

JTO Tsushima Iki islands

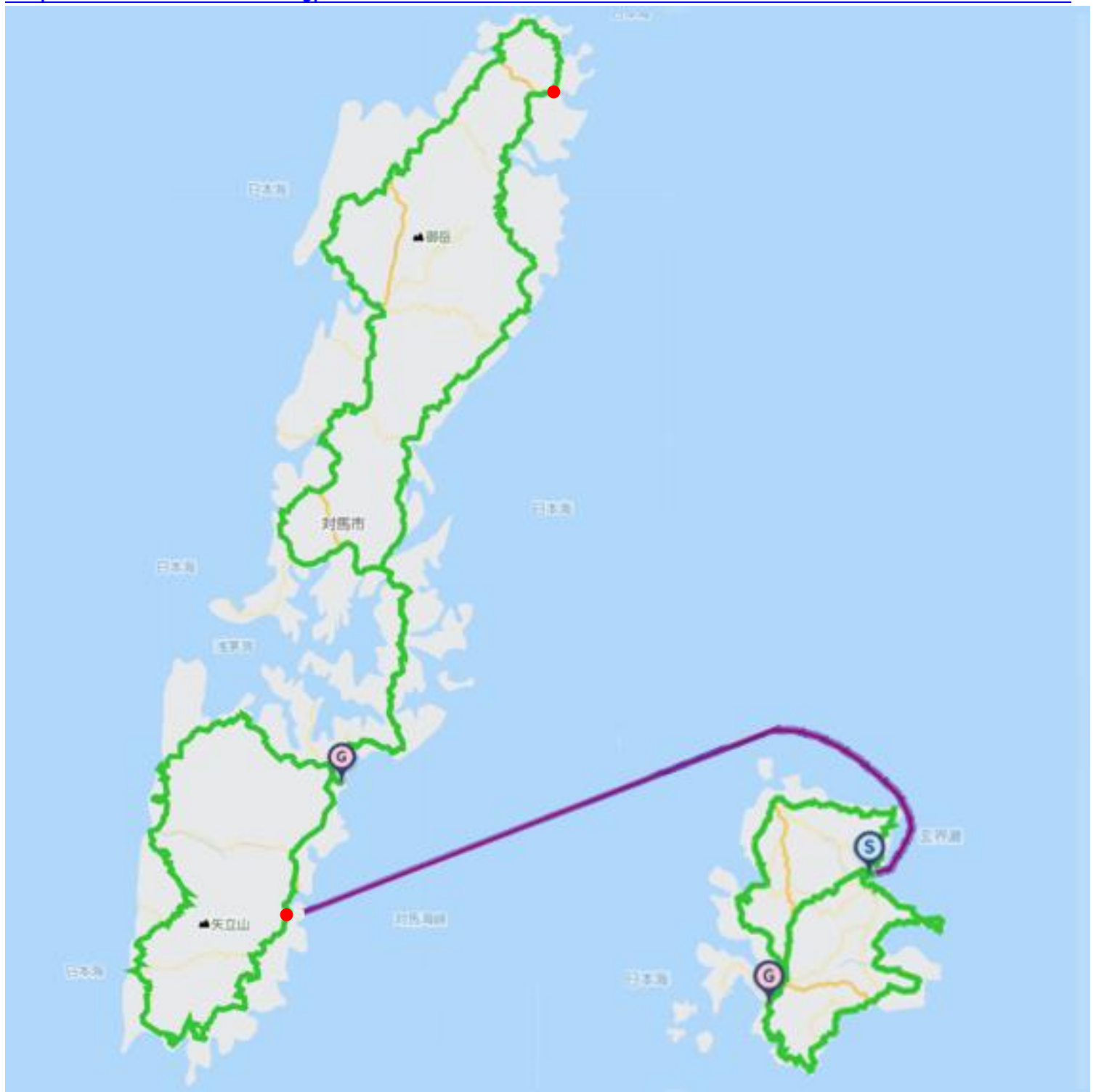
Bicycle journey

2025 August 16th(Sat)~19th(Tue) 4Days

Distance:347km Total gain:6672m

<https://www.navitime.co.jp/coursebuilder/course/4d2542b8cf704106874ef0356de14292>

