

# Cycling Course

## Blending Together Sky, Islands, and Sea

The Cycling Courses offer visitors a chance to enjoy warm sunshine and a refreshing breeze while admiring the beautiful scenery of the Seto Inland Sea. The ability to stop along the way to see the sights and enjoy the food is the best part of any cycling adventure.



3 Naruto Whirlpools (Tokushima Prefecture)



Awaji Hanasajiki (Hyogo Prefecture)



3 Suo-Oshima Cycling



15 Karato Ichiba (Yamaguchi Prefecture)

### ★ Relaxed Long Course - 8 nights, 9 days or ★ Casual Short Course -

### Short A 3 nights, 4 days & Short B 5 nights, 6 days Transportation: Public transportation

\*This model course uses timetables as of June 1, 2016.

**Day 1** Day 1 Long Short A

IN Kansai International Airport DEP.17:15 1 hr. 15 min. by airport bus ARR.18:30 Sannomiya Sta. Overnight stay in Kobe City

DEP.17:16 JR limited express 49 min. ARR.18:05 Shin-Osaka Sta. DEP.18:08 JR 31 min. ARR.18:39 Sannomiya Sta.

**Day 2** Day 2 Long Short A

Sannomiya Sta. DEP.8:08 JR 40 min. Himeji Sta. ARR.8:48 On foot 10 min. 1 Himeji Castle (2 hrs. stay) >> P.16 Lunch 1 hr. On foot 10 min. Himeji Sta. DEP.12:12

JR 10 min. Kakogawa Sta. ARR.12:22 DEP.12:24 JR 24 min. Maiko Sta. ARR.12:48 On foot 5 min. Kosoku Maiko bus stop DEP.13:10 Bus 56 min. Sumoto Bus Center ARR.14:06

Sumoto Tourist Information Center <Rent-a-cycle> 2 Awaji Island Cycling (2 hrs. stay) >> P.16 Sumoto Tourist Information Center ARR.16:30 Overnight stay

**Day 3** Day 3 Long Short A

Sumoto Bus Center DEP.8:25 Bus 36 min. Naruto Koen-guchi bus stop ARR.9:01 On foot 15 min. 3 Naruto Whirlpools (2 hrs. stay) >> P.28 Lunch 1 hr. On foot 15 min. Naruto Koen bus stop DEP.12:36 Bus 23 min.

Optional 1 Naruto Uzushio Course Cycling >> P.28 Optional 2 Shodoshima Island Cycling >> P.32

Naruto Sta. ARR.12:59 DEP.13:06 JR 23 min. Shozui Sta. ARR.13:29 DEP.13:32 JR limited express 1 hr. 1 min. Takamatsu Sta. ARR.14:33 On foot 10 min. Takamatsu-chikko Sta. DEP.14:45

Kotoden 8 min. Ritsurin-Koen Sta. ARR.14:53 On foot 10 min. 4 Ritsurin Garden (2 hrs. stay) >> P.31 On foot 10 min. Ritsurin-Koen Sta. DEP.17:05 Kotoden 8 min. Takamatsu-chikko Sta. ARR.17:13 Overnight stay

**Day 4** Day 4 Long Short A

Takamatsu Sta. DEP.8:22 JR 57 min. Okayama Sta. ARR.9:19 DEP.9:43 Bus 12 min. Korakuen-mae bus stop ARR.9:55 5 Okayama Korakuen Garden (2 hrs. stay) >> P.19 Lunch 1 hr. Korakuen-mae bus stop DEP.13:14 Bus 21 min.

Short A OUT Kansai International Airport

Okayama Sta. ARR.13:35 DEP.13:50 JR 17 min. Kurashiki Sta. ARR.14:07 On foot 15 min. 6 Kurashiki Bikan Historical Area (3 hrs. stay) >> P.20 On foot 15 min. Kurashiki Sta. DEP.17:57

Short B Day 1 IN Kansai International Airport

JR 1 hr. 4 min. Onomichi Sta. ARR.19:01 On foot 10 min. 7 ONOMICHI U2 (Hotel designed for cyclists) Overnight stay

