

## Useful Cycling Websites

### Shikoku Circuit Cycling

Created as part of the "Challenge 1,000 km Project" to encourage cyclists to make a circuit of the entire island of Shikoku and experience its abundance of natural scenery and culture. They now accept both domestic and international applicants!

<https://cycling-island-shikoku.com/>



### CycloTourisme Shimanami

Offers suggestions for cycling journeys along the Setouchi Shimanami Kaido. Covers everything including route overviews, cyclist rescue services and more.

<https://www.cyclo-shimanami.com/>



### Ehime Marugoto Cycling Service Site

A guide to 28 cycling routes throughout Ehime Prefecture along with events and other handy info. Mobile app also available.

<https://ehime-cycling.jp/HOME>



## ACCESS MAP



## Main Land and Sea Routes to Shikoku

### Tokyo

#### By Railway (JR):

- Tokyo to Takamatsu: Sunrise Seto overnight limited express (approx. 9 hr. 30 min.)
- Tokyo to Okayama: Nozomi Shinkansen (between 3 hr. 9 min. and 3 hr. 22 min.)
- Okayama to Takamatsu: Marine Liner rapid train (55 min.)
- Okayama to Matsuyama: Limited Express Shiokaze (2 hr. 35 min.)
- Okayama to Kochi: Limited Express Nanpu (2 hr. 34 min.)
- Okayama to Tokushima: Limited Express Uzushio (1 hr. 6 min.)

#### By Boat:

Tokyo to Tokushima: Ocean Tokyu Ferry (approx. 18 hr. 20 min.)

### Osaka·Kobe

#### By Railway (JR):

- Shinosaka to Okayama: Nozomi Shinkansen (approx 45 min.)
- Shinkobe to Okayama: Nozomi Shinkansen (approx 32 min.)
- Okayama to Takamatsu: Marine Liner rapid train (55 min.)
- Okayama to Matsuyama: Limited Express Shiokaze (2 hr. 35 min.)
- Okayama to Kochi: Limited Express Nanpu (2 hr. 34 min.)
- Okayama to Tokushima: Limited Express Uzushio (1 hr. 6 min.)

#### By Boat:

Osaka to Toyo: Shikoku Orange Ferry (approx. 8 hr.)

Kobe to Takamatsu: Jumbo Ferry (approx. 4 hr. 15 min. to 4 hr. 45 min.)

### Nagoya

#### By Railway (JR):

- Nagoya to Okayama: Nozomi Shinkansen (approx 1 hr. 37 min.)
- Okayama to Takamatsu: Marine Liner rapid train (55 min.)
- Okayama to Matsuyama: Limited Express Shiokaze (2 hr. 35 min.)
- Okayama to Kochi: Limited Express Nanpu (2 hr. 34 min.)
- Okayama to Tokushima: Limited Express Uzushio (1 hr. 6 min.)

### Fukuoka

#### By Railway (JR):

- Hakata to Okayama: Nozomi Shinkansen (approx 1 hr. 43 min.)
- Okayama to Takamatsu: Marine Liner rapid train (55 min.)
- Okayama to Matsuyama: Limited Express Shiokaze (2 hr. 35 min.)
- Okayama to Kochi: Limited Express Nanpu (2 hr. 34 min.)
- Okayama to Tokushima: Limited Express Uzushio (1 hr. 6 min.)

#### By Boat:

Kitakyushu to Tokushima: Ocean Tokyu Ferry (approx. 14 hr. 20 min.)

Kokura to Matsuyama: Matsuyama·Kokura Ferry (approx. 7 hr. 5 min.)

#### [Notes on JR Train Information]

- Travel times are approximate times based on an arrival time of between noon and 1:00 p.m. at the final station
- When changing trains at Takamatsu Stn. to use the Uzushio between Takamatsu and Tokushima, add an extra 1–2 min. for transfer time
- Standard transfer time between Seto-Hashi Line and Shinkansen at Okayama Stn. is 8 min.

(All information contained in this booklet is current as of August 2018. Details are subject to change; please contact the facility in question to confirm that latest information and details.)

Contact Point for Questions/Comments About This Guide:

### Tourism Shikoku

Tower Bldg. 3rd Floor, Sunport Takamatsu Symbol Tower 2-1 Sunport, Takamatsu, Kagawa Prefecture  
Tel. 087-813-0431

Created by SPC Co., Ltd., August 2018 (contains excerpts from "Shikoku Cycling" in the Shikoku travel magazine GajA MOOK)

**TOURISM  
SHIKOKU**



<http://www.tourismshikoku.org>

# Shikoku Cycling guide map

[ Ehime·Kagawa·Tokushima·Kochi ]

Presented by Tourism Shikoku

01

02

03

04

05

06

07

08

The famous Setouchi Shimanami Kaido route, a cycling Sanctuary of sorts that draws numerous visitors from near and far, along with other attractive routes featuring abundant natural scenery make Shikoku one of Japan's best cycling destinations.

In addition to various routes in all four of Shikoku's prefectures that take advantage of attractive seaside, river and mountain scenery to provide unique travel experiences with distinct characteristics and feels, an island-wide travel route encompassing all of Shikoku is being designed via the ongoing Cycling Island Shikoku project.

Traveling by bicycle means you can proceed at your own pace, under your own power and in any direction you choose. This guide and its various route maps were designed to help you experience attractive, photogenic parts of Shikoku on your bike. We hope you will enjoy your journey and take a few commemorative photographs along the way!

Before heading out...

# Important Rules and Etiquette

If you have a bike and a helmet, then you can enjoy cycling anytime. However, if you fail to adhere to the rules of the road, you may end up causing an accident, getting hurt, or hurting someone else. Please review the following rules and etiquette in order to make sure your cycling journey is both enjoyable and safe.

Rule 1

## Ride on the Left Side of the Road



Under Japanese law, bicycles are categorized as "light vehicles," which means that traveling on the left-hand side is standard just as with other vehicles. Furthermore, bikes must travel on the outside edge of the road. Remember that sidewalks are meant for pedestrians only.

Rule 4

## Use Hand Signals to Prevent Collisions

Use hand signals to warn vehicles behind you before making turns, and make sure to execute these signals clearly. Please note that, because hand signals require you to remove one hand from the handlebars, it is important to always prioritize safety when deciding whether or not to signal.

Rule 2

## Always Remember That You Are Driving a "Light Vehicle"

Just like when driving any other road vehicle, follow all signs and road markings that you encounter, and always be considerate of pedestrians and others on the sidewalks and roads. If you are caught running a red light, traveling on an unpermitted road or zone, cycling while intoxicated, or breaking any other law, you will be required by the police to take a cyclist education course.

Rule 5

## Purchase Insurance Just to Be Safe

In addition to injuries while riding, recent years have seen increasing numbers of cyclists being sued for large sums of money as the perpetrators of accidents. In order to prevent major financial loss, we encourage you to purchase cycling insurance from an insurance company.

Rule 3

## Don't Forget Your Safety Gear

Be sure to wear the necessary safety gear when riding to minimize injury in the case of an accident. Make a habit of wearing a helmet and riding gloves when cycling.



Rule 6

## Carry Out Regular Bicycle Maintenance

Before setting out on a ride, make sure to check the brakes, tire wear conditions, tire air pressure and so forth. Also, make sure you are able to carry out simple repairs, such as fixing a flat tire, in order to ensure that your bike journey is an enjoyable one.



Shikoku Cycling  
Route  
01

Ehime

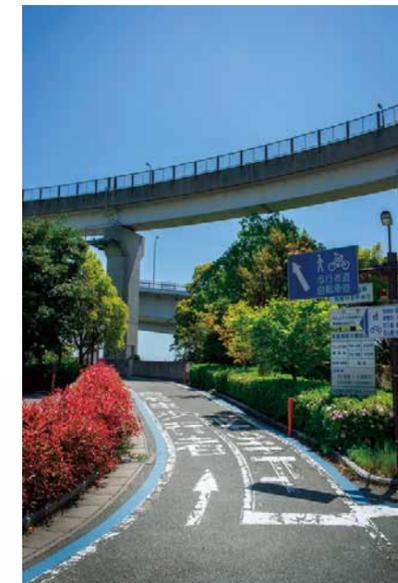
# Shimanami Kaido

[ Imabari ~ Oshima ~ Hakatajima ~ Omishima ]

Take a leisurely ride along the Setouchi Shimanami Kaido, one of Japan's most popular seaside cycling routes

## Start your journey with stunning scenery at Itoyama Park

The Honshu-Shikoku Bridge Project comprises three massive series of bridges connecting the two islands of Honshu and Shikoku at different locations. One of its bridge routes, the Nishiseo Expressway—more commonly known as the Setouchi Shimanami Kaido—is made of seven bridges spanning six islands and links the cities of Imabari and Onomichi at either end. This is the only one of the Bridge Project routes that can be used by cyclists and pedestrians in addition to automobiles, and it is home to a seemingly endless number of beautiful spots that provide ideal photo opportunities. The route starts at Itoyama Park, where visitors can enjoy a full view of the Kurushima Kaikyo Ohashi Bridges, which beautifully complement the seas, skies and other natural features of the Shimanami Kaido. This natural scenery accompanied by elegant bridges changes throughout the day as well as the four seasons to create stunning contrasts. We recommend stopping to take in the view whenever the mood strikes you while also wandering off the main path every once and awhile. Enjoy your relaxing trip across the Shimanami Kaido bridges to the fullest!