<https://www.navitime.co.jp/coursebuilder/course/a6d766fa37ac4c18a1bc917d1e93aec7>



Nagasaki August 16th(Sat) Sunrise 5:44 Sunset 19:05

1st August 16th(Sat) Tsushima island south 87km+1957m

2nd August 17th(Sun) Tsushima island north west 98km+1590m

3rd August 18th(Mon) Tsushima island north east 80km+1254m

4th August 19th(Tue) Iki island round 82km+1871m

By Airplane recommend

First Haneda airport(7:25)→Fukuoka airport(9:20) Fukuoka airport(9:55)→Tsushima airport(10:30)

Last Haneda airport(16:35)→Nagasaki airport(18:35) Nagasaki airport(19:00)→Tsushima airport(19:35)

※The airplane from Fukuoka and Nagasaki airport to Tsushima airport cannot take over limit number of bicycles.

Please check whether possible or not to take on the airplane when you reserve. Please let us know of how to carry in advance.

If impossible to take on the airplane , please carry with Cycloexpress or other bicycle carrying service.

For the carrying box , possible to keep in Tsushima grand hotel when you travel by bicycle.

We go in Tsushima grand hotel the previous day and receive the bicycles on carry.

By Ship From Hakata port to Tsushima Izuhara port , ferry and jet foil is on move. Possible to take bicycle as much.

Kyushu shosen By ferry Hakata port(10:00)→Tsushima Izuhara port(14:45)

By jet foil Hakata port(10:30)→Tsushima Izuhara port(12:45) Hakata port(15:10)→Tsushima Izuhara port(17:25)

From Tsushima Izuhara port~Tshshima grand hotel(Takahashihashilocel bus and taxi(Tsushima kotsu bus) 9.5km

August 15th(Fri) Previous stay recommend Tsushima grand hotel

〒817-0322 Nagasaki pref Tsushima city Mitsushomachi Kechikabuto41-10 0920-54-9100

4.1km from Tsushima airport 9.5km from Izuhara port

Possible to move by bus , taxi(for Takahama) Hotel commuter(need reservation)



Other stay Hotel airport inn(1.1km from Tsushima airport) Izuhara Maruya hotel(400m) Toyoko inn TsushimaIzuhara

Experience Eboshidake mt. observatory Asakawan bay cruise



Sightseeing recommend Izuhara Tsushima museum Nakarai Tosui museum Kokubunji temple Banshojin temple



Ancient Kanaishi castle park Tsushima country folklore hall Aso bay park Sacred mountain Shiratake Sightseeing ship Umisachihiko



Near airport Tsushima hamberger KIY Senryo Tsushuan Otako pork courtlet



Meals recommend Izuhara Tsushima hamberger KIY Senryo Tsushuan Otako pork courtlet



Taigen Taizen Anagura ramen noodle Suzuran dining champon



Tsushima airport to Grand hotel Fish Yaen Inoshikacho Hamberg & steak house Royal Familia aperito



