

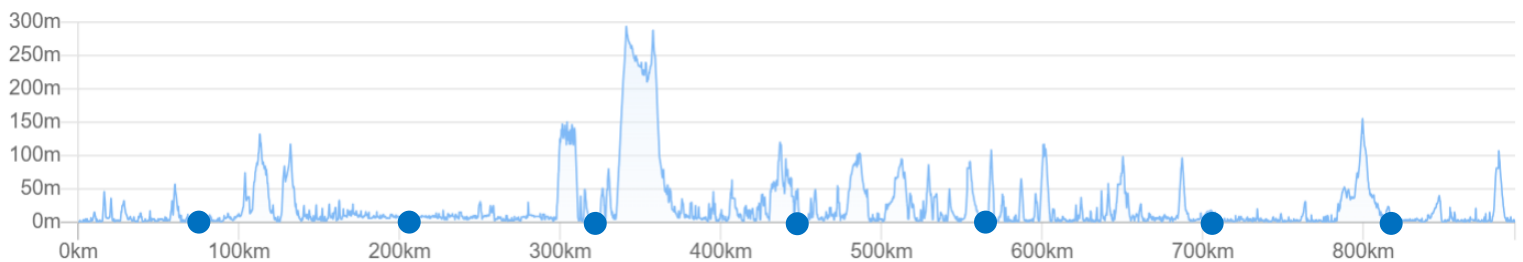
# JTO Shikoku Round Bicycle Journey

Shikoku seaside coast round bicycle ride

2026 April 29th (Wed·Hol) ~ May 6th (Wed·Hol) 8 Days

Takamatsu-Tokushima-Muroto cape-Susaki-Ashizuri cape-Uwajima  
-Matsuyama-Shikokuchuo-Takamatsu

<https://www.navitime.co.jp/coursebuilder/course/f2d2cffb43234a99a28db940fc31331d>



Takamatsu April 29th Sunrise at 5:17 Sunset at 18:46

**Distance : 893km Total Gain : 7136m**

- ① April 29th (Wed·Hol) Takamatsu → Tokushima 75km + 374m
- ② April 30th (Thu) Tokushima → Muroto cape 128km + 837m
- ③ May 1st (Fri) Muroto cape → Susaki 123km + 831m
- ④ May 2nd (Sat) Susaki → Ashizuri cape 115km + 1361m
- ⑤ May 3rd (Sun·Hol) Ashizuri cape → Uwajima 124km + 1397m
- ⑥ May 4th (Mon·Hol) Uwajima → Matsuyama 140km + 1266m
- ⑦ May 5th (Tue·Hol) Matsuyama → Shikokuchuo 111km + 622m
- ⑧ May 6th (Wed·Hol) Shikokuchuo → Takamatsu 77km + 448m

Meet April 29th (Wed·Hol) 8:30

Shikoku Takamatsu Onsen New Grande Mimatsu

〒760-0046 Kagawa pref Takamatsu city Tooricho 2-3 087-823-4111

Pre Post stay recommend



Pre stay sightseeing: Kuribayashi park Yashima Genpei old battle field Dannoura·Kiyoyashima aquarium  
Hiraga Gennai memorial hall·Old house Takamatsu city museum



Outside dinner SPACCA NAPOLI Kenchan dining Hariya handmade udon noodle Shindoro fresh seafood dining



Other stay JR Hotel Clement Takamatsu Takamatsu pearl hotel Takamatsu century hotel

Outside bath Yoshinoyu Ebisuyu onsen spa Shikoku Takamatsu onsen new grande Mimatsu day use

Outside early morning breakfast Takamatsu port Ajisho (5:00~) Merikenya Takamatsu st. (7:00~) Seven Eleven Takamatsu

# 1st Takamatsu → Tokushima 75km + 374m

<https://www.navitime.co.jp/coursebuilder/course/0386f35289dd41ba90a7d328d8e7a148>



