

JTO Seto Inland Sea bicycle journey

2026 October 8th(Thu)~12th(Mon·Hol) 5Days

Distance:492km Total Gain:5287m



- ① 8th(Thu) Okayama→Onomichi 83km+339m
- ② 9th(Fri) Onomichi→Saijo 112km+1348m
- ③ 10th(Sat) Saijo→Takamatsu 128km+708m
- ④ 11th(Sun) Takamatsu→Shodoshima round 106km+1613m
- ⑤ 12(Mon·Hol) Shodoshima inland→Okayama 63km+1279m

Okayama October 8th(Thu) Sunrise at 6:04 Sunset at 17:39

Pre stay recommend

Okayama Hotel Abest Grande Nagominoyu 〒700-0023 Okayama city Kitaku Ekimaecho1-8-5 TEL:086-226-3311



Sightseeing recommend Okayama castle Okayama korakuen park garden Kibitsu jinja shrine Okayama pref museum



Meal recommend Fuku sushi Azuma sushi Okayama station Hamayu Dandan batake



1st 8th(Thu) Meet at Okayama station east gate parking • Momotaro statue 10:20



Before start , we have briefing for course , meal , accommodations. Please gather after breakfast and bicycle preparing.
 Referencial Shinkansen express Tokyo station to Okayama station 6:00分→9:09 6:51→10:06

1st 8th(Thu) Okayama→Onomichi 83km + 339m

<https://www.navitime.co.jp/coursebuilder/course/f3bc367983f043e3bdde2b34b2b93926>



Lunch Kurashiki station(20km) Kappa Nomura(Pork cutlet Demi source cutlet) Tsunematsu Hoshinohikari



Shin Kurashiki station(30km) Tonta Niboshiya ramen noodle Shinkurashiki Nikai Don Okonomiyaki pancake



Kasaoka(49km) Idehara Kasaoka dining Secondi-Cafe Wakayoshi



Sightseeing recommend Kurashiki beauty scenery area Mizushima seaside train Fukuyama castle Senkoji rope way(Until 17:15)



Stay Natural spa Onomichi Minatokan 〒722-0045 Hiroshima pref Onomichi city Kubo1-3-37 TEL:0848-20-8222



Outside dinner recommend Komedoko dining Onomichi Watashiba Tamakanzo Coraggio Akatora



Onomichi ramen noodle Maruboshi Tochinko Tani Manraiken

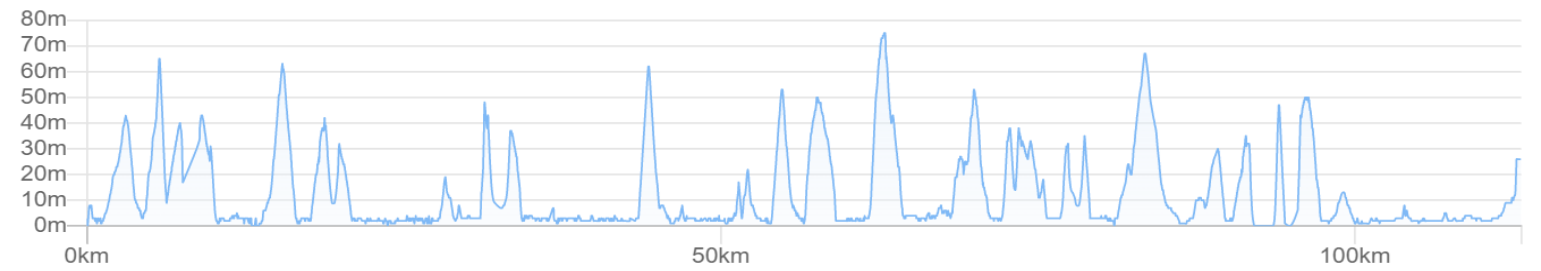


Other stay recommend Onomichi royal hotel Onomichi view hotel Seizan Ryokan Kawano spa