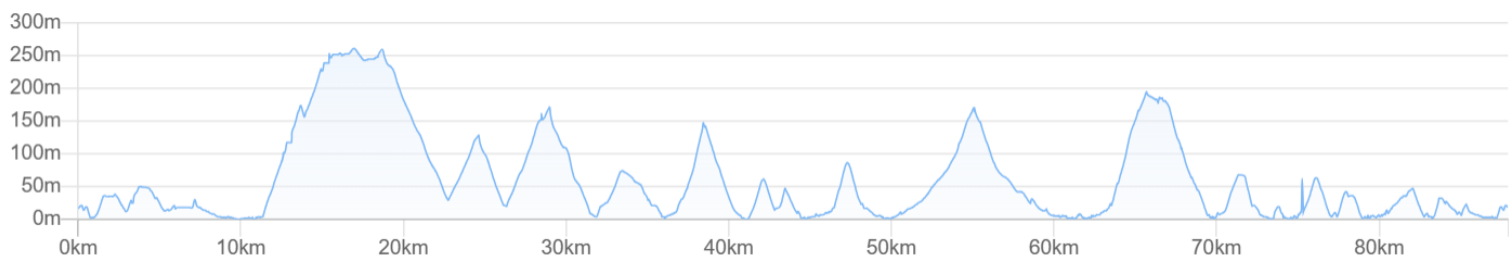
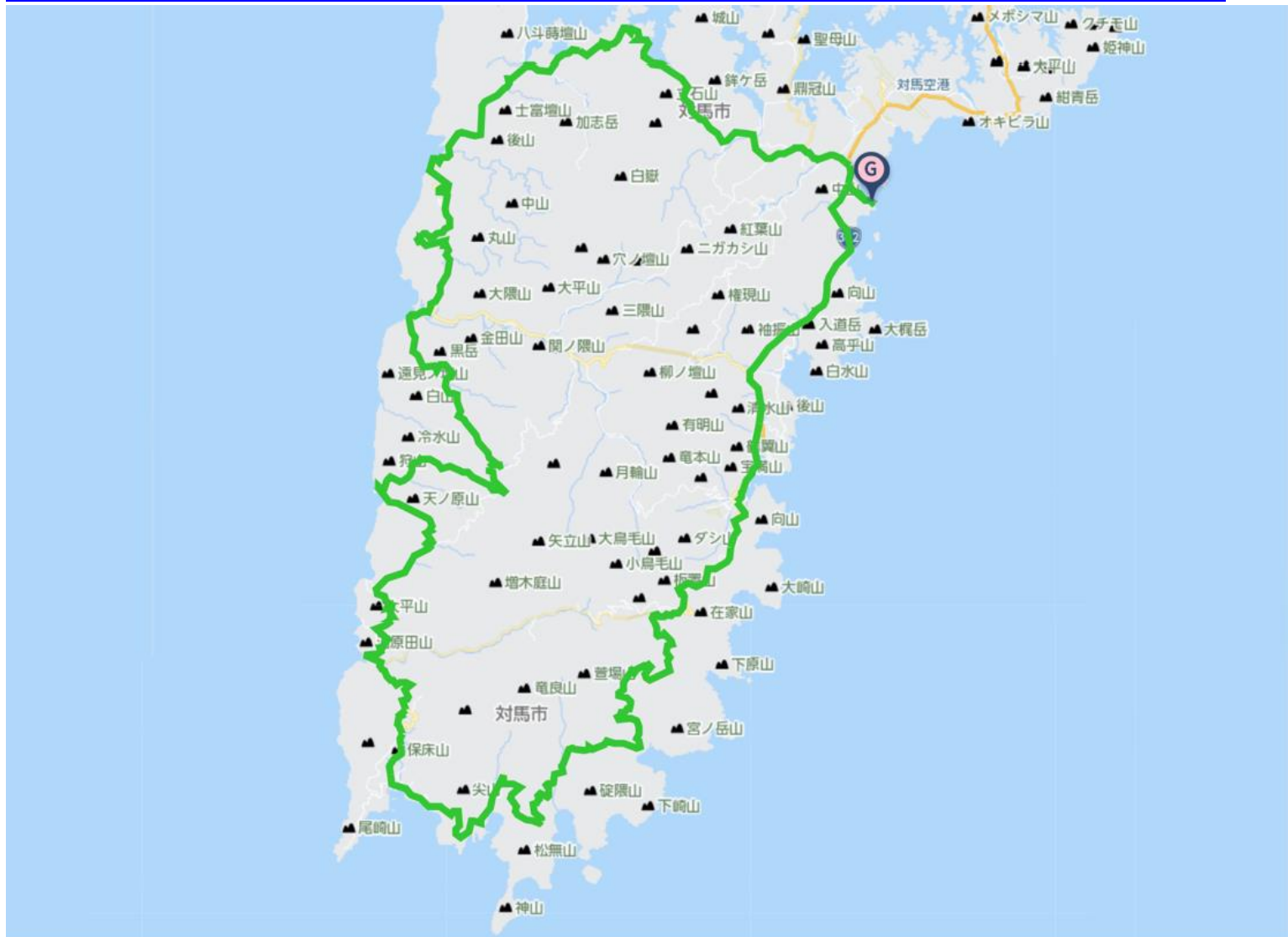
August 16th(Sat) Meet 8:00 Tsushima grand hotel

- We pick up support car on 15th(Fly) at Izuhara port and return back on 18th(Mon)
- Before starting , we make course meal stay announce , please gather after bicycle prepare and breakfast.



