

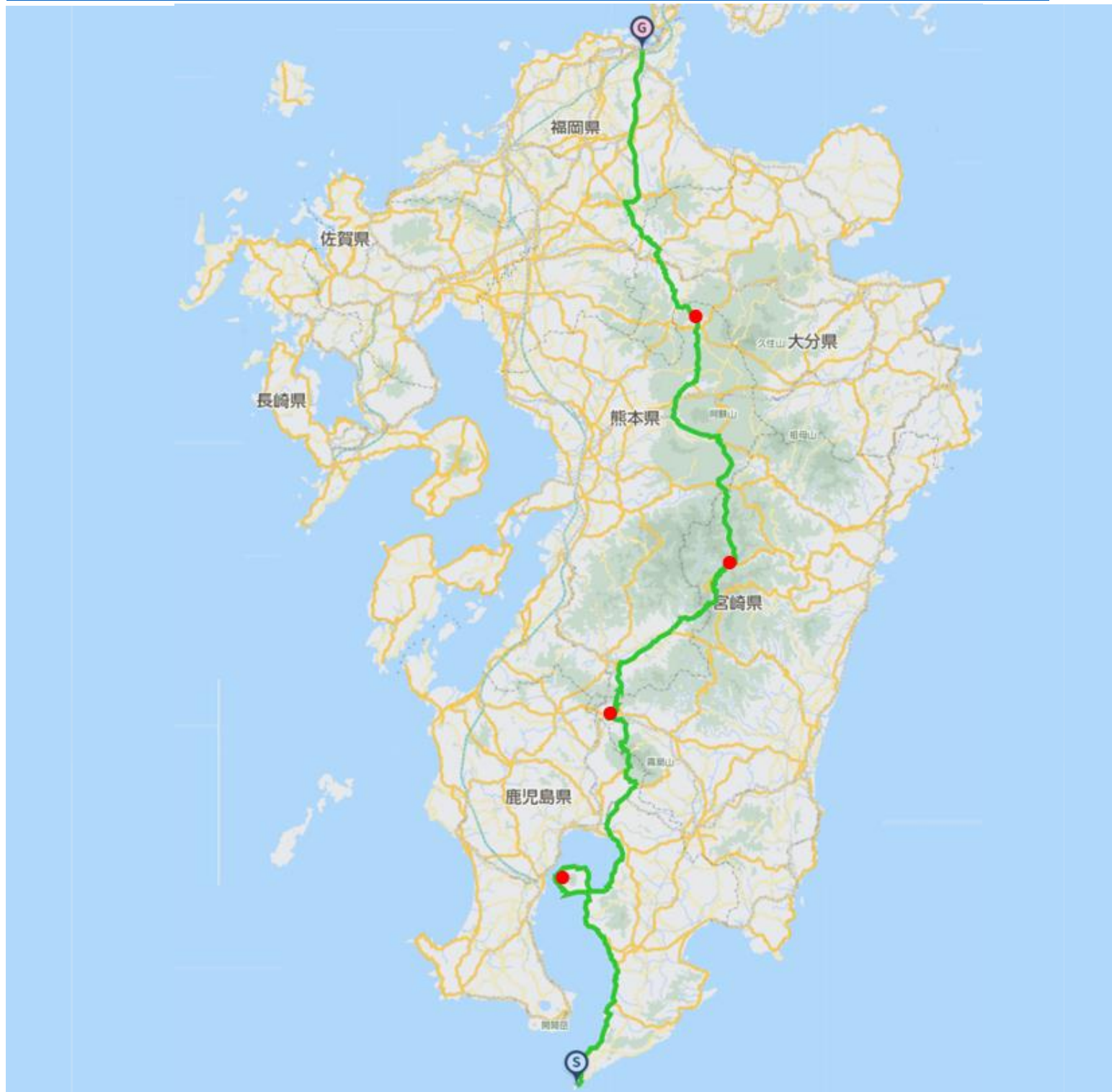
JTO Kyushu vertical across

Bicycle Journey

2026 November 25th (Wed) ~ 29th (Sun) 5 Days

Distance: 526km Total Gain: 8230m

<https://www.navitime.co.jp/coursebuilder/course/f217140098f24a08bfd68c735beafd66>



