

とびしま海道 TOBISHIMA KAIDO

Bicycle Rental Information

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

Carefully Maintained
by dedicated mechanics.

For experienced riders
Mini Velo ● 6 available
Lightweight, small turning radius, thin tires for experienced riders.
[Size] 410mm 20 inches. [Minimum Rider Height] 150cm. [Weight/Gears] 9.6kg/16 gears.

For riders with large frames
Cross Bike ● 5 available
Stability and thicker tires.
[Size] 470mm 28 inches. [Minimum Rider Height] 165cm. [Weight/Gears] 12kg/24 gears.

For riders with small frames
Cross Bike ○ 5 available
Stability and thicker tires.
[Size] 430mm 28 inches. [Minimum Rider Height] 155cm. [Weight/Gears] 12kg/24 gears.

For riders with small frames. Popular among female cyclists
Cross Bike ● 5 available
Stability and thicker tires. A larger saddle reduces aches and pains.
[Size] 360mm 28 inches. [Minimum Rider Height] 145cm. [Weight/Gears] 12kg/24 gears.

For beginners
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.

For children
Kid's Bike ● 3 available
Mountain bike. Stability with 5cm-thick tires.
[Size] 270mm, 20 inches. [Rider Height] 115cm - 145cm. [Weight/Gears] 10.7kg/7 gears.

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

● 8hours / ¥2,000
○ 3hours / ¥1,000

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

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 dangerous behavior is strictly prohibited.
 - ✓ 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.
 - ✓ Control your speed when going downhill.
 - ✓ Squeeze both the left and right brakes at the same time. Avoid sudden braking as this can cause you to fall.
 - ✓ Use your lights in tunnels even during the day.
 - ✓ You will be charged for the cost of bicycles, helmets, keys or any other equipment that is damaged, lost or stolen.
 - ✓ Please return the bicycles and equipment at the designated time (9am to 5pm).
 - ✓ 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.

Key Number

Local Knowledge

Sights and Views Along the Tobishima Kaido

[B-02] Difficulty Level ■■■■■

Square Tunnel
A spiral bridge with a square tunnel.

[B-03] Difficulty Level ■■■■■

Hikubiru 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.

[B-07] Difficulty Level ■■■■■

Nishidomari Kannon Park
Cycle narrow farm roads for a fantastic view of the Seto Inland Sea.

[B-10] Difficulty Level ■■■■■

Toyoshima Spiral bridge
This spiral bridge has a great view at the top.

[C-12] Difficulty Level ■■■■■

Kubi Spiral bridge
An old spiral bridge heading towards the Osaki Shimojima tunnel.

[C-14] Difficulty Level ■■■■■

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

[C-14] Difficulty Level ■■■■■

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

[B-13] Difficulty Level ■■■■■

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

[C-15] Difficulty Level ■■■■■

Nagatani Observation Deck
A steep climb with a panoramic view at the top.

Shops お買い物

[B-08] Hardware store, alcoholic drinks and snacks.

Komeri
09:00-19:30
Open Every Day
TEL: 0823-70-8055

[C-04] Souvenirs and café.

Kaieki Sannoseki
09:00-17:00
Closed: Thursday, but open on public holidays
TEL: 0823-70-8282

[B-10] Supermarket, alcoholic drinks.

A-Coop Toyoshima
09:00-18:00
Closed: Sundays
TEL: 0823-67-1066

[B-13] Souvenirs, alcoholic drinks and snacks.

Murao Shobundo
08:00-19:00
Open Every Day
TEL: 0823-66-2025

[C-14] Souvenirs and café.

Shiomachikan
10:00-17:00
Closed: Thursday, but open on public holidays
TEL: 0823-66-3533

Accommodation 今日の宿に

[B-03] Self-catering cottages.

Cottage Kajigahama
Check in 2pm / Check out 10am
TEL: 0823-70-8151

[C-04] Guesthouse.

Shimayado Akou
Check in 4pm / Check out 9:30am
TEL: 0823-68-0453

[B-07] Hotel

Kenminnohama Kagayaki-no-Yakata
Check in 3pm / Check out 10am
TEL: 0823-66-1177

[C-14] Guesthouse.

Guesthouse Kusushi
Check in 4pm / Check out 9:30am
TEL: 070-2365-0924

[C-14] Luxury accommodation

Kangetsuan Shintoyo
Check in 3:30pm / Check out 11am
TEL: 090-4483-3141

[C-15] Guesthouse.