1st 16th(Sat) Tsushima grand hotel start & goal ~ Tsushima island south
87km + 1957m

<https://www.navitime.co.jp/coursebuilder/course/ee53ffada7f441ae973ab7e90ab49533>



Buying support food Family mart Tsushima Izuhara Otehashi(24h) Sightseeing information center Fureai Tsushima(8:45~)
Max Value Tsushima Izuhara Supermarket Saiki Hisada(9:00~)



Lunch Seura Izuhara port line (44km) Rantei dining Sasu(62km) Soba noodle Takumi stone kiln pizzeria Bread Akasaka club



Sightseeing : Stone wall street Tenpo Doshi tower Mmesuzaki cape Beauty lady grave hill



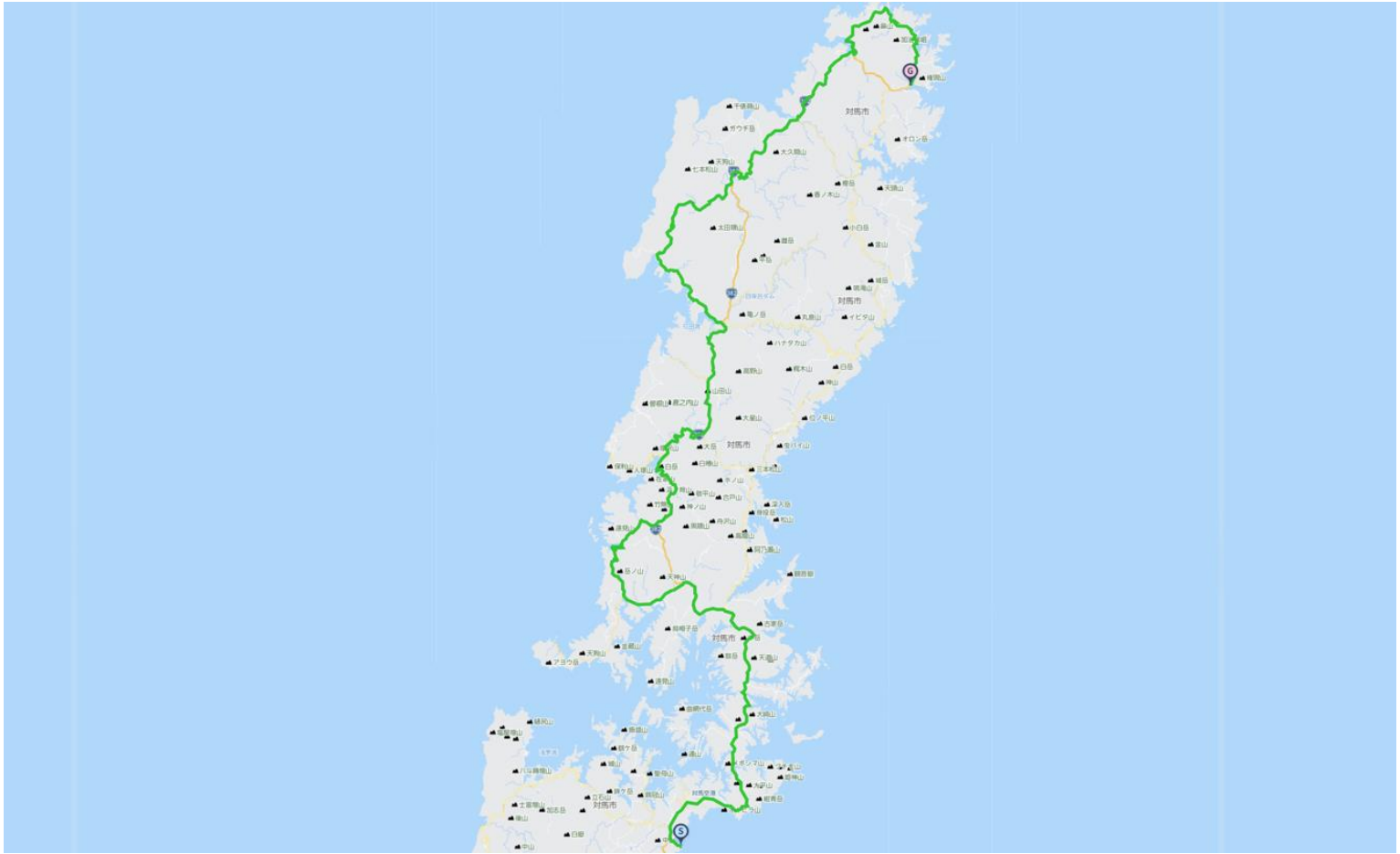
Gongen stone roof Dishukuji shrine Kaneda castle ruin Saw broken rocks Omoda beach So Sukekuni statue



