, 30-39 y.o., Brazil

Do it. It is a wonderful way to experience the country and its people
M, 50-59 y.o., South Africa

Beautiful scenery, great food and people mainly friendly! Loved it!
M, 70+ y.o., Australia

It is such a treat to cycle somewhere with such an abundance of clean public restrooms and safe drinking water. I wish campgrounds were easier to reserve for English-speakers.
W, 50-59 y.o., USA

Important to study minor path with low traffic.
M, 50-59 y.o., Japan

Take your time! We really appreciated cycling in safety.
W, 30-39 y.o., South Africa

Use lights front and rear for visibility. Don't rely only on route planning apps. The apps may have road that no longer exist.
M, 70+ y.o., USA

Always bring cash because out in the country-side there is no card option
M, 30-39 y.o., Philippines

Thank you !
ありがとう ございました

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