## Cycling MAP

Route 01

Imabari-Oshima-Hakatajima

Route length: approx. 81km/50.3mi.  
Overall elevation change: approx. 304m/997ft.

### Route Notes

- The route is clearly marked with blue route-marker lines, plenty of signs and more so you won't get lost
- Rental bikes are available with numerous pick-up/drop-off points along the route
- The route has some steep slopes on sections approaching the bridges



1



## Sunrise Itoyama [ Imabari ] Your journey begins here

Sunrise Itoyama, located at the base of the Kurushima Kaikyo Ohashi Bridges, serves as a launching point for cyclists starting on the Imabari side. Various types of rental bikes are available, and there is even a lodging facility inside (bicycles can be kept in the guestrooms). Sunrise Itoyama also includes the Kaze no Restaurant, which offers ocean views and dishes made using local ingredients grown and caught for local use.

2-8-1 Sunabacho, Imabari-shi, Ehime  
☎0898-41-3196 ☎8:00~20:00 (Oct. - Mar. until 17:00)  
🕒 Open everyday

(All information contained in this booklet is current as of August 2018. Details such as business holidays, operating hours, costs and so forth for each facility are subject to change; please contact the facility in question to confirm that latest information and details.)



2

### Michi-no-eki Yoshiumi Ikiiki Kan [Oshima]

Fresh seafood grilled to perfection

The first island along the Setouchi Shimanami Kaido when starting on the Ehime Prefecture side is Oshima. We recommend stopping at Michi-no-eki Yoshiumi Ikiiki Kan, the island's roadside rest area, to try some freshly caught seafood cooked on charcoal grills. Visitors can feast on horned turban (sea snail), noble scallop, shrimp and other seafood together with tai-meshi (sea bream cooked with rice) as part of a combined meal set, and à la carte orders of delicacies such as Hong Kong grouper served sashimi style are available as well.

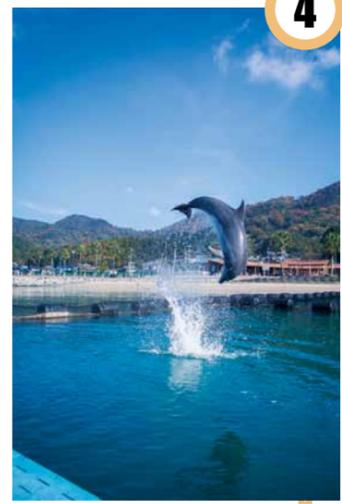
4520-2 Myo, Yoshiumicho, Imabari-shi, Ehime  
☎0897-84-3710 ☉Restaurant 10:00 ~ 15:00, BBQ ~ 16:00 🕒Open everyday

### Dolphin Farm Shimanami [Imabari Hakatajima]

Relax with the dolphins

Dolphin Farm Shimanami is located directly next to the Michi-no-eki Hakata S・C Park roadside rest area and offers a chance to see dolphins, whales and more up close. Enjoy personal encounters with dolphins from the pier extending out into the sea—Japan's largest pier, in fact—or jump into the water for a swim with these loveable sea mammals! A campsite was completed here in April 2018, and overnight visitors now have the unique opportunity to observe the dolphins swimming at night.

1673 Ko, Kanoura, Hakatacho, Imabari-shi, Ehime  
☎0897-72-8787 ☉9:00~17:00  
🕒Open everyday  
🎫¥500 to see dolphins, ¥5000 to play with dolphins, etc.



4



5

### Michi-no-eki Hakata S・C Park "Marine Oasis Hakata" [Imabari Hakatajima]

The hub of Hakatajima Island

This roadside rest area is located right off the Hakatajima IC and features a shop selling fresh, local agricultural produce and food products, sweets made using salt (a local-industry product) and more; a restaurant offering local dishes and flavors; and even a kiosk selling soft serve made with Hakatajima salt. A beach with changing and shower facilities, and rental bicycles and other such services are also available here, making this the central hub for visitors to Hakatajima Island.

1668-1 Ko, Kanoura, Hakatacho, Imabari-shi, Ehime  
☎0897-72-3300 ☉9:00~17:00 🕒Open everyday



### Kirosan Observation Park [Imabari Oshima]

Sweeping views of the Kurushima Channel

Mount Kirozan, located on the south end of Oshima Island, reaches a height of approximately 307 meters (1,007 feet). The elevated observation point on the summit offers breathtaking views of the Kurushima Kaikyo Ohashi Bridges—the world's first-ever series of three consecutive suspension bridges—as well as the sea's many picturesque islands and, on sunny days, the cityscape of Imabari in the distance. In 2017, the view of the Kurushima Channel from the Mount Kirozan summit was selected as one of Shikoku's top 88 scenic views.

487-4 Minamiura, Yoshiuicho, Imabari-shi, Ehime  
☎0897-84-2111  
(Public service section, Yoshiumi branch, Imabari city office)

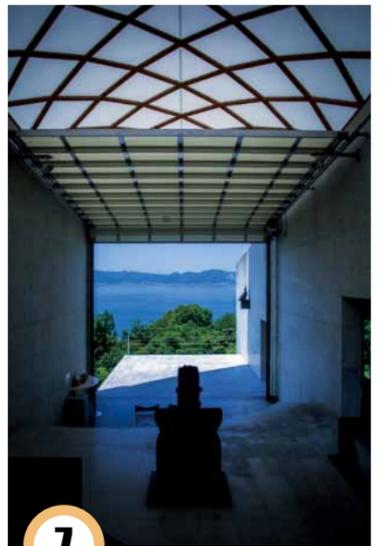


### Tokoro Museum Omishima [Imabari Omishima]

Nature paired with modern art

Established as a separate annex facility for the Omishima Museum of Art in Imabari City, Tokoro Museum Omishima exhibits three-dimensional pieces from artists around the world, including Giacomo Manzù, Noé Katz, Marisol Escobar and Takashi Fukai. While traveling through the area, be sure to stop by the Omishima Museum of Art (tel. 0897-82-1234) as well, which houses about 1,000 different works with central focus on Japanese artists such as Matazo Kayama.

2362-3 Urado, Omishimacho, Imabari-shi, Ehime  
☎0897-83-0380 ☉9:00~17:00  
🕒Mon 🎫¥300



7



6

### Michi-no-eki Tataro Shimanami Park [Imabari Omishima]

Great view of Tataro Ohashi Bridge in its entirety

This roadside rest area is located near the base of Tataro Ohashi, one of the world's most impressive cable-stayed bridges. The area has deep ties with cycling culture and hosts the Cyclists' Sanctuary Monument, erected to commemorate the first-ever Cycling Shimanami event, as well as some unique and entertaining bike stands and other attractions.