Stay Tsushima grand hotel Public move Tsushima bus Vertical line(Taskahama→Izuhara) Inner line(Izuhara→Asamo) Ozaki line(Imazato→Tsushima hospital)

2nd 17th(Sun) Tsushima west north~Hidasho Hanakaiso 98km+1590m

<https://www.navitime.co.jp/coursebuilder/course/eaba6b6bca4f497baa320f133216fc45>



Lunch Conger eel dining(24km) Kokage(44km) Tsukitei(57km) Kappore(80km)



Sightseeing: Tawatomi shrine Sea god shrine Tsushima nature horse protect center Takuzaki park battery ruins



Korean observatory Foreign country observatory Yutaka battery ruins Miuda beach Tonosaki park Japan sea war memorial tower



Stay: Hidasho hotel Hanakaiso 〒817-1703 Tsushima city Kamitsushima town Nishitomari390 0920-86-3120



Outside dinner recommend Hidasho Minato sushi Sushi Shinichi Beef grill Wa Yae dining



Outside bath Kamitsushima spa Nagisanoyu(2.9km from Hidasho hotel Hanakaiso)

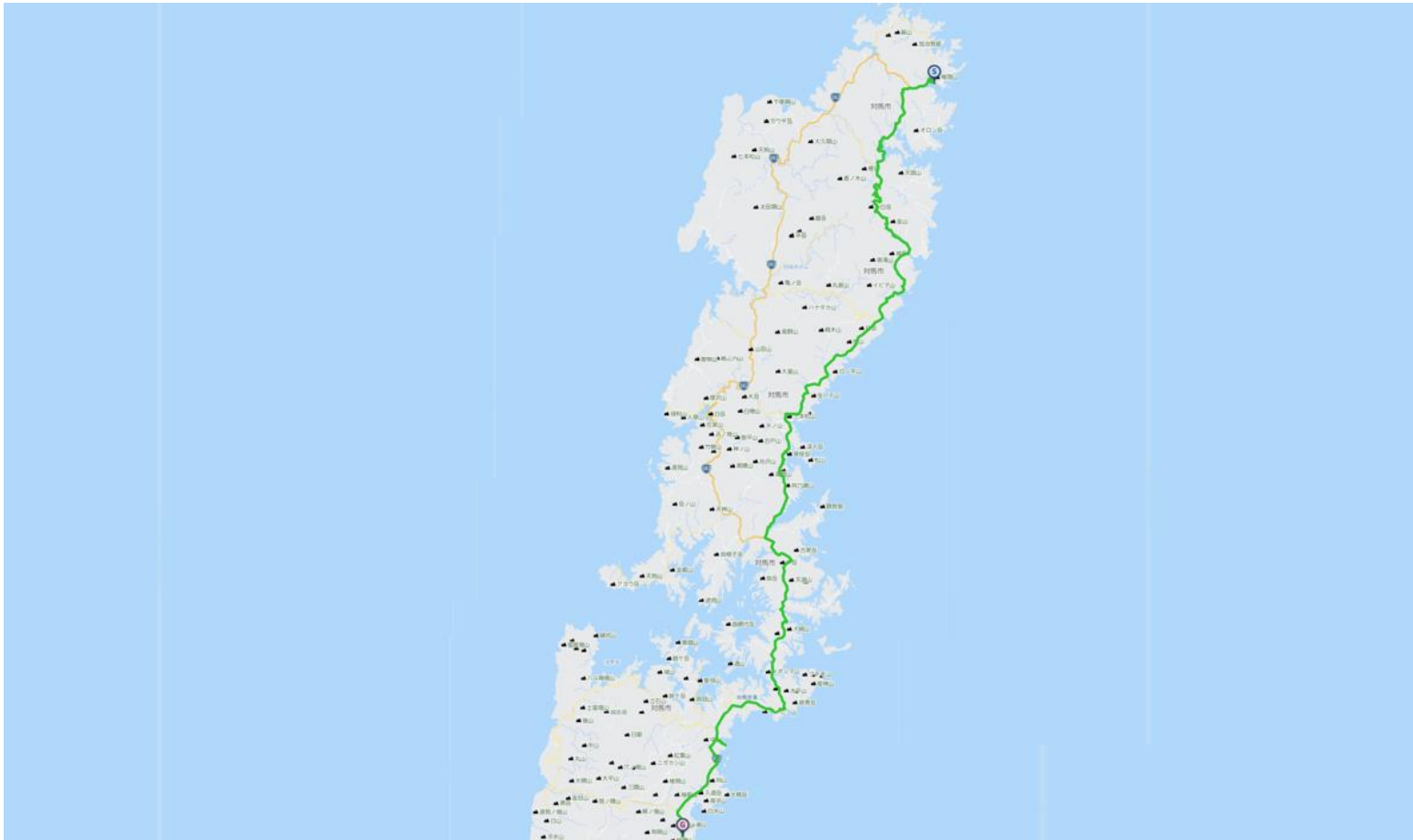


Support food by at Value stadium Takesue Hidasho(9~21) Lawson popura Tsushima hidasho(24H)



Other stay Toyoko inn Tsushima hidasho Daemado hotel Hidasho Nishidomari Public move Vertical line(Takahama→Hidasho)

3rd 18th(Mon) Hidasho~Tsushima east north~Izuhara port 80km+1254m
<https://www.navitime.co.jp/coursebuilder/course/ff3994ed633c48b7a656e2c14e1bdc9c>



Lunch Yamaki(37km) Sea house Kichiei·Shimaderi(44km) Kitchen hirayama(47km) Tsushimatei Sato Yasuragi(60km)



Sightseeing : Amishiro Ripples Washing board rock Russian soldier landed hill Matsushima park Mankanbashi bridge