Sata cape→Sakurajima→Kyomachi spa→Shiiba→Aso Uchimaki spa→Kokura

①25th(Wed) Sata cape→Kanoya→Sakurajima 92km+1094m

②26th(Thu) Sakurajima→Kirishima→Kyomachi spa 112km+1972m

③27th(Fri) Kyomachi spa→Yunomae→Shiibamura 94km+1903m

④28th(Sat) Shiibamura→Aso mt→Aso Uchimaki spa 94km+1893m

⑤29th(Sun) Aso Uchimaki spa→Hita→Kokura 134km+1368m

2026November25th(Wed) Kagoshima Sunrise at 6:54 Sunset at17:15

2026November29th(Sun) Kokura Sunrise at 7:02 Sunset at17:11

Moce example Each place→Satamisaki cape(Move by yourself)

Haneda airport→Kagoshima airport About 20-airplanes each day

6:25→8:10 6:35→8:25 6:40→8:30 Other domestic international airlines , direct transit flights on.

Bus Kagoshima airport→Kanoya city(64km) Kagoshima kotsu bus

9:00→10:25 11:00→12:25 12:10→13:35 16:40→18:05

Kanoya→Nejime(30km) Kagoshima kotsu bus 13:30→14:21 17:15→18:06

Nejime→Sata Izashiki port(18km)Kagoshima Kotsu bus 16:59→17:38 Sata Izashiki port→Sata cape Stay(12km)

※Nejime→Sata→Sata cape stay(30km+508m) Support car follow bicycle riding(Please wish in advance)

Kanoya~Nejime~Sata Izashiki port(14km for Sata cape) 16:10→17:00→17:28:1 Day 1 Bus

Sata Izashiki→Sata cape Taxi available 0994-22-0900 Misaki taxi

Sata Izashiki port~Sata cape (14km) , No local bus move. Please move by bicycle or taxi.

Knoya city lunch : Kanoya Rina city around M U S U Taketei pork courtlet Komatsu dining Sennari Japanese dining

By taxi Kagoshima airport→Sata cape stay : 143km·3hours Kanoya city→Sata cape stay : 59km·2hours

Pre stay sightseeing Sunset&Sunrise from Sata cape Misaki shrine the southend of Kyushu Sightseeing deck Saturday Go



Stay Satamisaki cape Uchiyamaso Minshuku 〒893-2604Kagoshima pref Kimotsukigun Minamiosumi town Sata Umakago429-3
TEL:0994-27-3833



Satamisaki cape Nagisa Minshuku 〒893-2604 Minamiosumi town Sata Umakago 460-1 TEL:0994-27-3836



On staying at Satamisaki cape , if over limit of riders , separate by group or sex in each Uchiyama , Nagisa inn.