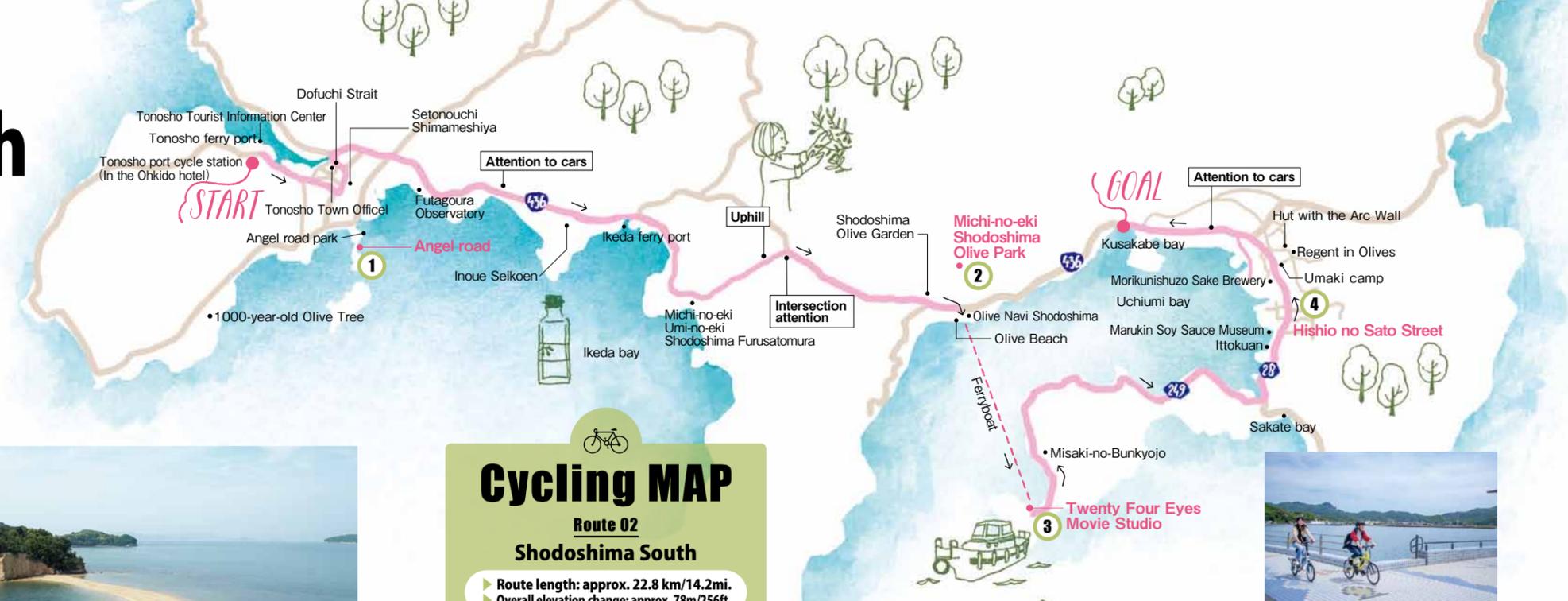
9180-2 Inokuchi, Kamiuracho, Imabari-shi, Ehime  
☎0897-87-3866 ☉9:00~17:00 🕒Open everyday



# Shodoshima South

**[ Tonosho Port ~ Michi-no-eki Shodoshima Olive Park ~  
Twenty Four Eyes Movie Studio ]**

Travel from Takamatsu by ferry to an island filled with attractions and pedal about while enjoying stunning seaside scenery



## A gorgeous, photogenic island filled with attractive sites

Shodoshima, a tiny yet popular island out in the middle of the sea, is a long-time favorite among tourists. The island is home to the Twenty Four Eyes Movie Studio, which was used as a set during the filming of the movie Nijushi no Hitomi (Twenty-Four Eyes), as well as the beautiful soy sauce breweries of Hishio no Sato Street, facilities dedicated to Shodoshima's famous local olives, and plenty of other attractions. In addition, sights such as Angel Road, a romantic spot for couples, and Shodoshima Olive Park, which was used as a setting for the hit Hayao Miyazaki animated film Kiki's Delivery Service, are particularly popular among social media users visiting from abroad thanks to some truly photogenic scenery. Shodoshima Island has a lot of slopes and may prove somewhat challenging for inexperienced cyclists. We recommend taking the route on the island's south side starting from Tonosho Port, as this lets you view a handful of popular spots while seeing the main tourist attractions.



1

### Angel Road

Path for the angels: a true lover's paradise

This mysterious path appears and vanishes with the changing tides; at low tide, the path known as Angel's Road comes into view. It is said that joining hands with the person you love and traversing this path together will make your wishes come true—how romantic! Some walk down the road itself, while others choose to enjoy the fine view from above, from the Promising Hill Vista Point located atop a small slope nearby.

Ginpauro, Tonoshocho, Shozu-gun, Kagawa  
☎0879-82-1775 (Shozu Island Tourism Association)  
Bicycle stands available

## Michi-no-eki Shodoshima Olive Park

Have fun and relax against the backdrop of lush greenery and a Greek windmill

This white, Greek windmill is located in Shodoshima Olive Park, situated atop a moderate-sized hill adjacent to the Seto Inland Sea and surrounded by an orchard of about 2,000 olive trees. This area was used as a backdrop for the hit Hayao Miyazaki animated film Kiki's Delivery Service. The park offers hands-on craft activities in its Flowers and Fragrances Garden as well as a restaurant and cafe, and its Sun Olive Onsen, a public bathing facility, boasts gorgeous views of the Seto Inland Sea.

1941-1 Ko, Nishimura, Shodoshimacho, Shozu-gun, Kagawa  
☎0879-82-2200 ☎8:30~17:00 @Everyday Open ※Bicycle stands available



2

## Cycling MAP

Route 02

### Shodoshima South

▶ Route length: approx. 22.8 km/14.2mi.  
▶ Overall elevation change: approx. 78m/256ft.

#### Route Notes

- Numerous hills make this route somewhat challenging for beginners
- Distance markers, direction markers and other road indicators are not yet fully installed
- We recommend that beginners use the bike sharing system along with public transportation



4

## Hishio no Sato Street

Old-fashioned black-walled town scenery accented by the faint scent of soy sauce

Soy sauce production is a traditional industry on this island going back 400 years to the Edo Period. Hishio no Sato (meaning "soy sauce town") is a street on which soy sauce breweries, tsukudani (soy-sauce-boiled food) production plants and other buildings from the Meiji Period (1868-1912) still stand to this day. The aura of times past can still be felt here, and local shops sell soy-sauce confections and other such products to visitors.

Umaki to Nouma, Shodoshimacho, Shozu-gun, Kagawa  
☎0879-82-1775 (Shodoshima Tourism Association)



3



## Twenty Four Eyes Movie Studio

Escape the everyday in this historic, mid-1900s townscape

If you're a film buff, then you'll love this movie studio: it served as the set for the movie Nijushi no Hitomi (Twenty-Four Eyes) and features galleries showcasing attractive, old-fashioned Japanese films and more. The location is used often for filming commercials, TV dramas and the like, and views of the sea from the old wooden school building, flower fields throughout the four seasons, scenic village streets and other attractive vistas make for some great photos to share with friends on social media.

Tanoura, Shodoshimacho, Shozu-gun, Kagawa  
☎0879-82-2455 ☎9:00~17:00 @Everyday Open  
◎Movie Studio + Misaki-no-Bunkyojo Tickets Adults ¥830  
※Bicycle stands available

# Oboke/ Iya Kaido

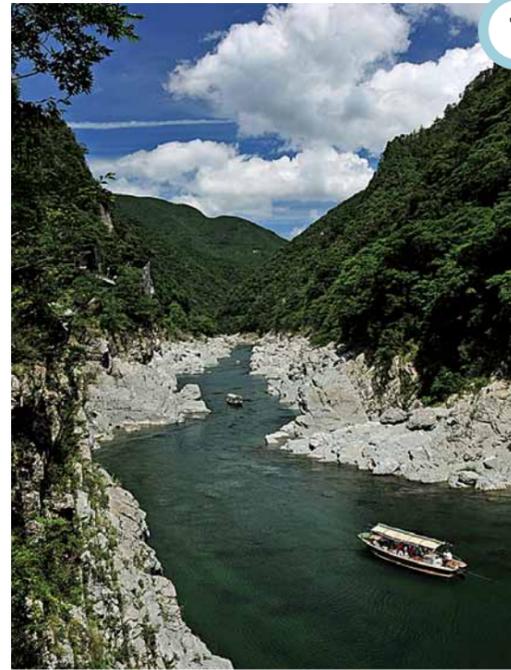
[ Awa Ikeda Station ~  
Iya Kazura Bridge ~ Awa Ikeda Station ]

A verdant, nature-filled biking route through secluded areas that look great no matter the season

## Majestic mountain scenery unique to the secluded Tsurugisan Range

Oboke and Iya are highly secluded regions and thus rich in pristine natural scenery. Situated near the center of Shikoku, the area is one of Tokushima Prefecture's most well-known spots and a popular place for recreational drives thanks to Mount Tsurugisan and others of the Tsurugisan Range which tower scenically above at heights of 1,000 meters (3,280 feet) and higher. As a cycling course, this route is very difficult due to steep ups and downs. It served as the venue for Bicycle Kingdom of Tokushima 2018 Tour de Nishi-Awa, which brought together expert bikers with plenty of experience and expertise under their belts to race.