Narutaki fall nature park Kamihimeyama battery ruins Tsushima stone roof Tsushima fortress heavy artillery regiment ruins



Bath •Bicycle sending Tsushima grand hotel(If finishing on Tsushima 3-stages , recommend on move by airplane and cyclo express sending



Public move Koshika line(Hidasho→Koshika) So•Shietsu•Nii line(Koto→Nii) Vertical line(Nii→Izuhara)

Tsushima airport(17:20)→Fukuoka(17:55) Fukuoka(18:30)→Haneda(20:10)

Tsushima airport(19:35)→Fukuoka(20:10) Fukuoka(20:50)→Haneda(22:30)

Stay Izuhara port Maruya hotel 〒817-0022 Tsushima city Izuhara town Kokubu1409 0920-52-1970 (1.2km from Izuhara port)



Izuhara port→Ikinoshima Ashibe port moving Kyushu yusen ferry

Next morning move recommend Kyushu yusen Izuhara port7:00→Ikinoshima Ashibe port8:05 Super rapid ship Vinus

※Please buy breakfast at FamilyMart Tushima Izuha a Otebashi(24H)、Eat in the ship.



※We pick up the support car at Ikinoshima island Ashibe port and back at Gonoura port on the goal.



Ikinoshima Island

4th 19th(Tue) Ikinoshima island round 82km+1871m

<https://www.navitime.co.jp/coursebuilder/course/a6d766fa37ac4c18a1bc917d1e93aec7>



Lunch Gonoura port (38km) Higedaruma Western and coffee Tororu Iki Udon noodle Ajiyoshi dining



China Fukuju Mimasu sushi Iki beef Umeshima Miuraya Kamome (breakfast, holidays 7:00- need reservation weekday 11-)



Sightseeing Sakyobana cape Haraboke jizo Kojima shrine Kurosaki battery ruins



Dolfine park Katsumoto castle ruin Akasebana cape·Uoturisaki fishing lighthouse Kekoji temple



