

JT0 Koshikishima Islands Bicycle Journey

2025 November 22nd(Sat) ~ 24th(Mon·Hol) 3 Days
Distance: 153km Total Gain: 4557m

<https://www.navitime.co.jp/coursebuilder/course/1c844fb3af4f412d9984db6a2ff4a638>



Kagoshima November 22nd(Sat) Sunrise at 6:52 Sunset at 17:16

1st 22nd(Sat) Shimokosikishima island south round 52km + 1961m

2nd 23rd(Sun) Shimokoshiki ~ Kamikoshiki island north 56km + 1444m

3rd 24th(Mon・Hol) Kamikoshiki～Shimokoshiki island Nagahama port 45km+1152m

November 21st(Fri) Pre stay recommend Sendai Hotel(JR Sendai station front)
〒895-0024 Kagoshima pref Satsuma Sendai city Torioicho 7-5 TEL:0996-25-1000 (Breakfast buffet from 6:30～
Onsen bath 6-23)



Other pre stay Toyoko inn Satsuma Sendai station east Super hotel Satsuma Sendai S Cube hotel by Shiroyama
Dinner Moon Angel(Inside Sendai hotel) Dan charcoal grill Toritama Satsuma chicken grill Yamagushi fresh seafood



November 22nd(Sat) Meet at 7:30 Sendai Hotel

※Possible to join at Koshikishima island Nagahama port , Hotel Koshikishima Shinwakan(800m from port) Please apply meeting point at application.

Move from Sendai to Koshikishima island

Up to the weather, the move of jet foil and ferry will be announced at 7:00 over. Will move as the announce.
For bicycle , please gather with into soft rinko bag. Move public with local bus and ships.

① Move by jet foil

Public local bus(Nangoku Kotsu): Take for Sendai port(Sendai station～Sendai port 13.8km By Route3)

8:00: Sendai station start(2nd bus gate)→8:30 Sendai port

Sendai port Jet foil(Koshikishima Shosen co., Ltd)

8:50 Sendai port start～10:25: Koshikishima Nagahama port arrive Hotel Shinwakan luggage ask , start

② Ferry moving , Jet foil do not move case

Local bus(Nangoku Kotsu): For Kushikino New Port(Sendai station～Kushikino New port 15.7km)

9:55 Sendai station start ～ 10:29 Kushikino New port arrive

※No convenience store food shop in Kushikino New port ,foods in ferry are small and less kinds.

Before taking bus , buy or eat foods at Family mart JR Sendai station or Family mart Sendai station east
5 minutes from station

Kushikino New port Take on ferry(Koshikishima shosen Co., Ltd)

11:15 Kushikino new port start～13:50 Koshikishima Nagahama port arrive •Hotel Koshikishima
Shinwakan Luggage ask and ride start

Support car Koshikishima rent an car Marusankakushikaku Rent car pick up 09969-5-0606



Pre stay recommend in Koshikishima island: Hotel Koshikishima Shinwakan

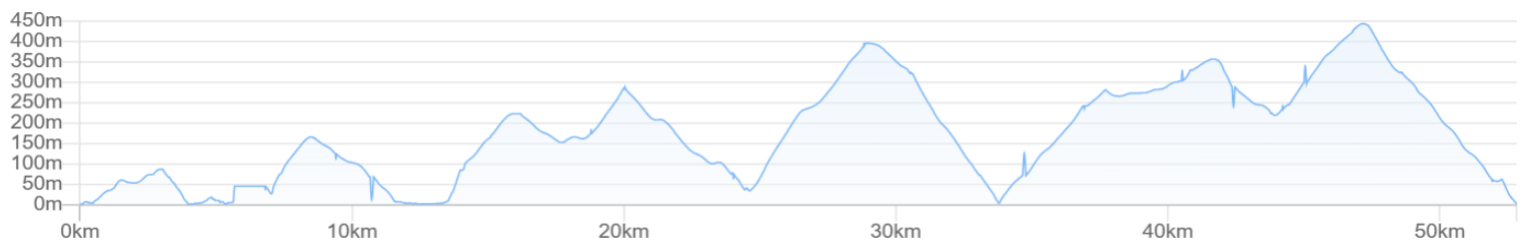
Koshikishima New Bridge



1st 22nd(Sat) Koshikishima island Nagahama port・Shinwakan start & goal
Koshikishia south round 52km+1961m

<https://www.navitime.co.jp/coursebuilder/course/655b8b77ef0f477d9e6014dcd8ce0905>





Ride start 11:00~12:00 (In case Jet foil taking)

※In case by ferry , start soon after 13:50 island arriving rent car pick up.