In addition to providing pleasant and exhilarating cycling experiences, particularly amidst the fresh green growth of spring and fiery colors of autumn, this area's majestic valleys and gorges boast a history tied to the fleeing Taira (Heike) warriors of past eras, legends revolving around the mythical ghosts and monsters known collectively as yokai (particularly in Oboke), and numerous other attractive features that draw visitors from near and far.



1



## Oboke/ Koboke

Natural features slowly carved out over a staggering period of time

Oboke and Koboke, the names given to this long, roughly 8-kilometer (5-mile) gorge area, can be literally translated to "long walk danger" and "short walk danger." These names were chosen because the area was considered dangerous to traverse regardless of whether one used a long stride or small, careful steps. The V-shaped gorge was carved out, right down to sea level, by the raging waters of the Yoshino River over an unfathomably long period of 200 million years—and the shaping of these deep gorge formations occurred completely at random! Many people enjoy rafting here so they can experience its wild waters while taking in impressive gorge scenery that changes throughout the seasons.

Shigezane to Kamimyo, Yamashirocho, Miyoshi-shi, Tokushima  
☎0120-404-344 (Miyoshi-shi Tourist Information Center)



2

## Michi-no-eki Oboke

A roadside rest area with a museum of supernatural creatures

Situated in an area with historic ties to legends of mysterious ghosts and supernatural monsters (known collectively as yokai), this rest area has its own museum based on the themes of "yokai and rocks." Inside, one is treated to glimpses of mythical phantoms and supernatural creatures. There is also a restaurant with terrace seating, a free foot bath to rest your weary feet, and other facilities that let you kick back and enjoy the beauty of Oboke.

1553-1 Kamimyo, Yamashirocho, Miyoshi-shi, Tokushima  
☎0883-84-1489 ☎9:00~17:00 @Tue in Dec~Feb

3



## Iya Fureai Park

Enjoy one-of-a-kind experiences at Iya Fureai Park

This park is designed for visitors to enjoy the nature of Iya to the fullest. It features an outdoor cafe offering light snacks, an ultra-popular mini-monorail ride for the kids with bug-shaped cars that pass through a tunnel of trees, and much more! In addition, there are 31 different forest adventure activities spread out over five courses that make use of the area's steeply sloped terrain in exciting ways.

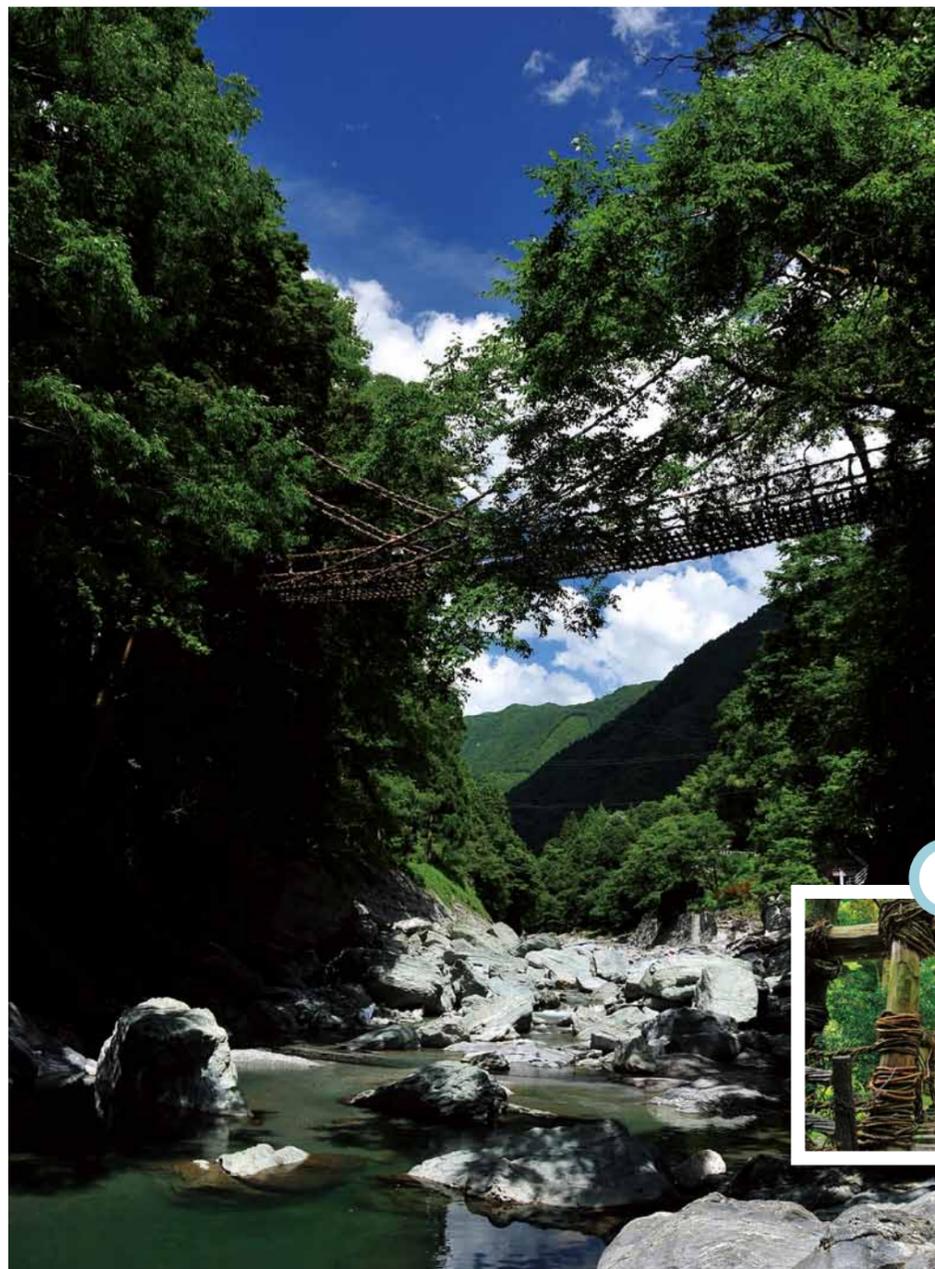
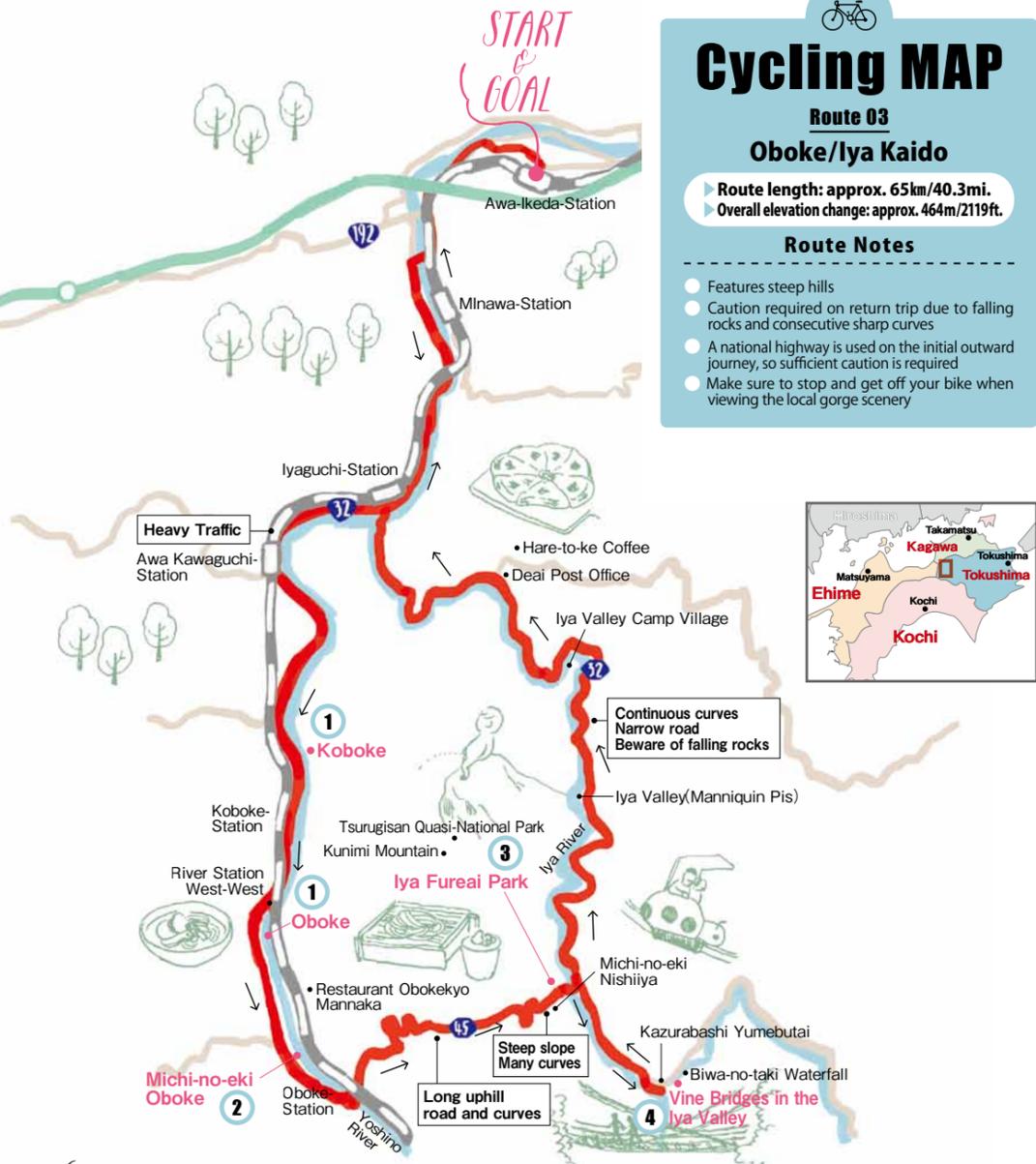
379 Oinouchi, Nishiyamamura, Miyoshi-shi, Tokushima  
☎0883-76-8585  
☎9:00~17:00 @Irregular