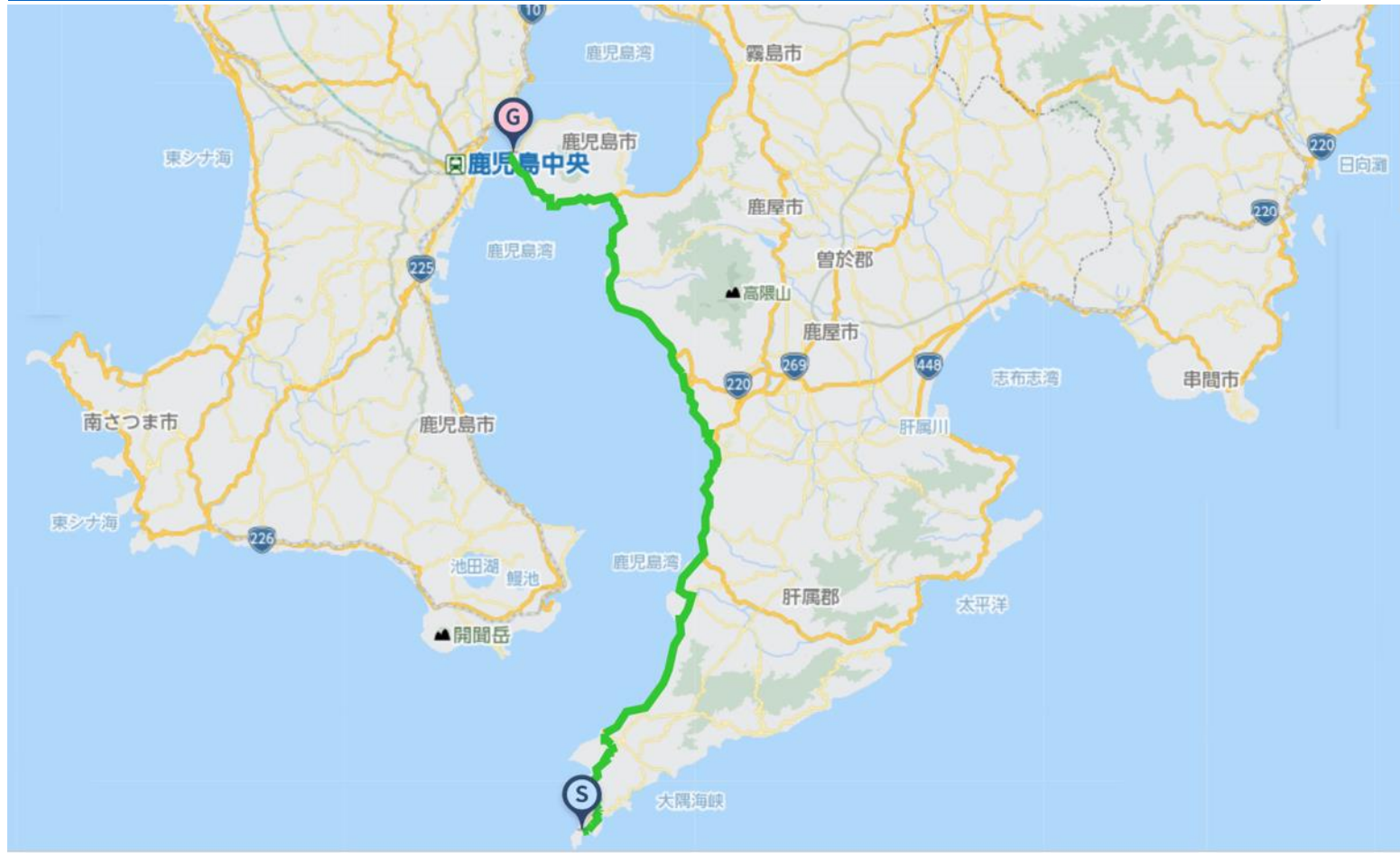
If you wish to get car support for Sunset and Sunrise , let wu know in advance.(2.3km solo)

Uchiyamaso~Sata cape parking: 2.3km(By bicycle OK) Parking~Sata cape observation deck: 0.8km(By walk on foot only)

Sata cape observation deck Roof top observation deck: 24H OK 2nd floor room: 9~16h

November 24th (Tue) Meet at 19:00 Sata cape Uchiyamaso inn (Pre stay)
 1st 25th (Wed) Sata cape → Kanoya → Sakurajima 92km + 1094m

<https://www.navitime.co.jp/coursebuilder/course/2078fef8abb24c22a1ae7495756bf3c7>



Lunch Kanoya city seaside (50km) South south west wind Minato dining Ajisai Mois kitchen



Tarumi (74km) Oukan Jyugoro soba noodle Kokaen Tombo ramen noodle



Sightseeing Michinoeki Nejime Michinoeki Kinko Nishikinosato Sakurajima island Sakurajima Yunotaira observation deck