Lunch Nagahama port(0km) Sushi Masa Coffee Sanso Kurumi Cafe Shimokoshiki Seisakusho ampersand



Teuchiwan bay(10km) Café Koishiki Kawangui dining&Cafe Alfum FukuSushi



Sightseeing Chokoji temple Kannon three fall park Mori Shinichi「Mother Ofukurosan 」lyrics Tsuguchi gate ruin



Shimokoshiki history people museum Christian place of martyrdom Yumiori farm Menotaira observatory deck



Stay Hotel Koshikishima Shinwakan Satsuma Sendai city Shimokoshikicho Nagahama1233-3 TEL: 09969-6-2008



Public move Koshiki vertical across bus Nagahama port→Teuchi port(11:02-11:21 7buses each day)

Sesenoura(34km)→Nagahama port(4buses per day 13:08-13:50 18:08-18:45) Other stay Minshuku Azuma Minshuku Michi

2nd 23rd(Sun) Shimokoshiki island north~Kamikoshiki island north
56km+1444m

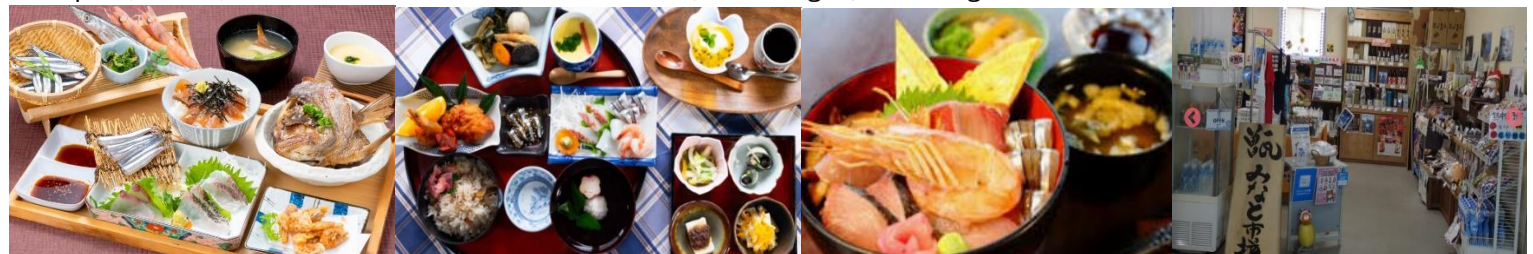
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Lunch Nakakoshiki(26km) Koshiki terrace Kanoko sushi zen



Sato port(56km) Kaiseimaru Koshiki fisherman house (Seafood grill) Cooking Yonekura house Tofu Koshiki market



Sightseeing Hachishiri observation Ranraku observation deck Bird nest observation・Koshiki big bridge Shikanoko big bridge



Tanoshiri observation Nagamenohama beach Nagasakihama walking pass Koshiki fruit park



Koshikishima west coast round ship(Nakatsu bay start goal Kashima cliff course)

① 10:20~11:20 ②: 11:50~12:50 ③: 14:00~15:00※We make ship book as you wish. Nakakoshiki island(26km)start・goal



Stay Sato port Hotel Areaone Koshiki Island 〒896-1101 Satsuma Sendai city Satocho Sato1619-15 TEL:09969-3-2121



Outside dinner recommend Isaribi Koshiki east wind local place Welcome back home Koshiki Eagle Mine



Other stay recommend Fijiya hostel Niclus Nishinohama

Public move Nagahama port→Sato port Koshiki virtual bus 7:30–8:36 and other. 6-buses per day