**Cycling MAP**  
Route 03  
Oboke/Iya Kaido

Route length: approx. 65km/40.3mi.  
Overall elevation change: approx. 464m/2119ft.

**Route Notes**

- Features steep hills
- Caution required on return trip due to falling rocks and consecutive sharp curves
- A national highway is used on the initial outward journey, so sufficient caution is required
- Make sure to stop and get off your bike when viewing the local gorge scenery



4



## Vine Bridges in the Iya Valley

One of Japan's three most unusual bridges, suspended precariously over the river

These bridges were once used as parts of important footpaths for people living in the Iya Valley area. In fact, in times long past there were numerous vine bridges such as these scattered throughout the region, but today only the Iya and Okuiya bridges remain. They have ties to the famous former samurai clan Taira (Heike), and the bridges are said to have been made of Actinidia arguta vine so they could be cut away anytime as a way to lose enemies pursuing from behind. The Iya Valley bridges together are listed as one of Japan's three most unusual bridges, and they have been designated by the national government as Important Tangible Folk Cultural Properties.

162-2 Zentoku, Nishiyamamura, Miyoshi-shi, Tokushima  
☎0120-404-344 (Miyoshi-shi Tourist Information Center)  
☎From sunrise to sunset @¥550

# The Niyodo River Watershed Area

[ JR Ino Station ~ JR Ino Station ]

Experience traditional culture and rich natural scenery cultivated by the unbelievably clear and pristine waters of the Niyodo River

## Seeking the famous "Niyodo blue" of the river's enchanting waters

Since ancient times, traditional handmade washi paper production—particularly Tosa Washi papermaking—has flourished here as artisans utilized the pristine waters and resources of the Niyodo River valley. Several silk yarn factories and workshops can also be seen along the riverbanks, reminding us of this industry's presence and cultural importance even today. Visitors can try making their very own, one-of-a-kind washi traditional paper anytime by dropping in at one of the local workshops. Cyclists are treated to the ultra-translucent color of the beautiful waters, lovingly nicknamed "Niyodo blue," as they cycle paths along the rivershores. National Route 439, once infamous for its poor condition and upkeep, has become much easier to traverse in recent times, and there are many seasonal attractions and sights along the way including the area of famous green tea production, a park packed with colorful cosmos flowers, and more. The route is relatively close to Kochi City, making it popular among those seeking short excursions out into Mother Nature.



2

## Nagoya Chinka-bashi Bridge

The farthest-downstream low-water bridge, located right near Kochi City

Just a short distance upstream along the Niyodogawa River from Michi-no-eki Tosawashi Kogeimura QRAUD, this chinka-bashi bridge (low-water crossing) spans the main branch of the Niyodo and is designed to be underwater during high flood waters. At a total length of 191 meters (627 feet), it is longer than any such chinka-bashi bridge on the river and situated farther downstream than any other—it also serves a unique and tranquil feature of the overall landscape. The crossing is so narrow that cars cannot pass each other when approaching in opposite directions, but there are sections that jut out from the road so cyclists and pedestrians can stop on the side if a car approaches during a bridge crossing.

Shogase, Inocho, Agawa-gun, Kochi  
☎088-893-1211 (Inocho Tourism Association)



1

## Michi-no-eki Tosawashi Kogeimura QRAUD

Experience traditional, handmade washi paper crafting and plenty of outdoor activities

This facility, built right next to a roadside rest area, has a hotel and restaurant in addition to a rich array of workshop and outdoor activities including traditional Tosa Washi papermaking, weaving on looms, kayaking and much more. You can wash the sweat away with a bath made using fresh, heated subsoil water drawn from the Niyodo River! There is even an art gallery and shop, built within a storehouse dating back more than 100 years, that features an exhibit of plant-themed pieces.

1226 Kashiki, Inomachi, Agawa-gun, Kochi  
☎088-892-1001 @Wed  
ⓄPaper making workshop 9:00~17:00, Public bath 11:00~21:00  
ⓄPaper making workshop ¥400~, Canoeing ¥5500~, Public bath ¥600 ※Bicycle stands available



3

## Drive-In Hikijibashi

Teahouse near the prefectural border offering time-tested flavors

This roadside restaurant traces its history back to a teahouse established in the late Meiji Period (early 20th century) to serve travelers. Customers can enjoy oden (¥100), and char-grilled sweetfish and red-spotted masu salmon (¥500 each), whose flavors have remained unchanged over the decades.

62 Hikichi, Niyodogawacho, Agawa-gun, Kochi  
☎0889-35-1289 Ⓞ9:00~17:00  
ⓄWed

4

## Miyanomae Park

A lovely park filled with more than 1.5 million cosmos

Miyanomae Park contains a campground facility and is located near the center of the town of Ochi-cho. It boasts roughly 1.5 million cosmos, and when their flowers come into full bloom in the autumn the park hosts the Cosmos Festival, which features a gigantic cosmos maze (made from part of the flower field) along with various food stalls and other attractions that draw in tourists from all over.

734-1 Ochihei, Ochiicho, Takaoka-gun, Kochi  
☎0889-26-1004 (Ochiicho Tourism Association)



## Cycling MAP

Route 04

The Niyodo River Watershed Area

Route length: approx. 89km/55.3mi.  
Overall elevation change: approx. 297m/974ft.

### Route Notes

- The route follows National Route 194, which offers good views of the Niyodo River
- Automobile traffic is heavy along National Routes 194 and 33
- National Route 18 offers a quieter ride alongside the Niyodo River

# Matsuno ~ The Shimanto River Watershed

【 JR Matsumaru Station ~ JR Kubokawa Station 】

Japan's last untarnished river, passing through both Ehime and Kochi Prefectures, appeals to all five senses



## Soak in the beauty of unspoiled natural scenery and clear-flowing waters

Experience the historical townscape of the old, pre-modern route once known as the Matsumaru-kaido road in a place that once flourished as a trading center at the border of the feudal Iyo and Tosa Domains. Near the city center, you will encounter the Hiromi River, a tributary of the Shimanto River which is famous nationwide as Japan's last untarnished, clean-flowing river.

Ekawasaki, situated at the point where the Hiromi and Shimanto join, is a hub for local tourists offering restaurants, hot springs, and kayaking along with other river leisure activities—you can easily spend the entire day here! The cycling route follows the snaking Shimanto River and includes several chinka-bashi bridges, designed to be underwater during high flood waters, as well as roadside rest areas, an unique museum and a range of other interesting attractions along the way to keep things exciting.