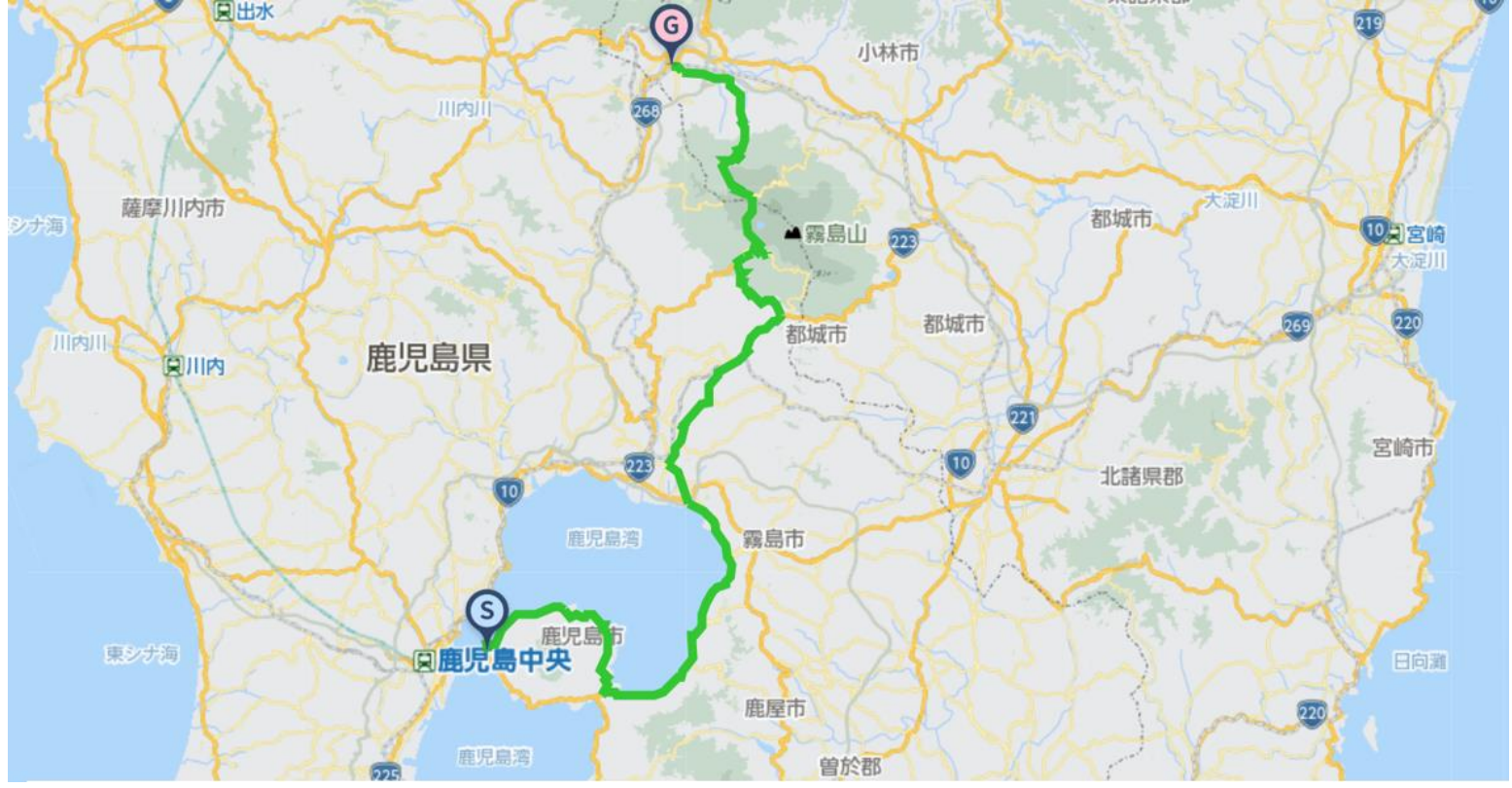


Stay Kokumin shukusha Rainbow Sakurajima Magma onsen spa 〒891-1419 Kagoshima city Sakurajima Yokoyamacho1722-16
 Tel : 099-293-2323



Other stay Sakurajima seaside hotel Sakurajima hotel
 Public move : Kagoshima kotsu bus Sata Izashiki port → Nejime → Kanoya → Tarumi
 ※Sata Izashiki port(14km) ~ Nejime(30km) 7 : 45 → 8 : 13 : 1Day1Bus Other some buses each day

2nd 26th(Thu) Sakurajima → Kirishima → Kyomachi spa 112km + 1972m
<https://www.navitime.co.jp/coursebuilder/course/b66b6bf3c42648f4858443553d9a405e>