In case finish on the 2nd day: After ride finish , Take shower at Fujiya hostel(Hot·need paid) or Koshikishian Sato west port beach(Tap water·No need paid)

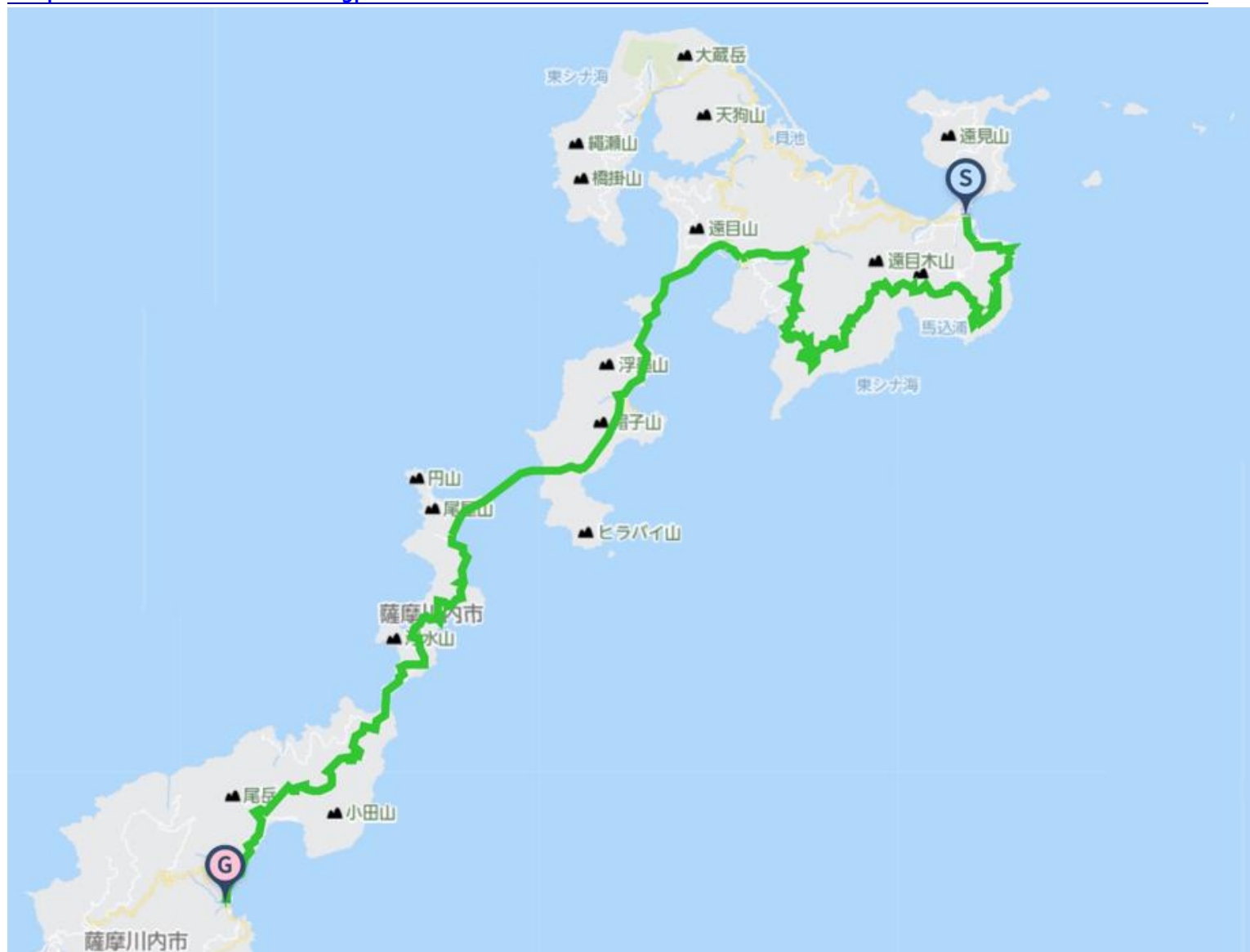
Jet foil 16:30:Sato port start→17:20:Sendai port arrive

Ferry 12:50:Sato portstart~via Nagahama port ~Kushikino new port arrive 16:05

※In case finish on the 2nd day, not take on Koshikishima west coast round ship , arrange to take on jet foil or ferry as the ride going on.