Post stay·dissolution Gonoura view hotel Iki ☎811-5135 Iki city Gonoura town Gonoura401 TEL:0920-47-0567



Day use spa Iki Tesla court Taiankaku(13~24) Iki Yukawaonsen spa(14~22)

Other stay Gonoura port Bentenso Iki Marina hotel Ashibe port Iknayado·Kirara Iki Kaneya bekkann

Public move Ikikotsu bus Clockround

Move recommend Kyushuyusen ferry Superrapid「Vinus」 Iki Gonoura port16:55→Hakata port18:10

Post stay sightseeing recommend

Katsumoto morning market Iki city ikikoku museum Ikinokura Sake brewery Haranotsuji ruin



Ride Join Fee(Per day) 18,000JPY(Include Tax)

Included ride join fee : Travel attendant , Support car accompanying Support food supply(fixed limited)

※NOT INCLUDE Moving fee between your home to the starting point , food , stay , support food more than the limited , public move fee , sightseeing fee are all not included at all.

※Joining on the way , Leaving midway , traveling with one's bicycle using public transportation , you should pay the ride join fee per day for each you made application.

Max Possible Join 13riders Minimum Number of riders;3-Riders(Full ride join)

※Allowed partial join

Contact E-Mail Adress : soma@jtourism.jp

Please apply with the information as below.

We make estimation as the days you ride , ride fee , stay , food , public moving , sightseeing , for total costs.

Up to the formal application as below , let you show the personal information.

▪The day you ride ▪Your name ▪Sex ▪date , month , year of birth,age ▪Adress ▪Handy phone number ▪E-Mail address

▪Stay and food wishes

✂We select and reserve the stay and foods. Personal arrangements are not possible by each riders.

✂Please give the wishes for shared room for men and women , single , twin , foods.

✂Please stay in the stays at the organizer' s designated stays.

In some case , we cannot meet your request and change the stays on designated.

▪Please let me know the pre and post ride sightseeing wishes , settings.

▪Possible to contact on the ride day (handy phone) & emergency contact (handy phone possible to contact to the substitute person ✂Other than the person riders yourself)

▪Experience of your biggest riding , distance(km), Elevation gained(m)

implementation(Western calendar) season(month, spring summer fall winter)

area(country , prefectures, course name)

If we judge that you do not have enough experience to participate in this project, we may decline your participation.

Rental bicycle

Possible to prepare rental road-bicycle , cross-bicycle

If you wish to have rental bicycle , please apply in advance. Request together for Tokyo cycling tour and rental cycle , the partnership ship company.

① Height(cm)②weight(kg) ③bicycle model you wish ④Helmet ⑤grab ⑥pedal (binding or flat) ⑦Bicycle receiving place

Please let me know them when apply. Sometime , it may not turn out as you wish. Prepare wears and shoes by yourself.

I estimate rental price up to the information

Implementation notification; After recruitment deadline to some days before the starting , number of riders , weather forecast , judge the implementation and contact directly to the riders.

Refund ; In case of impossible to hold the phan , we pay back Amount excluding expenses such as fees from ride participation fee.

If the participant is unable to participate due to circumstances , paid ride participation fees will not be returned.

If it becomes impossible to run due to weather or local situation judgment after the start , paid ride participation fees will not be returned.

▪Take ride onto the tour recommended courses with group rides and solo freerides

▪There is no competition for time. Riders work together to reach the goal. Awards will not be given based on ranking

▪There will be no traffic control around the venue. Please follow the local traffic rules.

▪Group rides/recommended course rides are the basics. Please notify in advance for your wish on solo free rides.

▪It is also possible to switch to local wheeled transportation instead of riding due to physical condition etc.

▪The support car transports unnecessary luggage while riding a bicycle , supply support food , follow finishing.

▪The support car moves at the behind of the last rider, basically.

▪If you ride out of the recommended course , we do not change the stay point.

▪There is no support rider leading or tailgating.

▪Those who can join that possible to reach their destination on their own using a smartphone, navigation system, or location search device , or possible on a group ride those who can accompany other members with cooperation.

▪If there is a significant delay from the moving of other riders in the group , we will give you instructions on how to move

your bicycle to the stopover point, accommodation on the day, and the goal.