## Cycling MAP

Route 05

Matsuno ~ The Shimanto River Watershed

- ▶ Route length: approx. 86km/53.4mi.
- ▶ Overall elevation change: approx. 195m/640ft.

### Route Notes

- Cyclists can bring their bikes on JR Yodo Line trains
- Comfortable route with gentle climbs and descents
- Roadside rest areas are conveniently located at comfortable intervals along the route

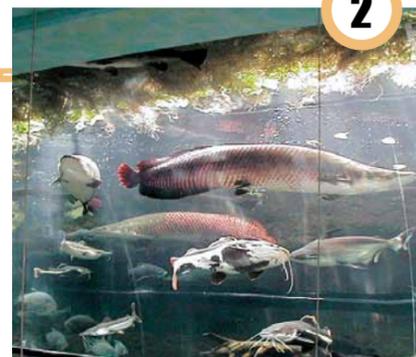


## JR Matsumaru Station Mori no Kuni Poppo Onsen Hot Spring

A convenient stop for cyclists, popular for its free foot baths

This hot spring facility is located on the second floor of JR Matsumaru Station and has become popular as an oasis of sorts for cyclists passing through the area. It has baths that use firewood boilers to heat the water, and views of the Matsuno-cho townscape and passing trains can be seen from the open-air baths.

1661-13 Oaza, Matsumaru, Matsunocho, Kitauwagun, Ehime  
☎0895-20-5526 ☺10:00~22:00  
ⓂSecond Monday (First Monday in August)  
Ⓜ¥510 ※Bicycle stands available



## Michi-no-eki Niji-no-mori Park Matsuno

Roadside rest area showcasing the blessings of the unspoiled Shimanto River and local-area culture

This rest area is next to the Hiromi River, a tributary of the Shimanto River. It has a direct-sales shop for local vegetables and other products, visitors can try their hand at glass blowing, and the restaurant serves local specialties of the Shimanto River area. The neighboring Osakana-kan aquarium is fun for kids and adults alike: its exhibits center on freshwater fish living in the Shimanto and also feature animals such as otters, penguins and crocodiles.

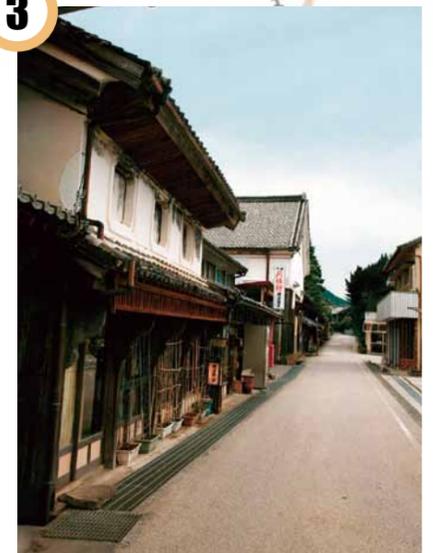
1510-1 Oaza, Nobinono, Matsunocho, Kitauwagun, Ehime  
☎0895-20-5006 ☺10:00~17:00  
ⓂWed ⓂOsakana Museum ¥900  
※Bicycle stands available

## Old Matsumaru Kaido

A historical town said to have been visited by the famed Sakamoto Ryoma

Matsunaru, the central district of the town of Matsunocho, functioned as a trading hub for the Iyo and Tosa Domains during the Edo Period (1600-1868) and continued serving merchants into the Meiji Period (1868-1912). Grand manors once belonging to prominent merchants, old sake breweries still in operation today, and other such historic buildings can still be seen along National Route 381. When Sakamoto Ryoma, a famous founding father of modern Japan, fled his home domain to join the anti-government movement, it is said that he followed this same road through Matsuno-cho on his way to Uwajima in western Shikoku—it's fun to recall this story as you traverse the route by bicycle today!

Matsunaru, Matsunocho, Kitauwagun, Ehime  
☎0895-42-1116 (Matsunocho Furusato Sosei Division)



## Shimanto Kawa-no-eki Canoe Kan

Plenty of outdoor activities—with all equipment provided!

This facility offers kayaking and many other activities that can be enjoyed while experiencing the Shimanto River's natural beauty, by both single travelers and groups alike. We recommend the one-day kayaking program, which involves a morning practice session and an 8-kilometer (5-mile) downriver course in the afternoon. The more approachable half-day program is a good choice as well. Either way, you'll be able to float downstream and relax amidst pure, natural scenery left almost entirely untouched by human hands. There are also family rafting programs, Canadian canoe experiences and other exciting options to choose from.

1111-11 Nishitosamochii, Shimanto-shi, Kochi ☎0880-52-2121 ☺8:30~17:00  
ⓂEveryday open ⓂOne-Day Touring ¥8,100 ※Bicycle stands available

# Around Shonai Peninshula

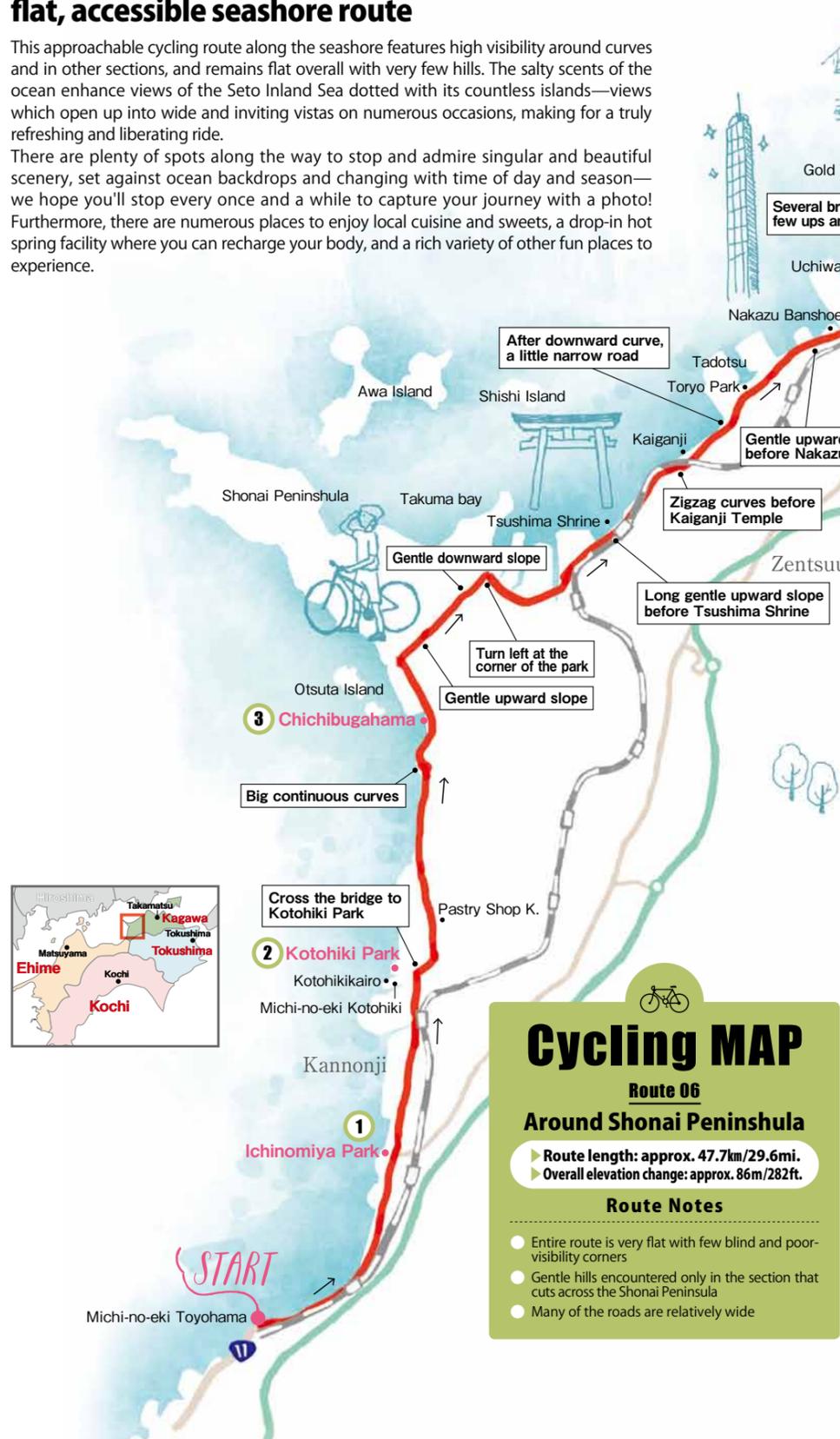
[ Michi-no-eki Toyohama ~ Michi-no-eki Sacred Place for Lovers Utazu Seaside Park ]

Cycle along the seashore, the gentle ocean breeze caressing your face as you relax amidst tranquil scenery

## Keep a steady and comfortable pace along this flat, accessible seashore route

This approachable cycling route along the seashore features high visibility around curves and in other sections, and remains flat overall with very few hills. The salty scents of the ocean enhance views of the Seto Inland Sea dotted with its countless islands—views which open up into wide and inviting vistas on numerous occasions, making for a truly refreshing and liberating ride.