Lunch East Kagawa city(33km) Yoshimoto dining Muguruma Uogen Isshin



Shiki four season Ajidogen Portiviaso Ajifuku



Sanuki Aioi(43km) Sanukiya gresh seafood Sanukkiudon honba Kitanada new ramen noodle Umayado cafe



Sightseeing Takamatsu castle East Kagawa Dainichiji temple Bizan Mt. Naruto strait



Stay Awanokuni Subaru yado Yoshino 〒770-0833 Tokushima city Ichibangai3-18 088-654-2255



Outside dinner Yasubei Awano irodori Bizan Tokushima Sakanaichiban Shin Hanaya dining



Other stay : Hotel Sun route Tokushima Bizannoyu Superhotel Tokushima • Komatsushima natural spa Apahotel Tokushima st.  
Public move Takamatsu→Tokushima : JR Takamatsu Tokushima line

## 2nd Tokushima→Muroto cape 128km+837m

<https://www.navitime.co.jp/coursebuilder/course/4680ad1505204362a61946e5550fae5e>



Lunch Hiwasa st.(54km) Minami dining Hiwasaya Iron Chinese noodle Yasuragi udon noodle



Mugi st.(69km) Yagatabune Mugi ramen noodle Yosuko Mugi Asai dining



Sightseeing Tsunomineyama mt. Tsunomine shrine Kamodamisaki cape Muroto cape



Stay Minshuku murosoto inn 〒781-7101 Kochi pref. Muroto city Murotomisakicho6939-1 TEL:0887-22-0409



Outside bath Shiresu Muroto (1.6km from Minshuku Murosoto inn)



Outside dinner Kamameshi Hatsune Jinomonya yasu Tachisushi Komaki



Other stay: Murotomisaki Hotsumisakiji Henro center Misaki sightseeing hotel Manmaya Family lodge Takekagoya Muroto Hotel Fuji Newsun palace Muroto Public move Tokushima-Awakainan-Koura Jr Mugi line・Asa seaside railwayDMV Koura→Muroto cape Kochi tobu kotsu busAki Gio park line

# 3rd Muroto cape → Susaki 123km + 831m

<https://www.navitime.co.jp/coursebuilder/course/383abb1d563c4534970047301a3753ac>



Lunch Akaoka st.(62km) Tosao market Butataro Shokukuraichi Horaku



Katsurahama beach(80km) Tataki dojo Katuofune bonito ship Kujiranoippuku whale breath Umisachi Katsurahama



Sightseeing Iwasaki Yataro statue Katsurahama beach Sakamoto Ryoma statue Sakamoto ryoma memorial hall



Chosokabe Motochika statue Yokonamisanri bay Katabirazaki observation deck Takechi Suizan statue



Stay Susaki Ichifuku ryokan inn 〒785-0041 Kochi pref Susaki city Nisisakicho3-8 TEL:0889-42-1262



Outside dinner Susaki fish market UOKI Susaki Kiraku Yanoyoshi Toretatei



Kitchen Azzurri Donjaka Susaki Donjaka Susaki Ikkyudon Izakaya Chiaki



Other stay: Satsuki business hotel Marutomi business hotel Torigoe Yawaragi Sodayama spa

Public move Murotomisaki cape→Nahanri: Kochi Tobu kotsu bus Aki-Gio park line

Nahanri→Gomen→Susaki: Tosa Kuroshio rail Gomen Hannari line JR Tosan line

## 4th Susaki→Ashizuri 115km + 1361m

<https://www.navitime.co.jp/coursebuilder/course/2e257610701e4bd48a691d2742c38c61>



Lunch Tosa Saga st.(51km) Roadside st. Nabura Tosa Saga Café La Costa Muun Cofee shop Eki



Umino Omukai st.(62km) Tawandane Thai Manmantei Curry & Jark chicken Akitsuya



Roadside st. Bios Ogata Hinataya(63km) Tosa cuisine Seafood Yoshoku Ramen noodle



Sightseeing Irinomatsubara pine tree field Shimantogawa river Tsubaki camellia tunnel Ashizurimisaki cape