3rd 24th(Mon·Hol) Kamikoshiki island south east~Shimokoshiki island
Nagahama 45km+1152m

<https://www.navitime.co.jp/coursebuilder/course/d94207a5a866467893eda819e73cebf8>



Lunch Nagahama port(45km) Sushi Masa Coffee Sanso Kurumi cafe み Shimokoshiki Manufacture ampersand



Public move Sato port→Nagahama port Koshiki vertical bus 9:03–10:06 and other 6-buses per day

After ride:Bath at Hotel Koshikishima Shinwakan 14:00– hot showe(Need pay) or Ashihama beach·Nagahama park(Tap water no pay)

Koshiki island to Sendai For the support car , rent car must be back at Koshikishima Nagahama.

Jet foil 15:45 Nagahama port→17:20 Sensdai port

Sendai port shuttle bus 18:20:Sendai port→18:45:Sendai station(12km)

Ferry 14:20:Nagahama port~Kushikino new port16:05

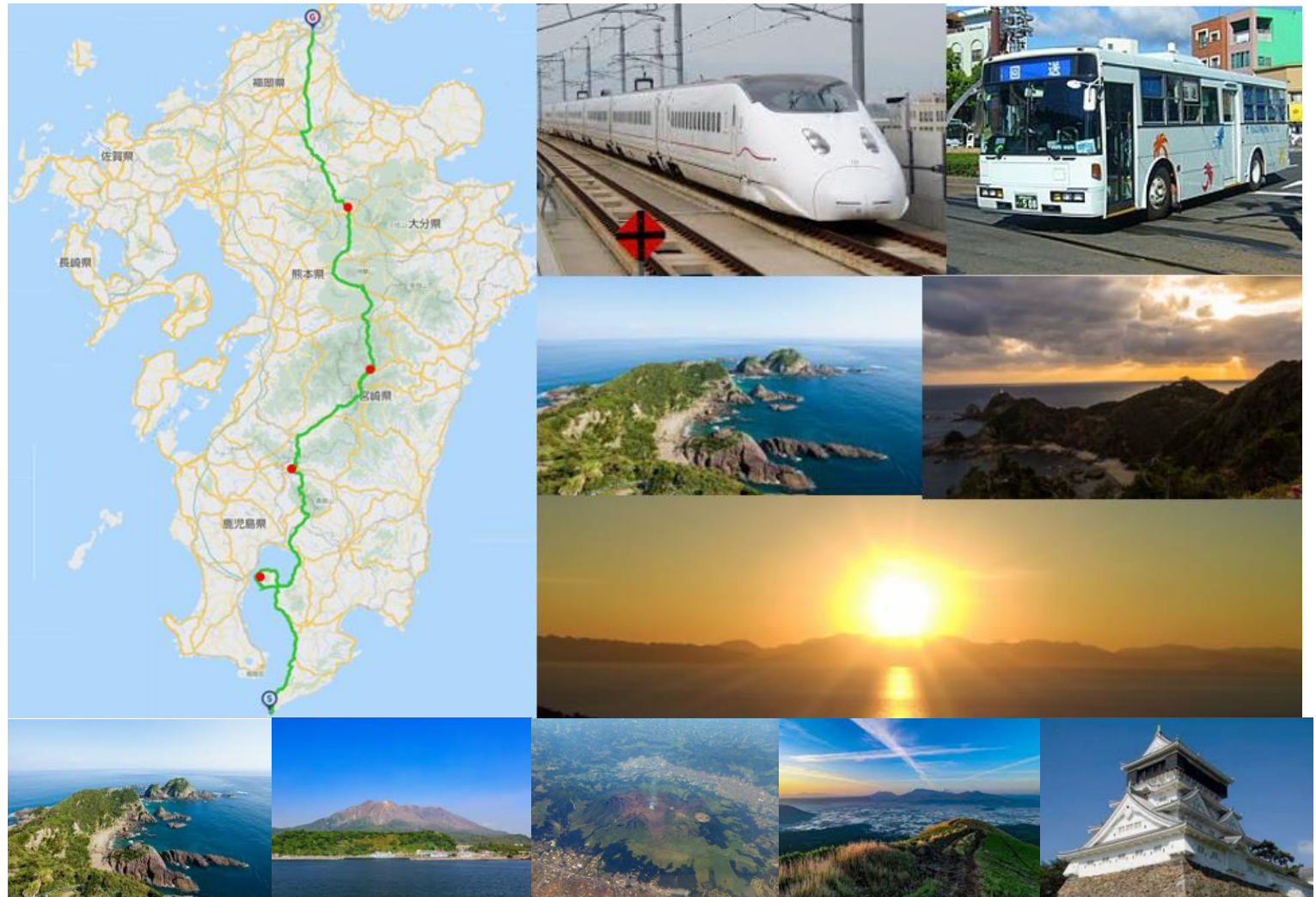
Kushikino new port shuttle bus 16:15:Kushikino new port→16:53:Sendai station(15km)

