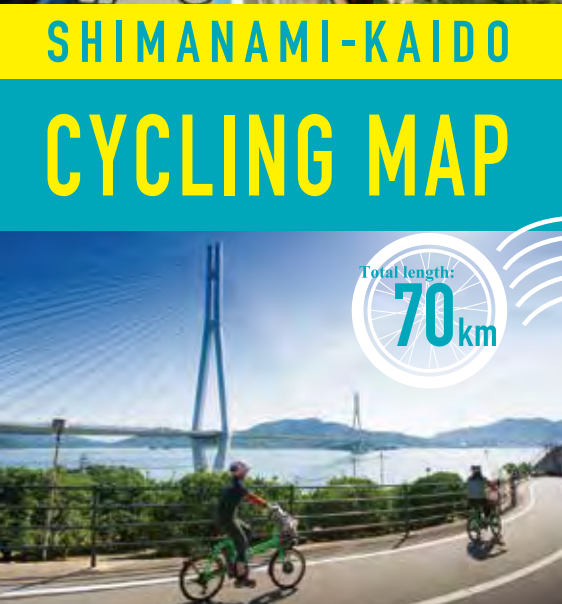




Hakatajima

Michi-no-eki Rest Stop: Hakata S-C Park

This shop offers a wide range of specialty products made with "Hakata Salt". The slightly salty flavored soft ice cream is also popular. There is also a dolphin area next door where you can get up close and personal with dolphins.

1 Restaurant 2 Souvenirs 3 Photo Spots

Oshima/Imabari

Experience the Miyakubo-Seto Rapid Tides Boat and Noshima-suigan Seafood BBQ

An observation boat where you can experience some of the strongest tides in Japan, linked to the "Murakami-pirates", a Japanese Heritage designation. A seafood BBQ restaurant serving sea bream and other seafood caught by local fishermen is located here.

1 Restaurant 2 Souvenirs 3 Photo Spots 4 Accommodations

Kirosan Observatory Park

360-degree panoramic view. The view changes with the time of day, from the morning mist, with the stunning beauty of the islands, to the illuminated Kurushima Kaikyo Bridge.

"The architectural design of the observation deck was by Kengo Kuma"

Michi-no-eki Rest Stop:Yoshiumi Ikiikikan Rapid Ties Observation Boat & Seafood BBQ

The sight of the Kurushima Kaikyo Bridge from directly below and the Imabari Shipyards up close from a sightseeing boat is very impressive. The seafood grill at Michi-no-eki Rest Stop, where you can choose your own ingredients, is also popular.

Soft Salty Ice Cream, Great for Cyclists!

Michi-no-eki Rest Stop: Hakata S-C Park

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1 Restaurant 2 Souvenirs 3 Photo Spots

The Rapid Tides "Murakami-pirates" Navigated

Experience the Miyakubo-Seto Rapid Tides Boat and Noshima-suigan Seafood BBQ

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Yoshiumi Rose Park

Approximately 3,500 roses of 400 different varieties from around the world are in full bloom. There is also the "Rose Hall" selling rose products and local specialties, and a restaurant overlooking the rose garden.

Sunrise Itoyama (Shimanami Monument)

Located right next to the Kurushima Kaikyo Bridge, this is a cycling base on the Imabari side that offers a variety of rental bicycles. There are also accommodations on site, where all rooms have ocean views.

Omishima

Michi-no-eki Rest Stop:Tatara Shimanami Park & Cyclists' Stone Monument

A viewpoint with a close-up view of the Seto Inland Sea and the Tataru Bridge. There is a restaurant serving dishes made with local seafood and a souvenir shop selling local specialties.

1 Restaurant 2 Souvenirs 3 Photo Spots

Oyamazumi Shrine

This is the guardian deity of Japan, worshipped as the god of the sea, mountains, and war. The treasure museum houses and exhibits weapons and armor designated as national treasures and important cultural properties.

Ikuchijima (Setoda)

Setoda Sunset Beach

Restaurants where you can enjoy local cuisine, souvenir shops, as well as shower rooms, locker rooms, changing rooms, and camping facilities. Original Shimanami Kaikyo cycling wear is also on sale.