Public move Okayama→Onomichi Sanyo honsen line

2nd 9th(Fri) Onomichi→Saijo 112km+1348m

<https://www.navitime.co.jp/coursebuilder/course/ba781a70ea34435eb906e77044e3be08>



Lunch Tatarahama big bridge(33km) Michinoeki Tatarahama Shimanami park Kuroshio Tatarahama Okonomiyaki pancake Filer french



Omishima island(54km) Yoshikawa Japanese Tairyo Kibune Shishikotsu ramen noodle



Hakatajima island(81km) Kaze Okonomiyaki pancake Umegahana fish Michinoeki Hakata SC park Shima bar Boff



Sightseeing Onomichi station passing ferry boat Innoshima big bridge(1270m) Innoshima navy castle Ikuchi bridge(790m)



Tatarabashi bridge(1480m) Michinoeki Tatarabashi park Oyama shrine Omishima bridge(328m)



Hakata bridge(1230m) Kurushima strait big bridge(4105m) Imabari Umiyama castle observatory park Mabari castle



Stay Kyukamura Setouchi Toyo 〒799-1303 Ehime pref Saijo city Kawarazu Otsu7-179 TEL:0898-48-0311



Outside dinner recommend Hashotei orient Toyo En Five taste chicken Bistro Mercure



Other stay recommend
 Setouchi navy roman stay SHIONOMARU HOTEL AZ Ehime Toyo Hotel taiyo farm Saijo Terminal hotel Toyo
 Shikishima ryokan Toyo soa Iyashino resort Flower Toyo
 Public move Onomichi →Innoshima big bridge : Onomichi bus Innoshima big bridge →Imabari : Express bus • Setouchi
 Shimanami leading • Shimanami liner
 Imabari →Iyosakurai : JR Yosai line

3rd 10th(Sat) Saijo→Takamatsu 128km+708m

<https://www.navitime.co.jp/coursebuilder/course/68f6a1e186904014ad38b0c77bf3bd0a>



Lunch Iyomishima(55km) Udon Yamaguchi Iyomishima Steak Mori 利 Kawanae(61km) Tatsuya Heihachiro



Toyohama(72km) Himehama Yataiyasan ramen noodle kannonji(77km) Umajiya Hisamatsu



Sightseeing Maintopia Bessi sightseeing train·mine shaft Kannonji temple Seto big bridge Takamatsu castle



Stay Shikoku Takamatsu spa New Grande Mimatsu

〒760-0046 Takamatsu city Torimachi2-3 087-823-4111 1.1km from Takamatsu port



Dinner「Kinya」 in Shikoku Takamatsu spa New Grande Mimatsu Directly managed restaurant On1st floor



Other dinner recommend Spacca Napoli Kenchan dining Shidoro seafood dining Sanuki udon noodle ENYA



Other stay recommend JR Hotel Kurement Takamatsu Takamatsu pearl hotel Takamatsu century hotel First inn Takamatsu

Public move Iyosakurai→Takamatsu:JR Yosan line

Outside bath recommend Akane onsen spa

Next breakfast recommend Takamatsu port handmade udon noodle Ajisho(Open at 5:00)SatSunHol:vacant•Need check

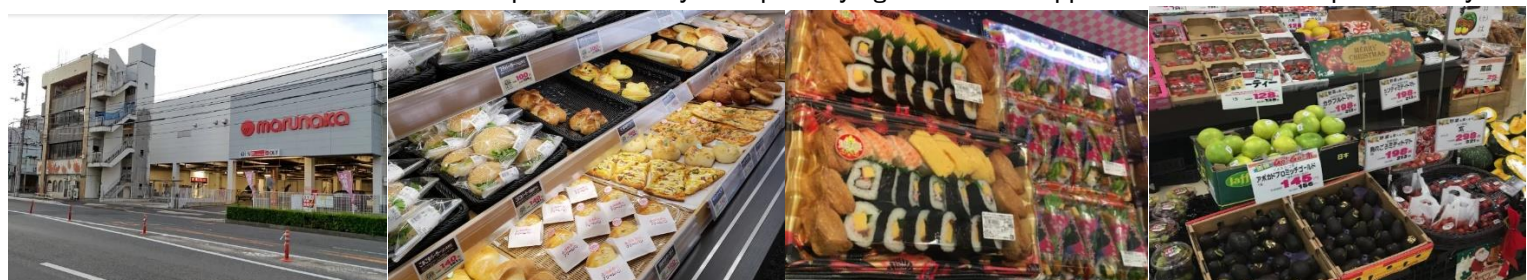
Merikenya Takamatsu station (Open at 7:00)