Post stay recommend Sendai hotel (Breakfase buffet from 6:30~)

Toyoko inn Satsuma Sendai station east Super Hotel Satsuma Sendai S cube hotel by Shiroyama

Sendai station around bath day use:Sendai Onsen spa center(In Sendai hotel 6~23)

Kyushu vertical north up bicycle journey



(For Kyushu vertical north up , Satamisaki cape to Kokura 5days ride)

On the next day , move to Kagoshima Satamisaki cape

(Satsuma peninsula land route south down~Ferry Kagoshima bay across~Osumi peninsula land route down)

Sendai→Kagoshima central station Shinkansen express Tsubame 12min (Recommend 7:46→7:58)

Local Kagoshima honsen line 50min

Ship move:Kagoshima station→Yamakawa pier(For Tamatehako onsen spa)

Kagoshima kotsu bus 8:45→10:42 10:45→12:42

Yamakawa port→Nejime port Ferry Nankyu 13:00→13:50 16:00→16:50

Yamakawa port lunch Michinoeki Yamakawa port Iokaido Shijoshokudo dining Tsurunominato Wayu



Land route move:Kagoshima central station→Kanoya (Rina city)

Kagoshima kotsu bus 8:50→10:50 9:05→11:05

Lunch recommend: Kanoya rina city around MUSU Taketei Pork courtlet Komatsu dining Sennari



Kanoya→Nejime Kagoshima kotsu bus 13:30→14:21 24km

※Nejime→Sata→Satamisaki cape stay(30km+508m) , the support car will follow bicycle moving
(Need pre request)

Kanoya～Nejime～Sata Izashiki(14km to Sata cape) 16:10→17:00→17:28:1day1bus

Sata Izashiki→Satamisaki cape Taxi moving by Misaki Taxi 0994-22-0900

Sata Izashiki→Satamisaki cape(14km) No local bus moving. Move by bicycle or taxi.

Satamisaki cape stay :Uchiyamaso Nagisa

Ride Join Fee(Per day) 17,000JPY(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 plan , 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.

- In terms of event , in case injury and illness occur , the participates have no objection to receiving first aid. The organizers will not be held responsible for the method, process, etc.
- The participates in addition to the participants, relatives, heirs, executors, trustees, etc. will not make any claims for damages, etc regardless of the cause, the organizers will be exempt from responsibility in case of accidents, losses, injuries, illnesses, etc. during the event (including aftereffects)
- 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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Dealing BS Travel Service Co., Ltd
 Japan Tourism Agency Registered Travel Agent (No. 347) Regular member of the Japan Association of Travel Planning by
 Japan Tourism Organization General Incorporated Association
 Representative Director Mikihiro Soma
 Kyowa-bld 2F , 3-2-7, Shimbashi, Minato-ku, Tokyo, 105-0004, Japan
 Inside BS Travel Service Co., Ltd
 Mobile 090-4568-1444
 E-Mail soma@jtourism.jp Home-Page <http://jtourism.jp/>

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