



**⑧ Shimanami Kaïdo (Hiroshima – Ehime)**  
 The Shimanami Kaïdo was selected by CNN as one of the top 7 cycling routes. Although the route covers some 70 km, numerous rent-a-cycle locations are available, so even beginners can enjoy cycling along the Shimanami Kaïdo with the ability to stop and go as they please.

# 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.



**Awaji Hanasajiki (Hyogo Prefecture)**  
 With canola flowers in spring, verbena in summer, salvia and cosmos in fall, and stock in winter, Awaji's Hanasajiki features lovely blooming flowers throughout the year.



### ③ Naruto Whirlpools (Tokushima Prefecture)

The tidal flows in the Naruto Strait can reach up to 20 km/h, creating dynamic whirlpools as large as 20 m in diameter. Visitors are sure to be impressed by nature and the power it creates.

### Setouchi Gourmet (7 prefectures of the Setouchi area)

Surrounded by mountains and the sea, the Setouchi area offers a wide variety of fresh ingredients. The many dishes taking advantage of these delicious ingredients are also popular with foreign tourists.



★ **Relaxed Long Course - 8 nights, 9 days** or **Transportation: Public transportation**  
 \*All times are approximate. \*This model course uses timetables as of June 1, 2016.  
 ★ **Casual Short Course - Short A 3 nights, 4 days & Short B 5 nights, 6 days**

<b>Day 1</b> Long	<b>Day 1</b> Short A	✈️ IN Kansai International Airport DEP.17:15 1 hr. 15 min. by airport bus ARR.18:30 Sannomiya Sta. ARR.18:39 Overnight stay in Kobe City
<b>Day 2</b> Long	<b>Day 2</b> Short A	Sannomiya Sta. DEP.8:08 JR 40 min. Himeji Sta. ARR.8:48 On foot 10 min. <b>1 Himeji Castle</b> (2 hrs. stay) >> P.13 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> <b>2 Awaji Island Cycling</b> (2 hrs. stay) >> P.13 Sumoto Tourist Information Center ARR.16:30 Overnight stay
<b>Day 3</b> Long	<b>Day 3</b> Short A	Sumoto Bus Center DEP.8:25 Bus 36 min. Naruto Koen-guchi bus stop ARR.9:01 On foot 15 min. <b>3 Naruto Whirlpools</b> (2 hrs. stay) >> P.21 Lunch 1 hr. On foot 15 min. Naruto Koen bus stop DEP.12:36 Bus 23 min. Optional 1 <b>Naruto Uzushio Course Cycling</b> >> P.22 Optional 2 <b>Shodo Island Cycling</b> >> P.23 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. <b>4 Ritsurin Garden</b> (2 hrs. stay) >> P.23 On foot 10 min. Ritsurin-Koen Sta. DEP.17:05 Kotoden 8 min. Takamatsu-chikko Sta. ARR.17:13 Overnight stay
<b>Day 4</b> Long	<b>Day 4</b> 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 <b>5 Okayama Korakuen Garden</b> (2 hrs. stay) >> P.15 Lunch 1 hr. Korakuen-mae bus stop DEP.13:14 Bus 21 min. Okayama Sta. ARR.13:35 DEP.13:50 Optional 3 <b>Cycling along the Okayama Coast</b> ✈️ Short A OUT Kansai International Airport ✈️ Short B Day 1 IN Kansai International Airport ✈️
		JR 17 min. Kurashiki Sta. ARR.14:07 On foot 15 min. <b>6 Kurashiki Bikan Historical Area</b> (3 hrs. stay) >> P.16 On foot 15 min. Kurashiki Sta. DEP.17:57 JR 1 hr. 4 min. Onomichi Sta. ARR.19:01 On foot 10 min. <b>7 ONOMICHI U2</b> (Hotel designed for cyclists) Overnight stay
<b>Day 5</b> Long	<b>Day 2</b> Short B	Hotel On foot 5 min. Onomichi Port (Ekimae-Kowan Parking Lot) <Rent-a-cycle> DEP.8:00 <b>8 Shimanami Kaïdo Cycling</b> (8 hrs. stay) >> P.18 Lunch 1 hr. Cycling lasts about 5 hours. *Varies by individual. *Luggage delivery service available. JR Imabari Sta. temporary rent-a-cycle terminal ARR.17:00 Overnight stay
<b>Day 6</b> Long	<b>Day 3</b> 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. <b>9 Dogo Onsen</b> (1 hr. 30 min. stay) >> P.25 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 <b>10 Atomic Bomb Dome</b> (3 hrs. stay) >> P.17 Overnight stay
<b>Day 7</b> Long	<b>Day 4</b> 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 <b>11 Miyajima</b> (3 hrs. stay) >> P.17 Lunch 1 hr. Miyajima Port DEP.13:10 Ferry 10 min. Optional 5 <b>Suo-Oshima Cycling</b> >> P.20 >> Overnight stay Optional 4 <b>Miyajima Sea Kayaking</b> 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 <b>12 Kintaikyo Bridge</b> (2 hrs. stay) >> P.20 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 <b>13 Yuda Onsen</b> >> P.19 Overnight stay
<b>Day 8</b> Long	<b>Day 5</b> 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. <b>14 Rurikoji Temple</b> (1 hr. 20 min. stay) >> P.19 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. <b>15 Karato Ichiba</b> (1 hr. stay) >> P.20 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 7 <b>Fugu in Shimonoseki</b> >> P.27 Alternative Course Shin-Yamaguchi Sta. >> JR 3 hrs. 30 min. >> Kansai International Airport
<b>Day 9</b> Long	<b>Day 6</b> 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