Lunch Kirishima Jingu station(63km) Black pork house Kirishima pass teahouse Only want curry shop Taverna Mangiare



One spear ramen noodle Mamesen chinese Mole restaurant teahouse Ichi



Kirishima jingu shrine(65km) Yoshimune eel dining Kawagushi Kirishima soba noodle Kirishima station teahouse Otorii sushi



Sightseeing Uenohara ruin Kirishima jingu shrine Kirishima onsen spa village Onami pond



Korea view mt Ebino plateau Kirishima sky line Kirishima bird line



Stay Kyomachi onsen spa Gyokusenkan 〒889-4151 Miyazaki pref Ebino city Mukae647-1 tel: 0984-37-1550



Outside dinner Keimin chinese Kyokomachi Okinawan dining Pho ha noi Viet Nam Waraku Ikkyu soan



Other stay Kyomachi sightseeing hotel Akebonoso Matsuo ryokan Ikoiso Jyubei no yado

Public move: Tarimi port→Kokubu station: Kagoshima kotsu bus(6buses each day)

JR Nittoyo honsen line•Hisatsu line Kokubu station(52km)→Hayato station→Kyomachi onsen station

3rd 27th(Fri) Kyomachi spa→Yunomae→Shiiba 94km+1903m

<https://www.navitime.co.jp/coursebuilder/course/b6328480ddd8412bb6278fb6c9d43017>



Lunch Yunomae station(46km) Tokumaru chanpon noodle Uohachi sushi Sagara Yuno cafe



Yuyama onsen spa(57km) Yamanosachi house soba noodle Yamachan dining Yumeku Sanyukan Cafe On The Water



Sightseeing Ebino roop bridge Hitoyoshi roop bridge Seirenji temple Ichifusako lake



Mizunoue market Yuyama pass Hyuga Shiibako lake Nasu family house



Stay Shiiba village Kamishiiba

Tsurutomi house Miyazaki pref Higashi Usukigun Shiiba village oaza Shimofukura1818-1 TEL:0982-67-2320



Okuhinata ryokan Miyazaki pref Higashi Usukigun Shiiba village oaza Shimofukura1747-26 TEL:0982-67-2454



Nikaku ryokan Miyazaki pref Higashi Usukigun Shiiba village oaza Shimofukura1767-1 TEL:0982-67-2064

※For female , possible to experience of esthetic(Need reservation)



Outside dinner Shiibaya dining Yamanaka dining



On staying at Shiibamura village Kamishiiba , if over limit of riders , separate by group or sex in each stays Tsurutomi , Okuhinata , Nikaku.

Public move:JR Yoshito line・Hisatsu line・Kumagawa train Kyomachi onsen station→Yoshimatsu station→Hitoyoshi station →Yumae station(46km)

From Yumae station to Shiibamura village , no public transportation.

JR Yoshito line・Nittoyo honsen line Kyomachi onsen station→Minami Miyazaki→Hyugasi station

Hyugashi station→Shiibamura village Matsuo:Shiiba village local bus Matsuo→Shiiba: Shiiba village taxi

From Yumae station to Shiibamura village , up from west , ①142-Route Kamishiiba Yumae line Fudno pass

②Route265 , Iiboshi pass ③Route388号・Okawachi Kuwakibara forest road , 3-lines is available. We check the situation of under construction and other stopping , select the route.

4th 28th(Sat)

Shiiba→Aso mt→Aso Uchimaki onsen spa 94km+1893m

<https://www.navitime.co.jp/coursebuilder/course/d67122abedc84114acbee137a38445d8>



Lunch Takamori station(56km) Yamami chaya teahouse Daikonya Umanokura Chigira



Oraken ramen noodle Grill do Kato Teahouse Tenoha an Sanroku kitchen



Sightseeing Gogase valley Soyokyo valley·Nagasaki cape observation deck Michinoeki Soyokaze park Takamoritoge pass



Shirakawa water source Kusasenri thouthand of glass field Aso mt Aso panorama line



Stay Aso Uchimaki onsen spa Aso hotel I II 〒869-2301 Kumamoto pref Aso city Uchimaki 99 tel:0967-32-0008