Cyclists' Stone Monument

Michi-no-eki Rest Stop:Tatara Shimanami Park & Cyclists' Stone Monument

A viewpoint with a close-up view of the Seto Inland Sea and the Tataru Bridge. There is a restaurant serving dishes made with local seafood and a souvenir shop selling local specialties.

1 Restaurant 2 Souvenirs 3 Photo Spots

Mare Gracia Omishima

A spa that incorporates thalassotherapy(marine therapy). The beautiful sunset view from an open-air bath facing the sea is a "must-experience". There is also a restaurant and souvenir shop on site.

Shimanami Dolce

This delicious and healthy gelato, made with locally grown fruits such as Sumo citrus, Hassaku, lemons, and peaches, is perfect treat for a cycling trip.

Onomichi/ Mukaishima

ONOMICHI U2

You can check into this hotel with your bicycle and even bring it into your room. It includes a restaurant which serves Setouchi foods and lifestyle shops, a cycle shop, and more.

1 Restaurant 2 Souvenirs 3 Photo Spots 4 Accommodations

ONOMICHI U2

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1 Restaurant 2 Souvenirs 3 Photo Spots 4 Accommodations

Inno-shima

Hassakuya shop

This shop's Hassaku Daifuku are made using Hassaku oranges that originate from Inno-shima Island, and is very popular among cyclists as well as locals. There are seats inside the shop, so you can enjoy your meal while taking in the spectacular view of the Shimanami area.

1 Restaurant 2 Souvenirs 3 Photo Spots

Senkoji Park

From the observation deck at the top of Senkoji Park, you can see the miniature garden-like townscape of Onomichi and the Seto Inland Sea. It takes 3 minutes to get to the top on the Mount Senkoji-yama Ropeway.

Tosen Boat (Ferry)

There are three ferries connecting Onomichi and Mukaishima, and you can board with your bicycle. The journey takes just under five minutes one way, and you can enjoy the laid-back atmosphere that is typical of Onomichi.

Oyama Shrine

This shrine enshrines Watashi-no-Okami, the guardian deity of traffic. It is also a cycling oasis, and offers bicycle prayers, bicycle charms, and Ema, votive plaques.

Manda Fermentation/ HAKKO Park

This park includes a cafe, a garden, a wooden deck by the sea, an animal plaza with goats, a foot bath and a gift shop. You can also tour a factory that produces fermented vegetables.

Shimanami Tourism Information

Read here for information on sightseeing and experiences along the course!

SHIMANAMI JAPAN

General Incorporated Association Shimanami Japan

Coin Lockers

(Times when Luggage can be put in and taken out)

Onomichi JR Onomichi Station (4:30 a.m. - 0:15 a.m.)
Onomichi ONOMICHI U2 - North side (all day)
Inno-shima Municipal Central Parking Lot 1F (all day)
Inno-shima Habu Port Building 1F (6:00 a.m. - 7:00 p.m.)
Ikuchijima Setoda Tourist Information Center (All day)
Ikuchijima Setoda Port (7:00 a.m. - 8:30 p.m.)
Ikuchijima Setoda Sunset Beach (All day)

Shimanami Road Movie

Download the app to help make wonderful memories of the Shimanami Kaikyo cycling road. This app helps you make movies easily. Have fun!

しまなみロードムービー

Shimanami Kaikyo 9 Rules for Good Cycling Etiquette

- Rule 1: Don't ride side by side.
- Rule 2: Don't speed.
- Rule 3: Don't ride with someone else on one bicycle.
- Rule 4: Don't litter.
- Rule 5: Don't use cell phones.
- Rule 6: Don't use earphones.
- Rule 7: Ride on designated routes.
- Rule 8: Don't ride with an umbrella.
- Rule 9: Wear a helmet.

Shimanami Cycle Oasis

A "hospitality" area where you can stop and take a break while cycling. We provide cycling pumps, toilets, bicycle stands, tourist brochures, and drinking water.

