

[Weight/Gears] 9.6kg/16 gears.

You can choose from six types of bike. There are 35 bicycles available in total.

Mini Velo 6 available Lightweight, small turning radius, thin tires for [Size] 410mm 20 inches. [Minimum Rider Height] 150cm.

For riders with large frames Cross Bike 0 5 available

For riders with small frames

Stability and thicker tires

[Weight/Gears] 12kg /24 gears.

Stability and thicker tires. [Size] 470mm 28 inches. [Minimum Rider Height] 165cm. [Weight/Gears] 12kg/24 gears.

Cross Bike 0 5 available



For riders with small frames.Popular among female cyclists Cross Bike 5 available

[Size] 430mm 28 inches. [Minimum Rider Height] 155cm.



Mixed Type 

11 available

Basket on the front and mudguards. Easy gear changes. [Size] 420mm 480mm 28 inches [Minimum Rider Height] 150cm, 160cm. [Weight/Gears] 14kg/7 gears.

Kid's Bike 3 available

Mountain bike. Stability with 5cm-thick tires. Size] 270mm, 20 inches. [Rider Height] 115cm - 145cm. t/Gears] 10.7kg/7 gears.

8 hours / ¥2,000

3hours/¥1,000

Our bikes are of the highest quality and carefully maintained by a dedicated bike mechanic.

Bicycle delivery & drop-off service

[Delivery Charge] ¥1,000/bicycle [Drop-Off Fee] ¥1,000/bicycle available at the following stations and ports: JR Nigata Station / Okamura Port / Ocho Port / Ōchō Port



回想回 Setouchi-Cycling Tobishima Kaido For Reservations | TEL: 080-2927-2504 website: https://setouchicycling-tobishima.jp

Be aware of the following when cycling:

- ✓ As a rule, you should ride your bicycle on the road. Ride with caution on the left side of the road in one line. ✓ Riding side by side, racing, zigzagging on the road and other
- ✓ For your protection, please wear a helmet when you cycle.
- Children under 13 are obliged to wear a helmet by law.
- ✓ Do not ride under the influence of alcohol.
- ✓ Squeeze both the left and right brakes at the same time. Avoid
- sudden braking as this can cause you to fall.
- ✓ You will be charged for the cost of bicycles, helmets, keys or any other equipment that is damaged, lost or stolen.
- ✓ Make sure you lock the bike whenever you leave it. This includes
- when you drop the bike off at the end of the rental period.

## ocal Knowledge

**Sights and Views** Along the Tobishima Kaido



D-02 Difficulty Level

Square Tunnel spiral bridge with a square tunnel.

D-03 Difficulty Level



likubiru Hill

A view of Shikoku in the distance and Kajigahama Beach below.



C-08 Difficulty Level

**Hitaka Shrine** The torii gate facing the sea is worth a look.



D-07 Difficulty Level

Nishidomari Kannon Park

Cycle narrow farm roads for a fantastic view of the Seto



D-10 Difficulty Level

Tovoshima Spiral bridge This spiral bridge has a great



Difficulty Level

view at the top.

Kubi Spiral bridge

An old spiral bridge heading towards the Osaki Shimojima



C-14 Difficulty Level

Hill Overlooking History Park A scenic spot with views over Mitarai and surrounding islands.



Difficulty Level

Harukichi Nakamura Monument A monument to the legendary cyclist Harukichi Nakamura who cycled around the world.



B-13 Difficulty Level

Ochō Spiral bridge A wonderful spiral bridge leading to farm roads.



C-15 Difficulty Level

Nagatani Observation Deck



Shops お買い物



Komeri

09:00-19:30 EL: 0823-70-8055



sed: Thursday but open on public holidays



A-Coop Tovoshima

09:00-18:00 Closed : Sundays : 0823-67-1066



08:00-19:00 EL: 0823-66-2025



C-14 Souvenirs and café.

but open on public holidays





Accommodation \$205781

D-03 Self-catering cottages.