- The organizer will present recommended courses in advance , but the support car will not be providing detailed guidance to riders while moving alongside them along the way.
- Bicycles, helmets, puncture kits, bike bags, clothing, cold weather gear changes, etc , please prepare what you need and bring it with you by yourself.
- Please wear brightly colored clothing such as red, yellow, and white. Never wear dark colors such as black or navy blue. We will lend you a red jacket if necessary.
- You are responsible for your own bicycle maintenance and repairs. Please prepare your own spare tubes, maintenance tools, etc.
- standing air pumps and tool boxes will be carried in the support car.
- Please carry a lightweight soft bicycle bag. Carry it with you while riding, so you can move around while riding.
- Depending on where we are staying, bicycle bags may also be used to store your bicycle inside the hotel. Please be sure to carry bicycle bag.
- If you wish to store your bicycle in the accommodation , please help us store it in a bicycle bag when you enter the stay and bring it into the building.
- Hard and semi-soft large cases compatible with airplane rides cannot be transported on the road by the support car.
- If you are joining with a large wheeled device with a hard case or semi-soft case that is compatible with airplane wheeling, after refilling the soft bicycle bag , check-in at the departure/arrival airport and advance transportation to the planned goal point are required.
- Please purchase your own travel insurance and bicycle insurance. Please purchase bicycle insurance with a personal liability amount of 200 million yen or more.
- Please bring your insurance card with you when participating. We check your carry-on the insurance before departure.
- We eat lunch around noon at the same near restaurant in the same area as possible, depending on the progress of the tour group.
- Lunch, dinner, breakfast, and bathing fees are not included in the ride join fee.
- Support food is also dependent on paid donations from past participants. When you use it, please donate to volunteers or goods.
- Toll road usage fees, sightseeing fees, and travel expenses are not included in the ride participation fee.
- Routes and expenses occurred for group transportation will be decided on-site after discussion, taking into account terrain, weather and progress.
- Transportation costs from your home to the meeting/dissolution location and use of public transportation midway are not included.
- To maintain your health and maintain hygiene , please take a bath, shower, and change of clothes before using public transportation after your ride before going back to your home.
- To avoid inclement weather or traveling in the dark after sunset, we may ask you to turn back, take a shortcut, or take a bicycle onto train move from a station along the way.
- Participants are responsible for safety, course management, bicycle maintenance, cold/heat resistant clothing, measures to prevent bicycle stolen , etc.
- If we decide that you cannot participate safely at your own risk, if you are causing a significant nuisance to other participants, or if you are unable to follow the instructions of the staff, you will be asked to leave the venue even midway through.
- Please note that the participation fee will not be refunded under any circumstances.
- Sightseeing recommendations: If you arrive early and have time, please go sightseeing on your own.
- If you have a request for sightseeing in advance, we will take time in advance and provide support, such as temporarily taking over your bicycle.
- If you consult with us in advance, we will be able to arrange and provide on-site guidance regarding recommended tours for the day before and after ride.

Accommodation, dinner and breakfast

- This is a ride tour in which the organizer decides in advance which lodgings to stay at and travels from one inn to another to sightseeing spots and famous places.
- Accommodation fees are not included in the ride participation fee. It will be included in the cost estimate as a necessary expense at the time of application.
- Recommended accommodation, dinner and breakfast will be arranged by the organizer. Subject to change.
- As much as possible , we prepare at lodging locations bicycle storage in or near the hotel, a large hot spring bath,

yukata, dinner and breakfast, a sleeping room, and a power source.

•We eat dinner and breakfast generally as a group at stay , but , if you wish to eat food outside the stay, please contact us in advance.

•If you have dinner, breakfast, or bathing buying outside the building, we will not provide transportation by support car and not accompany. Please move on your own by walking or using public transportation.

•Each day, luggage will be loaded into the support car and the start will be from the meeting point at designated accommodation. Please come to the meeting point by the departure time

•The meeting departure time is basically 7:30 am every morning, but it changes depending on the breakfast service time and driving distance, and will be decided locally.

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Japan Tourism Agency Registered Travel Agent (No. 347) Regular member of the Japan Association of Travel

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