Breakfast Supportfood buying Marunaka supermarket Miyawaki(24h) 2.6km from Mimatsu hotel , 2.7km from Takamatsu port

※To have the riding time fully in Shodoshima island , take ferry from Takamatsu to Shodoshima in early in the morning.

Breakfast not in the hotel but around port or in ferry with pre buying meals and support food. Please cooperate early start



Other support food buying recommend Seven Eleven Takamatsu sun port(24h)

4th 11th(Sun) Takamatsu→Shodoshima round 106km+1613m

<https://www.navitime.co.jp/coursebuilder/course/2b00dc76bb2a431fa95de31b0d7056c3>



Takamatsu port→Shodoshima island Dosho port(6:25→7:25 7:20→8:20)



Lunch seaside line Siuth-east(50km) Umemoto Japanese Kaina italian Sakurai café Nakabuan somen noodle



Central(72km) Shef Kawaguchi French Panda house Chinese dining Santaro Handmade Udon noodle Sun Olive



Sightseeing Peace group statue Michinoeki Osaka castle stones memorial park Seto sweets wave Shodoshima roll Yoshida east observate deck



Sanuki hundred seantry Fukuda coast Hope way Jogashima Shirasaki coast walking pass Otsunohana lighthouse



Twenty-Four Eyes Movie village Cape school room movie hall Jizosaki lighthouse Shakanohana Michinoeki Shodoshima



Angel road Takamiyama parl observation deck Togatasaki beach Sunset road



Public move Fukuda port(33km)→Sakatehigashi(55km・69km)→Doshoko port: Shodoshima Olive bus

Stay Shodoshima International hotel 〒761-4101 Kagawa preg Shodogun Doshoko24-67 TEL: 0879-62-2111

※2.3km from Doshoko Ferry ship on Next morning breakfast serve from 7:00~ Day spa use from 15:00~