There are plenty of spots along the way to stop and admire singular and beautiful scenery, set against ocean backdrops and changing with time of day and season—we hope you'll stop every once and a while to capture your journey with a photo! Furthermore, there are numerous places to enjoy local cuisine and sweets, a drop-in hot spring facility where you can recharge your body, and a rich variety of other fun places to experience.



## Cycling MAP

Route 06

### Around Shonai Peninshula

- ▶ Route length: approx. 47.7km/29.6mi.
- ▶ Overall elevation change: approx. 86m/282ft.

#### Route Notes

- Entire route is very flat with few blind and poor-visibility corners
- Gentle hills encountered only in the section that cuts across the Shonai Peninsula
- Many of the roads are relatively wide



## Ichinomiya Park

Unparalleled summer leisure spot with the feel of a seaside resort

With its white sands and green trees, and shallow waters that continue for a great distance as they slope gradually away from the coastline, this park has long been a popular summer swimming and relaxation spot. And with its wide-open lawns and rows of palm trees, it feels just like a tropical island resort! Ichinomiya Park is officially listed as one of Japan's "Lover's Sanctuaries," and it is said that ringing the bell in the grassy area's Ichinomiya Dream Tower will lead to greater happiness. The park also features sculptures created by world-famous artist Isamu Noguchi, designed as playground-style equipment for park users.

55-2 Himehama, Toyohamacho, Kannonji-shi, Kagawa  
☎0875-52-6640 (Community Center Umi-no-ie)

## Chichibugahama

This long, scenic beach serves as home to the "sky mirror" of the Seto Inland Sea

Chichibugahama Beach is a great place to see and photograph the "sky mirror" effect, similar to that seen at the famous Uyuni Salt Flats in the South American nation of Bolivia. During low tide, on days when the wind and waves have stopped, the pooled water along this long, 1-kilometer (0.6-mile) beach creates a mirror-like effect that reflects the sky—this effect is even more beautiful at sunset. When taking a photograph, holding the camera to just above the water's surface produces the best results.

Chichibugahama Beach Otsu 203-3 Nio, Niocho, Mitoyo-shi, Kagawa  
☎0875-56-5880 (Mitoyo-shi Tourism and International Exchange Bureau)



## Scenic Beauty Kotohiki Park (Zenigata Sunae Sand Art)

A scenic park that brings together the sea, the mountains, shrines and temples

This attractive park, part of which is included in the Setonaikai National Park grounds, covers a large area of about 48 hectares (119 acres) and hosts a number of famous sights and historical remains. Its massive work of sand art, depicting a traditional copper coin, boasts a circumference of 345 meters (1,132 feet) and can be seen in its entirety from above by climbing to the park's hilltop observation point. In addition, the park hosts two sacred Shikoku Pilgrimage sites: Jinne-in Temple (the 68th pilgrimage site), and Kannon-ji Temple (69th site). This is the only instance on the pilgrimage where two sites are located within a single temple complex, and traveling Buddhist pilgrims visit these temples in great numbers.

Prefectural Kotohiki Park Ariakecho, Kannonji-shi, Kagawa  
☎0875-24-2150 (Kannonji-shi Tourism Association)



## Michi-no-eki Sacred Place for Lovers Utazu Seaside Park

Panoramic view of wide-open blue skies and seas together with the Seto Ohashi Bridge

This spot offers a sweeping view of the impressive Seto Ohashi Bridge. The park is officially listed as one of Japan's "Lover's Sanctuaries," and it is popular for its evening view as the sun sinks into the Seto Inland Sea and the grand bridge lights up. There is a relaxing lawn area, a combined cafe and restaurant facing the sea, and even a restored salt-production facility where visitors can try their hand at traditional salt-making.

4 Hamaichibancho, Utazucho, Ayautagun, Kagawa  
☎0877-49-0860 ☉Utazuumihotaru 9:00~21:00  
📍Utazuumihotaru: Mon

# Naruto Strait

[Uchino Umi Comprehensive Park ~ Naruto Ohashi Bridges ~ Uchino Umi Comprehensive Park]

Enjoy the ocean breeze as you fly along this exhilarating route—you won't find this in any big city!

## Take in views of a majestic bridge and ever-changing seas

Although many of the island cycling routes of Shikoku are near the ocean, few expose riders to so many different types of seaside scenery in one go. With wide-open views stretching out to the horizon, followed by sections where waves lap at the edges of the road below, tranquil inland-sea waters filled with rafts for fishing and culturing, and narrow stretches where the water rushes in all at once with great force, the seas of northern Naruto City are richly varied and expressive.

This relatively short, 27-kilometer (16.7-mile) route treats riders to both distant and near sea views, both calm and dynamic waters, and features a fair number of steep hills along sections such as the Naruto Skyline to make the ride more engaging. It even incorporates Naruto's famous sightseeing spots, such as the Onaruto Bridge, the Naruto Whirlpools and the Otsuka Museum of Art, giving you a taste of everything the area has to offer.



1

## OTSUKA MUSEUM OF ART

Home to an impressive collection of ceramic-tile reproductions showcasing world art

Celebrating their 20th anniversary this year, the Otsuka Museum of Art is a unique facility that exhibits ceramic-tile reproductions of famous art from around the world. Their collection includes faithful, actual-size reproductions of more than 1,000 pieces of Western art, and the walking route for all exhibits combined is roughly 4 kilometers (2.5 miles) in length. Showings include all seven of Van Gogh's Sunflowers pieces (displayed together), and even a cafe space that re-creates his Bedroom in Arles in real life.

Naruto Park, Narutocho, Naruto-shi, Tokushima  
☎088-687-3737 ☎9:30~17:00 (Ticket sales ~16:00)  
Ⓜ Mon. (Aug. Everyday open) Ⓞ Admission ¥3,240  
※Bicycle stands available



2

## Uzunomichi

Experience the feeling of walking on air while witnessing firsthand the power of Mother Nature

From inside the Onaruto Bridge, which connects Naruto City in Shikoku with Awaji Island, it is possible to view whirlpools 45 meters (148 feet) below through glass floors. The impressive sight of white foam whipped up in a frenzy as the waters swirl violently below has been known to make more than a few knees tremble. At the nearby Naruto Ohashi Memorial Museum Eddy, visitors can learn about how whirlpools work as well as the history of the Onaruto Bridge's construction.

Inside the Naruto Park, Narutocho, Naruto-shi, Tokushima  
☎088-683-6262 Ⓞ Depending on season March~September 9:00~18:00  
Ⓞ Adult ¥510

3

## Ochaen Observatory

This sight was a favorite of local feudal lords—view it today from the same location!

Feudal lords of the Hachisuka Clan, who once ruled Tokushima Domain (now Tokushima Prefecture and Awaji Island), built a teahouse on this spot in order to enjoy its view, which is why the observatory is named Ochaen ("tea garden"). The blue seas and skies complemented by the bright-white Onaruto Bridge and Awaji Island in the distance make this a great photo spot. The Senjojiki Observatory, just a short walk from here, offers an alternative-angle view.