(Onomichi: 43 locations, Mukaishima: 23 locations, Inno-shima: 46 locations, Ikuchijima: 32 locations, Omishima: 22 locations, Hakatajima: 7 locations, Oshima: 13 locations, Imabari: 37 locations)

Shimanami Toso Rescue

While cycling, if you are unable to repair your bike yourself or need help, please contact Shimanami Toso Rescue (Rescue Point/Rescue Taxi).

"When using this service, please be sure to contact us in advance and explain the situation as clearly as possible. There are limits to the repairs we can perform. If it is difficult for you to get to a rescue point, please use a rescue taxi equipped with a bicycle rack."

Issued by: Shimanami Kaikyo Bicycle Path Promotion Council

Blue Line

To help you cycle along the Shimanami Kaikyo without getting lost, blue lines and arrows are drawn on the left side of the road. Along with the blue lines, directions and distances to JR Onomichi Station or Imabari City Cycling Terminal "Sunrise Itoyama" are also indicated.

Setouchi "Cycruise" PASS

Cycling tourists can get discounts on boarding fees and participating facilities when using passenger ship routes that qualify for discounts. This is a bargain that allows people to enjoy cruising and cycling at the same time.

Contact: Chugoku Passengerboat Association
TEL: 082-253-6907 (Mon.-Fri) 9:00 a.m. - 5:00 p.m.

Access Information

When using JR

Shinkansen: Shin-Onomichi station is only for the Shinkansen Kodama. Use Fukuyama station for the Shinkansen Nozomi and transfer to the local train to Onomichi. (Approximately 10-minute bicycle ride between Shin-Onomichi station and Onomichi station.)

Conditions for Carrying Bicycles on JR Trains:(Free Transportation)

- The bicycle must be disassembled or folded, and packed so that all parts are wrapped in a special bag.
- The total of the length, width and height of the special bag must be within 250cm (the longest side must be within 2m), and it must weigh 30kg or less.

Airline Bicycle Checked Baggage Conditions:

- Pack the bicycle in a special case or special cardboard box.
- Procedures vary depending on the airline, so please contact each airline for details.

Access to the Setouchi Shimanami Kaikyo from the Airport

Hiroshima Airport and Matsuyama Airport have changing rooms and bicycle assembly areas.

From Matsuyama Airport: Approx. 56km (bicycle ride: Approx. 2 hours 50 minutes, AUC20hr)

From Hiroshima Airport: Approx. 38km (bicycle ride: Approx. 1 hour 50 minutes, AUC20hr)

Shimanami Rental Cycle Terminal: 10 Locations

Island	Terminal Name	Location	Business Hours
Onomichi	Onomichi Port (Port Parking Lot in front of the station)	Higashigoshicho-jisaki, Onomichi City	[March to November] 7:00 a.m. - 7:00 p.m. [December to February] 8:00 a.m. - 6:00 p.m.
Mukaishima	Onomichi Civic Center Mukaishima	5531-1, Mukaishima-cho, Onomichi City	[March to November] 8:30 a.m. - 7:00 p.m. [December to February] 8:30 a.m. - 6:00 p.m.
Inno-shima	Habu Port (Municipal Central Parking Lot)	1899-31, Habu-cho, Inno-shima, Onomichi City	[March to November] 8:30 a.m. - 7:00 p.m. [December to February] 8:30 a.m. - 6:00 p.m.
Ikuchijima	Setoda Tourist Information Center	200-5, Sawa, Setoda-cho, Onomichi City	9:00 a.m. - 5:00 p.m.
Ikuchijima	Setoda Sunset Beach	1506-15, Tarumi, Setoda-cho, Onomichi City	9:00 a.m. - 5:00 p.m.
Omishima	Kamiura Rental Cycle (Michi-no-eki Rest Stop: Tatara Shimanami Park)	9180-2, Iguchi, Kamiura-cho, Omishima City	9:00 a.m. - 5:00 p.m.
Hakatajima	Hakata Rental Cycle (Michi-no-eki Rest Stop: Hakata S-C Park)	1668-1, Ko, Kanoura, Hakata-cho, Imabari City	9:00 a.m. - 5:00 p.m.
Oshima	Yoshiumi Rental Cycle (Michi-no-eki Rest Stop: Yoshiumi Ikiikikan)	4520-2, Myo, Yoshium-cho, Imabari City	9:00 a.m. - 5:00 p.m.
Imabari	Chuo Rental Cycle (Sunrise Itoyama)	2-8-1, Sunaba-cho, Imabari City	[March to November] 8:00 a.m. - 8:00 p.m. [December to February] 8:00 a.m. - 6:00 p.m.
Imabari	Imabari-ekimae Rental Cycle	773-8, Ko, 2-chome, Kitahorai-cho, Imabari City	[March to November] 8:00 a.m. - 8:00 p.m. [December to February] 8:00 a.m. - 6:00 p.m.