Stay Aszuri sunny side hotel 〒787-0316 Kochi pref Tosa Shimizu city Matsuo19-2 TEL: 0880-88-0331



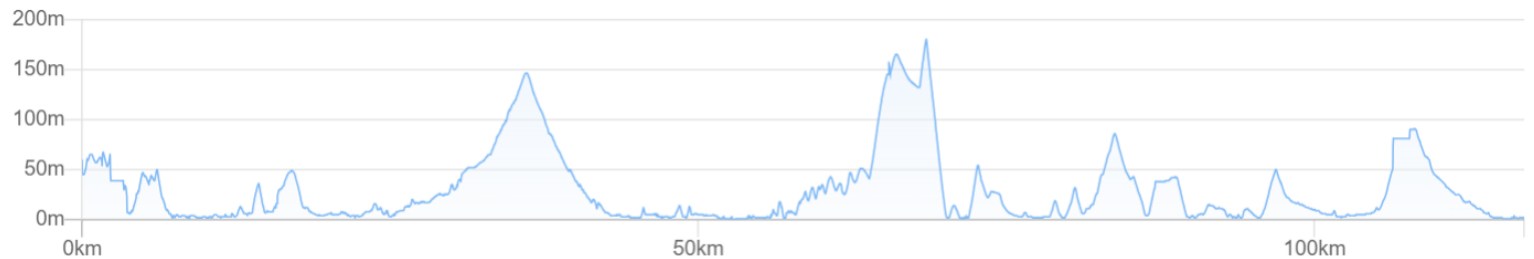
Outside dinner Cape ケープ Osteria e Pizzeria Azzurrissimo



Other stay Ashizuri international hotel Ashizuruen Kaijokan Minshuku Tamura Nishida Aomisaki Public move Susaki→Kubokawa→Nakamura: JR Tosan line・Tosa Kuroshio Nakamura line Nakamira→Ashizuri: Kochi Seinan bus Ashizuri line

# 5th Ashizuri cape→Uwajima 124km+1397m

<https://www.navitime.co.jp/coursebuilder/course/32787db929c64d068379a257fe19be46>



Lunch Sukumo st.(64km) Kametsuru Pomodoro Aruzu chinese Kanazawa grill meat



Ainancho Onso(84km) Naniwa Ibaraki Taiju Hitano grill iron



Sightseeing Ryukushi coast Kashiwajima island Sukumowan bay port Osowan bay



Nanrakuen park Tenshaen park Uwajima city Date museum Uwajima castle



Stay Uwajima st. Super hotel naturalspa 〒798-0034 Ehime pref Uwajima city Nishikicho4-1 TEL:0895-22-9002



Outside dinner Hozumitei Kadoya Wabisuke season local dining Gaiya



Nishikura authentic udon noodle Keishu meat grill Violondingres French Don't pork courtlet



Public move Ashizuri→Nakamura:Kochi seinan kotsu Nakamura→Sukumo:Tosa Kuroshio rail Sukumo line  
Sukumo→Uwajima:Uwajima automobile bus

Other stay Uwajima oriental hotel JR hotel crement Uwajinma Uwajima terminal hotel

# 6th Uwajima → Matsuyama Dogo spa 140km + 1266m

<https://www.navitime.co.jp/coursebuilder/course/d67bff76178f45c49c9cfbe4c862c610>



Lunch Yawatahama (76km) Doya dining Hamaajikan Atagosenbadori Chanpon eagle Maruyama Gorilla-kun



Iyonagahama st.(101km) Asachan Fuku sushi Sanoya dining Sweets: Inada sweets shop



Sightseeing Osakihana cape Ngahama big bridge (Red bridge) Matsuyama castle Rope way lift



Dogo onse spa main hall Bocchan train·Museum Bocchan machine clock Dogo park (Yuzuki castle ruin)