Outside dinner Aso Rorribiancca Uchimaki & Rorian dining Waraku Bancho sushi Hichifukujin seven gods



Spican diing Murakami smiling dining Aso Uchimaki Curry shop BATH DINING SOL



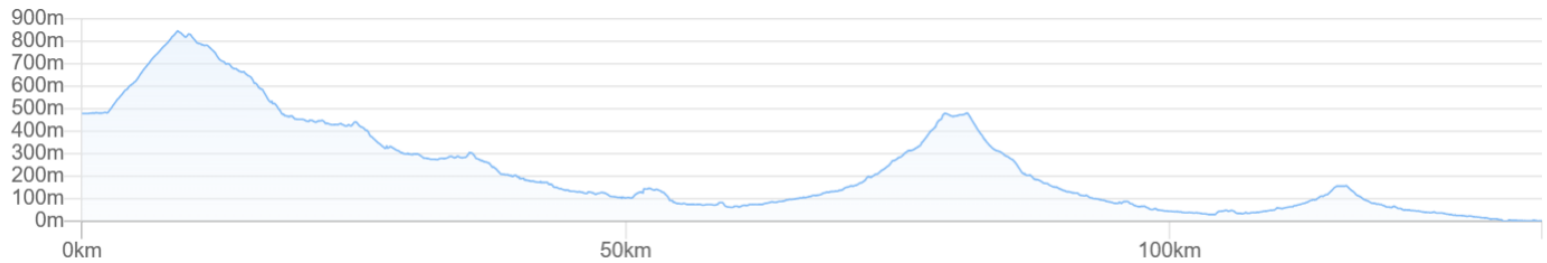
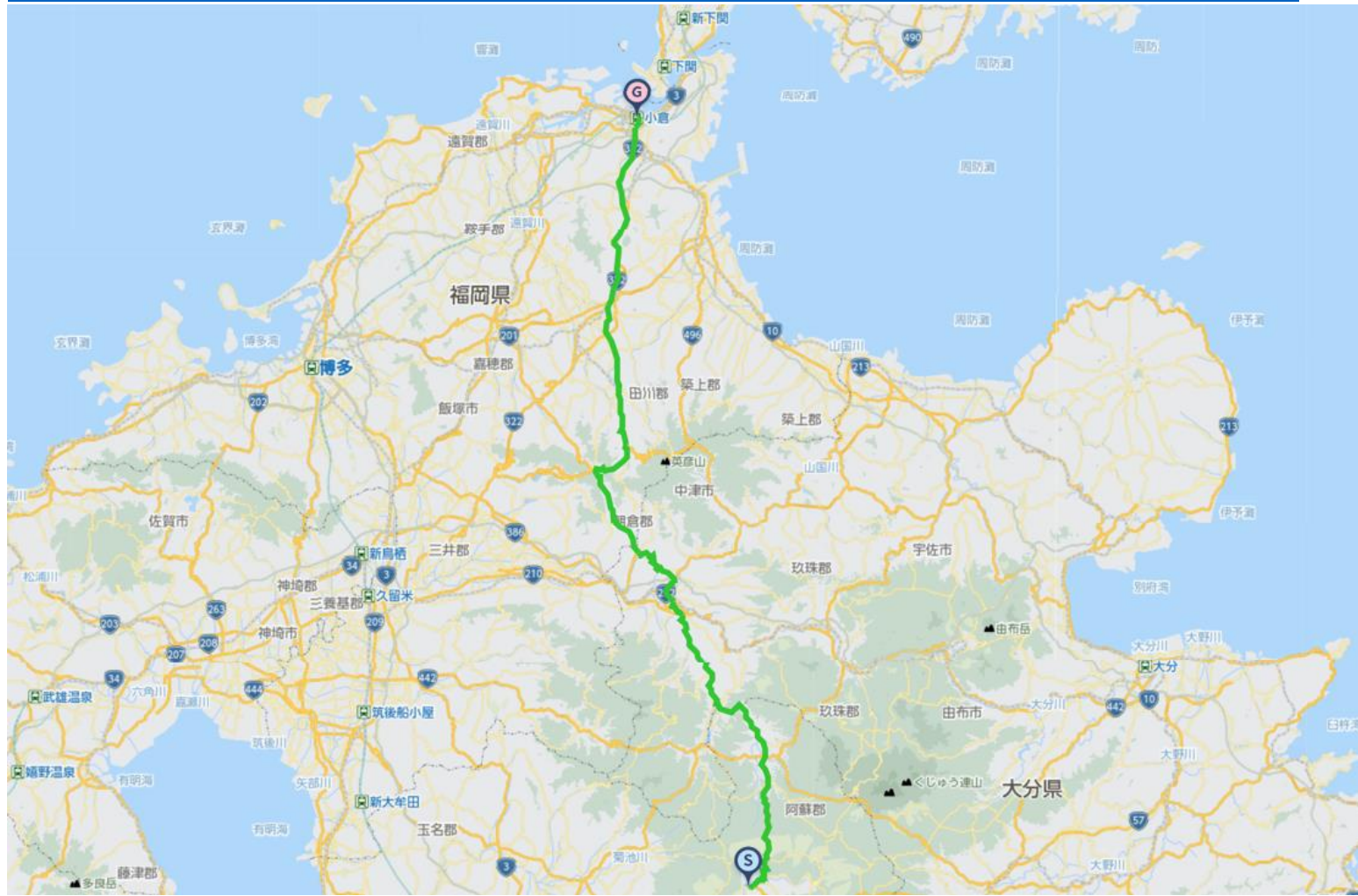
Other stay Soyamakyo Kintoki Yumeguri Oiso Gotake hotel Hokusugiso