Bicycles from Shimanami Rental Cycle can be dropped off at all of the above terminals (Some bicycles excluded).

Contact: Shimanami Japan TEL: 0848-22-3911

*In addition to Shimanami Rental Cycle, there are also private businesses that rent out bicycles.

Luggage Storage Service (Yamato Transport)

500 yen per item (Bags, Luggage, Bicycles)
Hours: 9:00 a.m. - 6:00 p.m.
Location: Onomichi Shopping Center, 1-4-21, Tsuchido, Onomichi City
* Kurekone Members Discount Available

Cycling Baggage Service (Sagawa Express)

Same-day shipping from the partner facility in the departure city to the partner facility in the arrival city, even for one piece of baggage.
*Please check the website for details of the service and a list of partner facilities.
*Advance reservations are required for group use.

Sponsor Companies from Hiroshima Prefecture

Shimanami Kaikyo Bicycle Path Promotion Council (Ehime Prefecture, Hiroshima Prefecture, Imabari City, Onomichi City) is working to improve convenience for cyclists with the cooperation of sponsoring companies.

Yamato Transport, Sagawa Express, Onomichi U2, Panasonic, WCC, Shimano, Sunvold, Br.Holdings, FICE, FamilyMart, JA, NTT West Japan, HALOWS, Micron, DyDo, Coca-Cola, Asahi Beverage, Asahi Soft Drink, Asahi Beer, Asahi Food, Asahi Paper, Asahi Chemical, Asahi Energy, Asahi Environment, Asahi Health, Asahi Life, Asahi Medical, Asahi Pharmaceutical, Asahi Science, Asahi Technology, Asahi Transportation, Asahi Utility, Asahi Welfare, Asahi Work.

Sponsor Companies from Ehime Prefecture

Shimanami Kaikyo Bicycle Path Promotion Council (Ehime Prefecture, Hiroshima Prefecture, Imabari City, Onomichi City) is working to improve convenience for cyclists with the cooperation of sponsoring companies.

Yamato Transport, Sagawa Express, Onomichi U2, Panasonic, WCC, Shimano, Sunvold, Br.Holdings, FICE, FamilyMart, JA, NTT West Japan, HALOWS, Micron, DyDo, Coca-Cola, Asahi Beverage, Asahi Soft Drink, Asahi Beer, Asahi Food, Asahi Paper, Asahi Chemical, Asahi Energy, Asahi Environment, Asahi Health, Asahi Life, Asahi Medical, Asahi Pharmaceutical, Asahi Science, Asahi Technology, Asahi Transportation, Asahi Utility, Asahi Welfare, Asahi Work.

Cycling Wear

We create and sell original cycling wear to raise funds for activities such as making the Shimanami Kaikyo bicycle path toll-free.

[Sales Locations] Hirokawa Nisseki (Self Shimanami S.S., Mukaishima S.S.), Family Mart (Onomichi Mukaishigashicho Branch, Inno-shima Inki Branch, Inno-shima Habu Branch, Inno-shima Shigei Branch, Inno-shima Takuma Branch, Setoda Branch), Setoda Sunset Beach, Oyama Shrine

Installation of Signs for Tourist Information and Support Companies

At 34 locations along the Shimanami Kaikyo Cycling Road, including Michi-no-eki Rest Stops, we have installed advertising billboards and information about famous places from supporting companies who are cooperating with efforts to improve the cycling environment, such as making the Shimanami Kaikyo bicycle toll-free.