Check in 2om / Check out 10am L: 0823-70-8151

**Cottage Kajigahama** 



Café / Light Meals

Umiroman

11:00-14:00

Closed: Tuesdays and the third Sun, Mon, Tue of each month. 080-2348-5263



Otsukisan L: 0823-65-3440

Udon-no-Hara

Closed: Thursdays

: 090-6434-4031

Hanamizuki

sed: Mondays

: 0823-66-0358

Katsuratei

: 0823-66-0114

Restaurant

1:00-14:00

losed: Tuesdays

L: 0823-70-7010

Okonomivaki

Mari-chan

sed: Wednesdays

:0823-68-3199

Megumi-no-Oka







:090-2863-4104

Closed: Tuesdays but OPEN on public holidays : 0823-66-3533

but OPEN on public holidays



The Tea Cosy

Closed: Mon-Wed : 0823-67-2015



Miharashi Shokudo 11:00-13:30, 17:00-20:00 Closed: Sundays : 0823-66-2056





11:30-13:30 :090-7211-5571



**OKAMURA PORT** (Okamurajima) OKAMURA PORT (Okamuraiima) MUNAKATA PORT (Omishima) IMABARI PORT OKAMURA IMABARI OKAMIIRA MIINAKATA MIINAKATA OKAMIIRA 06:20 07:18 07:20 08:18 09:15 09:38 08:50 09:13 09:40 10:03 06:50 08:10 10:05 10:28 14:35 14:58 09:35 10:55 12:00 13:20 15:50 16:13 15:25 15:48 12:30 13:28 14:45 16:05 18:05 18:28 17:40 18:03 13:30 14:30 15:30 16:28 16:15 17:35 17:50 19:10 17:35 18:33 19:00 19:58 OKAMURA PORT

OCHO PORT (Osaki Shimojima) - AKASHI PORT (Osaki Kamijima)



OCHO PORT (Osaki Shimojima) - TAKEHARA PORT (Mainland)

UCHU	AKASHI	IAKEHAKA	IAKEHAKA	AKASHI	UCHU
06:35	06:41	07:19	07:23	08:00	08:12
08:15	08:21	08:59	09:03	09:40	09:46
09:50	10:02	10:40	13:05	13:42	13:48
14:02	14:08	14:46	15:40	16:17	16:23
17:20	17:26	18:04	18:10	18:47	18:59
19:01	19:07	19:45	19:47	20:24	20:30
		//	/_		



\*Inclement weather may cause ferry departure/arrival delays and cancellations.

The islands are blessed with a rich history and culture, along with some of the finest views in the region. Most of the cycling roads run along the coast allowing you to experience the sights and sounds of the Seto Inland Sea.

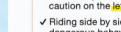
The islanders are warm-hearted people and welcome visitors with open arms. As you cycle through the towns and villages of the Tobishima Kaido, you will experience authentic Japanese island life.

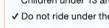


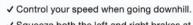


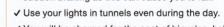














A steep climb with a anoramic view at the top.



1-10 Supermarket, alcoholic drinks.

**Murao Shobundo** 

Shiomachikan



Kishina Closed: Thursdays L: 0823-65-2848

Okonomivaki

Kenminnohama

Check in 3om / Check out 10am

:0823-66-1177

:070-2365-0924

Kagayaki-no-Yakata

**Guesthouse Kusushi** 

Check in 4om / Check out 9:30am

C-14 Luxury accommodation

Check in 3:30pm / Check out 11am

Check in 3pm / Check out 10am

Kangetsuan

Shintovo

: 090-4483-3141

: 089-88-2117

Places to Eat お食事処





Shima Café Kitatani Open Every Day

:0823-68-2003



**Sekizen Shokudo** 

Fri. & Sat. : Open at Evening Closed: Mondauys, Tuesdays

With a gentle elevation profile and hardly any traffic, the Tobishima Kaido is perfect for unforgettable cycling

Published by Tobishimare association

A

Tobishima Kaido Cycling Map

to the mainland by seven bridges. The route links Kure in Hiroshima Prefecture with Imabari in Ehime

adventures.

The Tobishima Kaido is a set of seven islands connected