Public move: Shiibamura village →Takamori station: Shiibamura village taxi

Minami Aso train•JR Toyohi honsen line Takamori station(56km)→Tateno station→Aso station(88km)

5th 29th(Sun) Aso Uchimaki spa→Hita→Kokura 134km + 1368m

<https://www.navitime.co.jp/coursebuilder/course/9a9b169b60d644378bfe4699d5d57d08>



Lunch Hita(53km)

Takaraya champon noodle



Dairyu ramen noodle Hita station



Daigakuken ramen yakisoba champon



Mikuma dining



Sato Chinese Phnom Penh ramen noodle



Il Magic



Yakihei



Kenchan Udon noodle



Public move : Aso→Minamikokuni→Hita : Sanko・Nishitetsu bus

JRBRT Hikoboshi・JR Hita Hikosan line Hita station(53km)→Soeta→Tagawa Gotoji station→Kokura station

Otsuru station(65km) Ichiyu dining Anju ramen noodle Daigoji station(70km) New Sakamotoya Sennaribyotan cafe



Sightseeing National route212line Daikanpo observation deck Tsuetate onsen spa Bairinko lake



Hita Mamedacho Hikosan sacred mountain Tagawa coal memorial park Kokura castle



Bath recommend Daikokuyu sento 〒802-0076 Fukuoka pref Kitakyushu city Kokura kitaku Nakajima1-13-6 093-521-4248 (1.3km from Kokura station 16h-22h)



Post stay Nishitetsu inn Kokura 〒802-0003 Fukuoka pref Kitakyushu city Kokura Kitaku Komecho1-4-11 093-511-5454



Dinner recommend Konjakutei Momijitei Kurodabushi Heishiro sushi



Other stay Hotelcrown hills Kokura Super hotel Kokura station south gate

Post sightseeing Kokura castle garden·Matsumoto Seicho memorial hall Tanga market Kokura station Amuplaza Sarakura mt night view



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.

✂You do not need to complete the entire designated distance every day. You can use train transport, support cars, or shortcuts to reach intermediate checkpoints and accommodations, and ride only the parts you want to ride, taking breaks, eating, and sightseeing along the way.

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)

※Fee(Per day Per person) 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 participants have no objection to receiving first aid. The organizers will not be held responsible for the method, process, etc.
- The participants 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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 Japan bicycle journey with stays
 2025: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2025E.pdf>
 2026: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2026E.pdf>
 2027: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2027E.pdf>
 One Day Ride Around Tokyo
<https://jtourism.jp/2020/wp-content/uploads/2024/09/JapanOneDayRideAroundTokyo.pdf>