**Day 5** Day 2 Long Short B

Hotel On foot 5 min. Onomichi Port (Ekimae-Kowan Parking Lot) <Rent-a-cycle> DEP.8:00 8 Shimanami Kaido Cycling (6 hrs. stay) Cycling lasts about 5 hours \*Varies by individual. \*Luggage delivery service available. Lunch 1 hr. JR Imabari Sta. temporary rent-a-cycle terminal ARR.17:00 Overnight stay

**Day 6** Day 3 Long Short B

Imabari Sta. DEP.7:56 JR 40 min. Matsuyama Sta. ARR.8:36 On foot 5 min. Matsuyamaekimae Sta. DEP.8:50 Iyo Railway 25 min. Dogo Onsen Sta. ARR.9:15 On foot 5 min. 9 Dogo Onsen (1 hr. 30 min. stay) >> P.34 Lunch 1 hr. On foot 5 min. Dogo Onsen bus stop DEP.11:56

Bus 39 min. Matsuyama Kanko Port ARR.12:35 DEP.13:00 High-speed ship 1 hr. 17 min. Hiroshima Port ARR.14:17 DEP.14:28 Hiroshima Electric Railway 30 min. Hondori Sta. ARR.14:58 DEP.15:05 Hiroshima Electric Railway 5 min. Genbaku Dome-mae Sta. ARR.15:10 10 Atomic Bomb Dome (3 hrs. stay) >> P.22 Overnight stay

**Day 7** Day 4 Long Short B

Hiroshima Sta. DEP.8:05 JR 29 min. Miyajimaguchi Sta. ARR.8:34 On foot 5 min. Miyajimaguchi Port DEP.8:55 Ferry 10 min. Miyajima Port ARR.9:05 11 Miyajima (3 hrs. stay) >> P.22 Lunch 1 hr. Miyajima Port DEP.13:10 Ferry 10 min.

Optional 3 Suo-Oshima Cycling >> P.26 Overnight stay

Miyajimaguchi Port ARR.13:20 On foot 5 min. Miyajimaguchi Sta. DEP.13:43 JR 23 min. Iwakuni Sta. ARR.14:06 DEP.14:20 Bus 15 min. Kintaikyo bus stop ARR.14:35 12 Kintaikyo Bridge (2 hrs. stay) >> P.26 Taxi 10 min.

Shin-Iwakuni Sta. DEP.17:22 Shinkansen 28 min. Shin-Yamaguchi Sta. ARR.17:50 DEP.18:14 JR 19 min. Yudaonsen Sta. ARR.18:33 On foot 15 min. 13 Yuda Onsen >> P.25 Overnight stay

**Day 8** Day 5 Long Short B

Yudaonsen Eki Iriguchi bus stop DEP.9:19 Bus 10 min. Yamaguchi Kencho-mae bus stop ARR.9:29 On foot 10 min. 14 Rurikoji Temple (1 hr. 20 min. stay) >> P.25 On foot 10 min. Yamaguchi Kencho-mae bus stop DEP.11:08 Bus 8 min.

Yamaguchi Sta. ARR.11:16 DEP.11:22 JR 22 min. Shin-Yamaguchi Sta. ARR.11:44 DEP.11:58 Shinkansen 19 min. Kokura Sta. ARR.12:17 DEP.12:38 JR 14 min. Shimonoseki Sta. ARR.12:52 DEP.12:58 Bus 5 min. Karato bus stop ARR.13:03 On foot 5 min.

15 Karato Ichiba (1 hr. stay) >> P.25 Lunch 1 hr. On foot 5 min. Karato bus stop DEP.15:34 Bus 7 min. Shimonoseki Sta. ARR.15:41 DEP.15:54 JR 14 min. Kokura Sta. ARR.16:08 DEP.16:18 Shinkansen 16 min. Hakata Sta. ARR.16:34 Overnight stay

Local Gourmet / Fugu in Shimonoseki >> P.43 Alternative Course Shin-Yamaguchi Sta. JR 3 hrs. 30 min. Kansai International Airport

**Day 9** Day 6 Long Short B

Hakata Sta. DEP.10:02 Subway 5 min. Fukuokakuko Sta. ARR.10:07 Shuttle bus 10 min. Fukuoka Airport International Terminal Building OUT