Stay Yamatoya 〒790-0842 Ehime pref Matsuyama city Dogo Yunomachi20-8 TEL:089-935-8880



Outside dinner Uotake Kinbei seto sea cuisine Dogo beer house Daikokuya Dogo



Other stay Chabaru Tsubakikan Yurara family spa Dogo Saya Natural spa Ishitenoyu Dormy inn Matsuyama

※Public move Uwajima→Yawatahama→Matsuyama: JR Yosan line

In case impossible to arrive Yawatahama until noon , not going to Yawatahama by seaside R378 , going R56 along with JR Yosan line(40km shorter cutting)

## 7th Dogo spa→Shikoku Chuo 111km+622m

<https://www.navitime.co.jp/coursebuilder/course/96d9760a3b9049589d8c5ac6aec3009d>



Lunch: Iyo Sakurai st.(52km) Unagiya eel dining Osen Canadian Marukei



Iyo Saijo(74km) Kinoya Japanese seasonal dining Saijo Udon bar 36 Saburoku Bon Yui disaster prevention



Sightseeing Wakihama green field Kurushima strait big bridge Imabari castle Niihama port



Stay:

Hotel Route inn Shikoku Chuo·Mishima Kawano inter Ehime pref Shikoku Chuo city Tsumatoricho1687-3 050-5211-5777



Dinner Okonomiyakki Dotonbori Shikoku Chuo



Nagomiu(Inside Hotel route inn) Yattarajan Shikinoya japanese dining Shikoku Chuo Joyful Kawano



Other stay Super hotel Shikokuchuo

Public move Matsuyama→Iyomishima: JR Yosan line

# 8th Shikoku Chuo→Takamatsu 77km+448m

<https://www.navitime.co.jp/coursebuilder/course/6942b49ccba142d2b21c6f880673ed17>



Lunch Marukame st.(50km) Ikkaku bone-in chicken Marugame Ishikawa udon noodle Shirasagi Butsugiri tanchan



Takamatsu st.(77km) Kenchan dining Nami Chinese ramen noodle Hariya handmade udon noodle Abe dining



Sightseeing Kawano castle Kannonji Kotodama park Nakatsu Banshoen park Seto big bridge



Seto big bridge memorial park Goshikidai sky line Takamatsu port Takamatsu castle



Public move Iyo Mishima→Takamatsu: JR Yosai line

Bath recommend Shikoku Takamatsu Onsen New Grande Mimatsu(1.8km from Takamatsu st.)



Akane onsen spa(12:00–24:00 Super sento bath 3km from Takamatsu st.)

Yoshinoyu(13:00–23:30 Sento bath 1km from Takamatsu st) Ebisuyu



**Ride Join Fee(Per day Per person) 15,000JPY(Include Tax)**

**Max Possible Join 1 Orders Minimum Number of riders;5-Riders (Full days ride join)**

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.

When you apply , we make estimation for ride join fee with including not included costs for ride join fee.

**Contact E-Mail Adress : [soma@jtourism.jp](mailto:soma@jtourism.jp)**

Please apply with the information as below.

※In case of less than minimum number of riders join , make another estimation and conduct the tour.

※Possible to apply from one person to number of group riders , make estimation.

※Possible to make another plan on order made for another day , longer or shorter distance of course.

※We make estimation as the number of riders , days you ride , ride fee , stay , food , public moving , sightseeing , attendant move·stay , for total costs

※Itinerary changes are possible for individual and group applications. We will create the order custom made project and estimate.

For the order custom made project , let you enjoy for fully , we will create a plan for each group.

※In case of terrible weather , body condition , seem impossible to finish riding on the day , move to the mid place or stay by using public move and support car.

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 or 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.
- 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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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](mailto:soma@jtourism.jp) Home-Page <http://jtourism.jp/>

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Japan bicycle journey with stays  
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One Day Ride Around Tokyo  
<https://jtourism.jp/2020/wp-content/uploads/2024/09/JapanOneDayRideAroundTokyo.pdf>