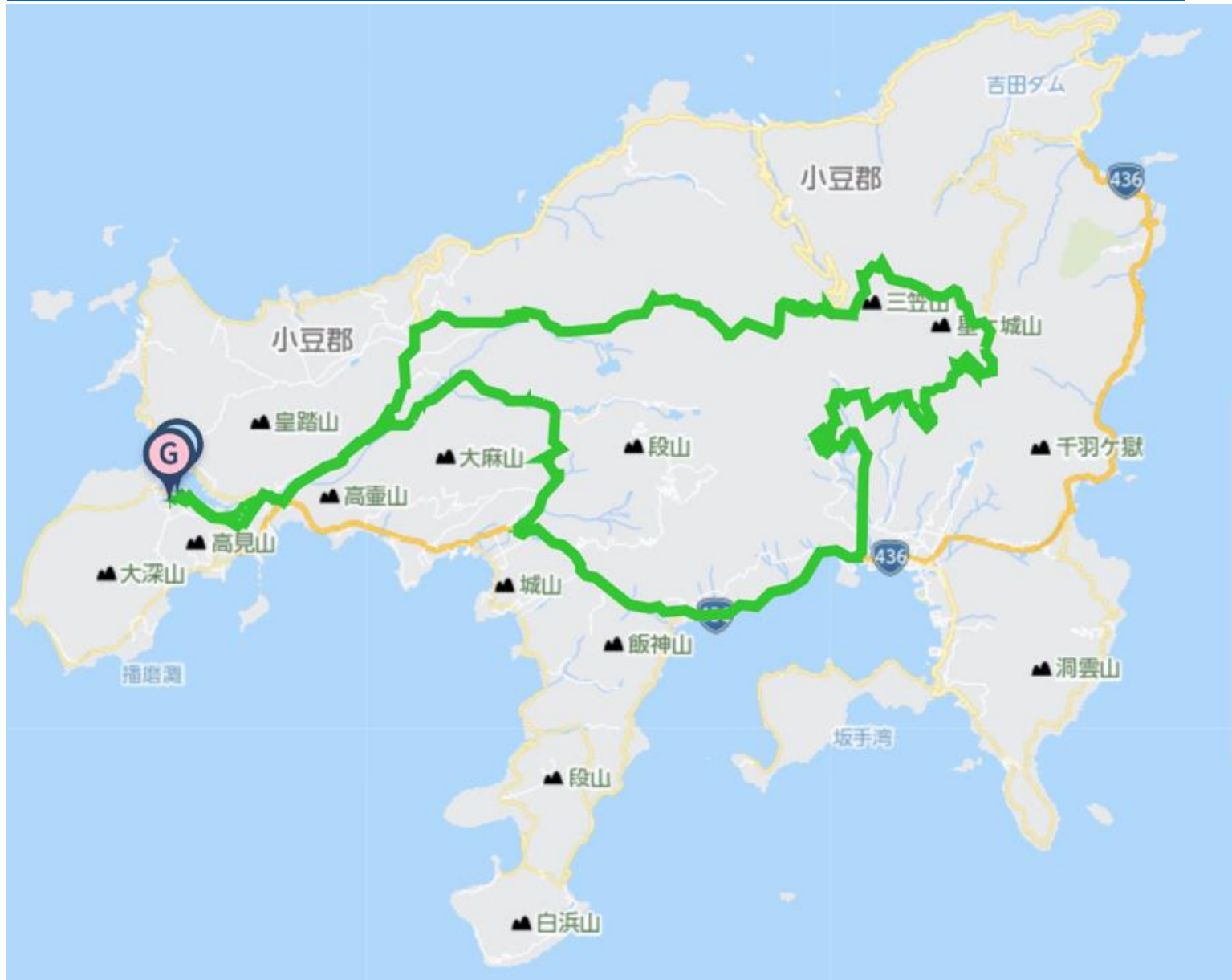
Outside dinner recommend Fisherman dining Umagemon Sunami beefsteak Chako Okonomiyaki pancake Yoko dining



Other stay Hitomiso Hotel new Umikaze Asahiya ryokan Business hotel New Port

5th 12th(Mon·Hol) Shodoshima inland→Okayama 63km+1279m

<https://www.navitime.co.jp/coursebuilder/course/e89788ad665c4889a0afa6debdde1e6c>



Lunch Kusakabehonmachi(36km) Reki Olive palace Restoa Café la move Shodoshima handmade somen noodle Sakubei



Dosho(63km) Sanuki udon noodle Oide kamos Buon Compagno Shodoshima ramen noodle hishio



Sightseeing Choshikei Monkey world Shihoshi observation deck Takatori observation deck Kankakei rope way



Kountei station Hoshigajo castle ruin Blue line Ikamiyama mt.



Michinoeki Shodoshima olive park Nakayama Kabuki theater Hidosan Kabuki theater Shiroyama park(Okatei dining)



Shodoshima island Dosho port→Shin Okayama port International Ryobi ferry (14:00→15:10 15:40→16:50 17:00→18:10 18:30→19:40)



※Shin Okayama port~Okayama station: 12km+24m Finish at Okayama station

Bath·post stay Okayama Hotel Abest grande Nagominoyu



Sento spa Tamachionsen(Sunday Vacant)



Contact E-Mail Adress : soma@jtourism.jp

✂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.

Please apply with the information as below.

✂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

✂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 ·Number of join riders

·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.

Ride Join Fee(Per day Per person) 17,000JPY(Include Tax)

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

※In case specified number of participants join by general application.

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.

- 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 weather 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.
- Recommendations regarding meals, accommodation, sightseeing, and bicycle transport may change from what is stated.

- 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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 One Day Ride Around Tokyo
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