Seagull
Check in 3pm / Check out 10am
TEL: 089-88-2117

Places to Eat お食事処

[B-08] Okonomiyaki.

Okonomiyaki Kishina
11:00-14:00
Closed: Thursdays
TEL: 0823-65-2848

[C-04] Café / Light Meals.

Maruya Café
11:00-14:00
Closed: Ask
TEL: 070-4175-6427

[C-04] Café / Light Meals.

Umiroman
11:00-14:00
Closed: Tuesdays and the third Sun, Mon, Tue of each month.
TEL: 080-2348-5263

[B-08] Udon / Yaki-Soba Noodles.

Otsukisan
11:00-15:00
Closed: Mondays
TEL: 0823-65-3440

[B-06] Udon.

Udon-no-Hara
11:00-15:00
Closed: Thursdays
TEL: 090-6434-4031

[B-06] Flame Cooking.

Hanamizuki
07:00-16:00
Closed: Mondays
TEL: 0823-66-0358

[B-07] Traditional Japanese.

Katsuratei
11:00-21:00
Closed: Tuesdays
TEL: 0823-66-0114

[B-08] Flame Cooking.

Megumi-no-Oka Restaurant
11:00-14:00
Closed: Tuesdays
TEL: 0823-70-7010

[B-10] Okonomiyaki.

Okonomiyaki Mari-chan
10:00-15:00
Closed: Wednesdays
TEL: 0823-68-3199

[B-10] Café.

Shima Café Kitatani
07:00-19:00
Open Every Day
TEL: 0823-68-2003

[C-14] Seafood.

Seafront Dining Shintoyo
11:00-15:00
Closed: Mon-Fri, but OPEN on public holidays
TEL: 090-2863-4104

[C-14] Café.

Funayado Café Wakacho
11:00-17:00
Closed: Mon-Fri, but OPEN on public holidays
TEL: 050-3368-5512

[C-14] Udon.

Nabeyakiudon Bishuya
11:00-15:00
Closed: Tuesdays but OPEN on public holidays
TEL: 0823-66-3533

[C-14] Café.

The Tea Cosy
11:00-15:00
Closed: Mon-Wed
TEL: 0823-67-2015

[C-14] Flame Cooking.

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

[B-15] Café.

Maruseki Café
11:00-17:00
Closed: Tue.-Thu.
TEL: 0897-88-2010

[B-15] Flame Cooking.

Sekizen Shokudo
11:30-13:30
Fri. & Sat.: Open at Evening
Closed: Mondays, Tuesdays
TEL: 090-7211-5571



Ferry Time Table

● ← Drop-off the bicycle.

OKAMURA PORT (Okamurajima) - IMABARI PORT				OKAMURA PORT (Okamurajima) - MUNAKATA PORT (Omishima)			
OKAMURA	IMABARI	OKAMURA	IMABARI	OKAMURA	MUNAKATA	MUNAKATA	OKAMURA
06:20	07:18	07:20	08:18	09:15	09:38	08:50	09:13
06:50	08:10	08:25	09:25	10:05	10:28	09:40	10:03
08:30	09:28	09:30	10:28	15:00	15:23	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	-	-	-	-



OCHO PORT (Osaki Shimojima) - AKASHI PORT (Osaki Kamijima)			
OCHO	AKASHI	AKASHI	OCHO
06:55	07:10	07:15	07:30
07:35	07:50	07:55	08:10
08:58	09:13	09:18	09:33
09:38	09:53	09:58	10:13
11:35	11:47	11:52	12:04
12:50	13:05	13:10	13:25
15:05	15:17	15:22	15:34
16:15	16:27	16:32	16:44
17:35	17:50	17:55	18:07
18:12	18:24	18:29	18:41
19:40	19:52	19:55	20:07

ŌCHŌ PORT (Osaki Shimojima) - TAKEHARA PORT (Mainland)					
ŌCHŌ	AKASHI	TAKEHARA	TAKEHARA	AKASHI	ŌCHŌ
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



*Times correct as of 25th February 2020.
*Inclement weather may cause ferry departure/arrival delays and cancellations.

Tobishima Kaido Cycling Map



SETOUCHI JAPAN CYCLE MAP

The Tobishima Kaido is a set of seven islands connected to the mainland by seven bridges. The route links Kure in Hiroshima Prefecture with Imabari in Ehime.

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.

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

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