Naruto Park, Narutocho, Naruto-shi, Tokushima  
☎088-684-1157 (Naruto-shi Tourism Promotion Division)



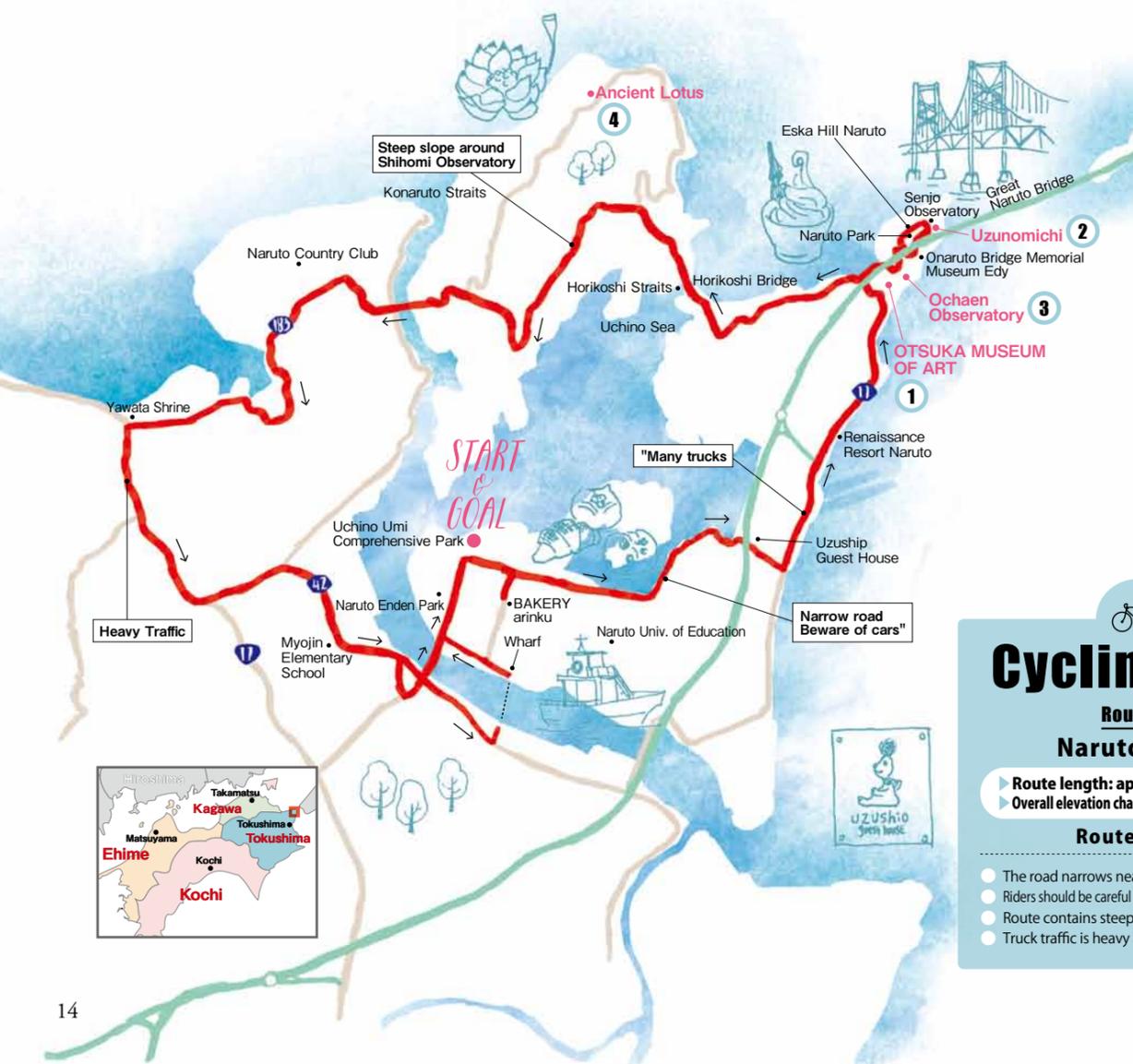
4



## Ancient Lotus

These lotus plants, which display their pink flowers in early summer, are known as Oga lotus and were planted and grown using lotus seeds from more than 2,000 years ago, excavated at the Ochiai Historical Site in Chiba City, Chiba Prefecture. Local citizens repurposed this former agricultural field, which had fallen into disuse, to grow the lotuses whose large flowers reach a diameter of about 20 centimeters (nearly 8 inches) when they come into full bloom.

5-1 Ohshimada, Setocho, Naruto-shi, Tokushima  
Ⓞ Anytime (Best time: Morning in mid June to early August)



## Cycling MAP

Route 07  
Naruto Strait

▶ Route length: approx. 27km/16.8mi.  
▶ Overall elevation change: approx. 135m/443ft.

- Route Notes
- The road narrows near the Uchino Sea
  - Riders should be careful of crosswinds on long bridges
  - Route contains steep climbs and descents
  - Truck traffic is heavy around the Naruto-kita IC



# Konan-shi ~ Aki-shi

[ Creative Park ACTLAND ~ JR Aki Station ]

Cruise along the shores of Tosa Bay as you explore eastern-central Kochi Prefecture

## See townscapes rich with history and sweeping views of the Pacific Ocean as you ride

With Shikoku's mountains to the north and the Pacific Ocean stretching out to the south, this charming, nature-filled region encompassing Konan City, Aki City and the village of Geisei-mura is home to breathtaking coasts, historical buildings, and charming townscapes reminiscent of times past. The bike path (Prefectural Kochi ~Aki Cycling Route) installed alongside the national highway from Yoshikawa-cho in Konan to Nishihama in Aki, as well as the numerous signs and markings indicating the route from Michi-no-eki Yasu onward, facilitate a smooth and comfortable ride. Moreover, many parts of the bike path use the abandoned Tosa Electric Railway Aki Line's route and track bed, which makes for gentler slopes than the adjacent highway. Come down and savor the sea breeze as you cruise along the Kochi coast!

Enjoy a panoramic view of the Kotogahama Coast from the Akano Cycling Route Rest Area

## Michi-no-eki Yasu

Savor food and shopping at this gorgeous seaside oasis

This local agricultural goods direct-sales shop carries produce, processed food products, fresh-squeezed fruit juices, ice cream and other products. In addition to Yasuragi-ichi, the rest area includes places to eat, a cafe offering sweets, gift shops, and more. The beach just outside the rest area has an ocean swimming area as well as a comfortable lawn and benches to sit on, making it the perfect place to take a breather and relax for a while.

537-90 Chigire, Yasucho, Konan-shi, Kochi  
☎0887-57-7122 (Office) 📍Farmers' market 8:00~18:00  
🕒Everyday open ※Bicycle stands available

1



2

## Tei Port Movable Bridge

(Kochi Prefectural Tei Port Seaside Road Movable Bridge)

A road sticking into the land!? No, it's a bridge only in use 7 hours a day!

This approximately 32-meter (105-foot) long bridge was built in 2002 as part of a roadway linking Michi-no-eki Yasu, a yacht harbor, a historic port area, and Odenohama where natural coral grows. It is only crossable during six times blocks each day (at roughly two-hour intervals, from morning to evening) for a total of seven hours each day. The raising/lowering process takes about six minutes and makes for an impressive sight with warning alarms sounding, road gates closing and the massive structure slowly shifting into place.

Tei Port Tei, Yasucho, Konan-shi, Kochi  
☎0887-57-7520 (Konan-shi Commerce, Industry and Fishery Division)



3

## Former Railroad Tunnel

(Tosa Denki Tetsudo Railroad Track Remains)

Cool and comfortable tunnels with palpable ties to railway history

The Seiryumon and Seitenko Tunnels were opened in 1930 as part of the now-abandoned Tosa Electric Railway Aki Line. After the railway line was closed, the track bed was paved over for use by cyclists, Buddhist pilgrims traveling around Shikoku and others. Because it was built where the railroad tracks used to be, the slopes are gentle and easy to navigate.

Teiyama, Yasucho, Konan-shi, Kochi  
☎0887-57-7520 (Konan-shi Commerce, Industry and Fishery Division)



4

## Kotogahama

Cruise through a lovely pine forest with views of white sands and sparkling seas

The Kotogahama Coast stretches east-west for about 4 kilometers (2.5 miles). It is one of the prefecture's most famous moon-viewing locations, and its picturesque scenery has earned it a spot as one of the top 100 sandy, pine-tree coastlines in Japan. It features a pleasant bike path that passes through a pine forest and makes one feel liberated, as if they are at one with nature, as they gaze out at the Pacific Ocean.

Wajiki, Geiseimura, Akigun, Kochi  
☎0887-33-2114 (Geiseimura Village Office Promotion Planning Division)



## Cycling MAP

Route 08

Konan-shi ~ Aki-shi

▶ Route length: approx. 30km/18.6mi.  
▶ Overall elevation change: approx. 39m/128ft.

### Route Notes

- Has a dedicated bike path alongside the national highway
- Automobile traffic is heavy along the national highway
- The highway features some relatively steep hills
- Cyclists should be careful of posts installed along the path (meant to keep cars from entering)

