JTOAmakusa Islands Bicycle Journey

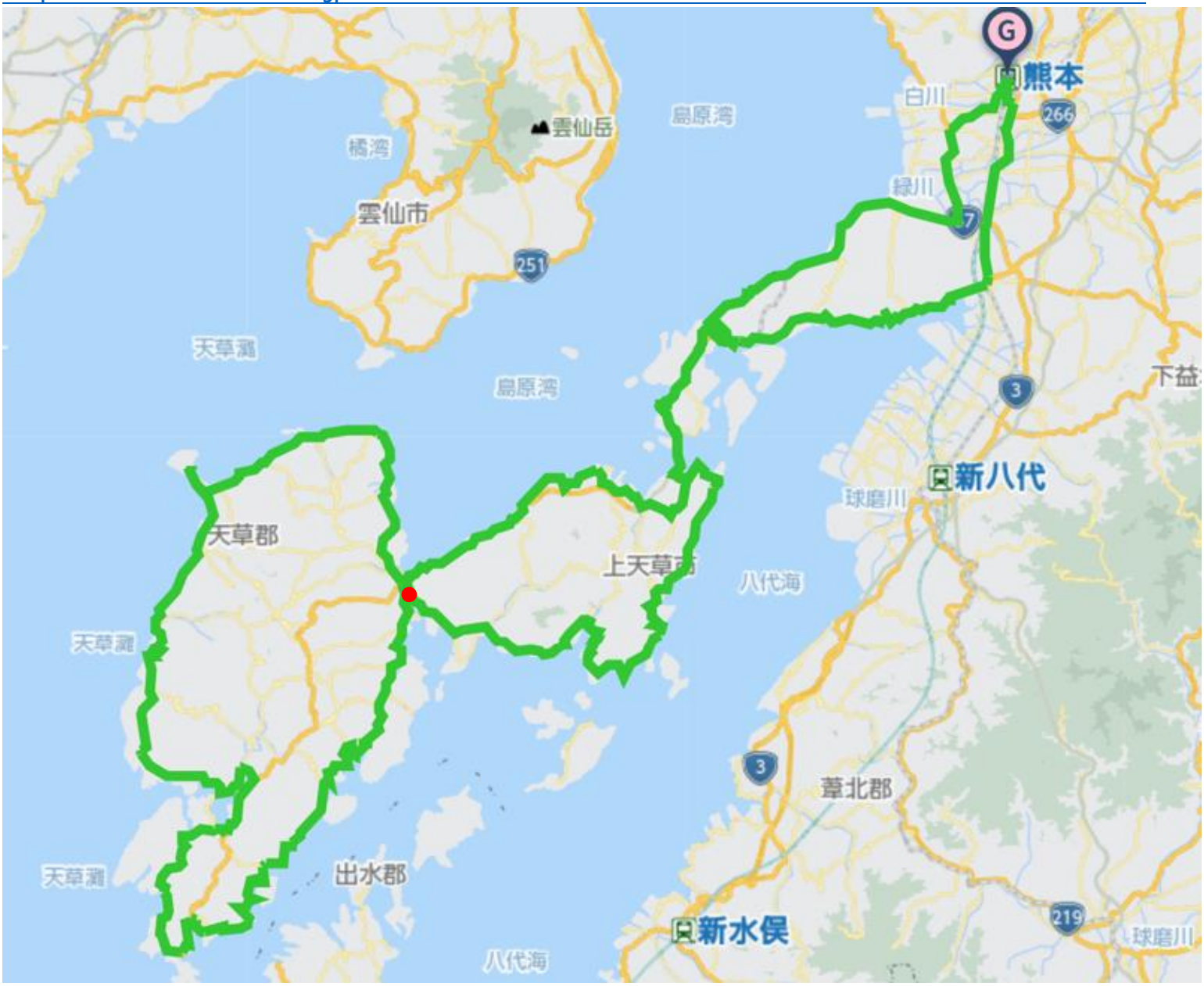
Kumamoto start and goal Amakusa Kamishima Shimoshima round ride

Kumamoto ～ Amakusa Kamishima south ～ Amakusa Shimoshima～Amakusa Kamishima north～Kumamoto

2027 February20th(Sat)～22nd(Mon) 3-Stages

Distance335km Total Gain3111m

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2027 February20th(Sat) Kumamoto Sunrise at6:54 Sunset at18:07

Kumamoto station(Super hotel Kumamoto station)Start and Goal

①20th(Sat) Kumamoto→Amakusa Kamishima south→Amakusa　112km＋1171m
②21st(Sun)Amakusa→Amakusa Shimoshima round→Amakusa　136km＋1283m
③22nd(Mon･Hol)Amakusa→Amakusa Kamishima north→Kumamoto　87km＋657m

Meet：February21st(Sat) 8:00 Super Hotel Kumamoto station Kumamoto city Nishiku Kasuga2-3-23 Tel：096-324-9000

Before departure, we will provide an itinerary explanation and briefing.

※If you use Kumamoto airport , airplane carry hard bicycle case , you can ask for deposit in airport coin locker or luggage asking center. After deposit , please come to the starting point by self ride or public move with using soft bicycle carry bag.






Other pre stay　THE BLOSSOM KUMAMOTO　Hotel the gate Kumamoto Toyoko INN Route INN New hotel

Sightseeing pre post stay　Kumamoto vcastle　Honmyoji　Hanaokayama mt.　Suizenji park






Kato jinja shrine　Kumamoto museum　Kumamoto city modern art museum　Kumamoto city zoo






Pre post stay meal　Dagojiru noodle Minoiri　Yamami chaya　Kumamoto ramen noodle Kurotei　Tebgaiten






Red beeef　dining yoka-yoka　Imakin dining　Horse meat Masterd　lotus root　Mutsugoro　Aoyanagi






Kumamoto station Breakfast Tarachine Mos burger(7:00～) Kyushu meal Senyamabansui(7:30～Buffet) Maruuma udon noodle Kumamoto Shinkansen express(8:00～)

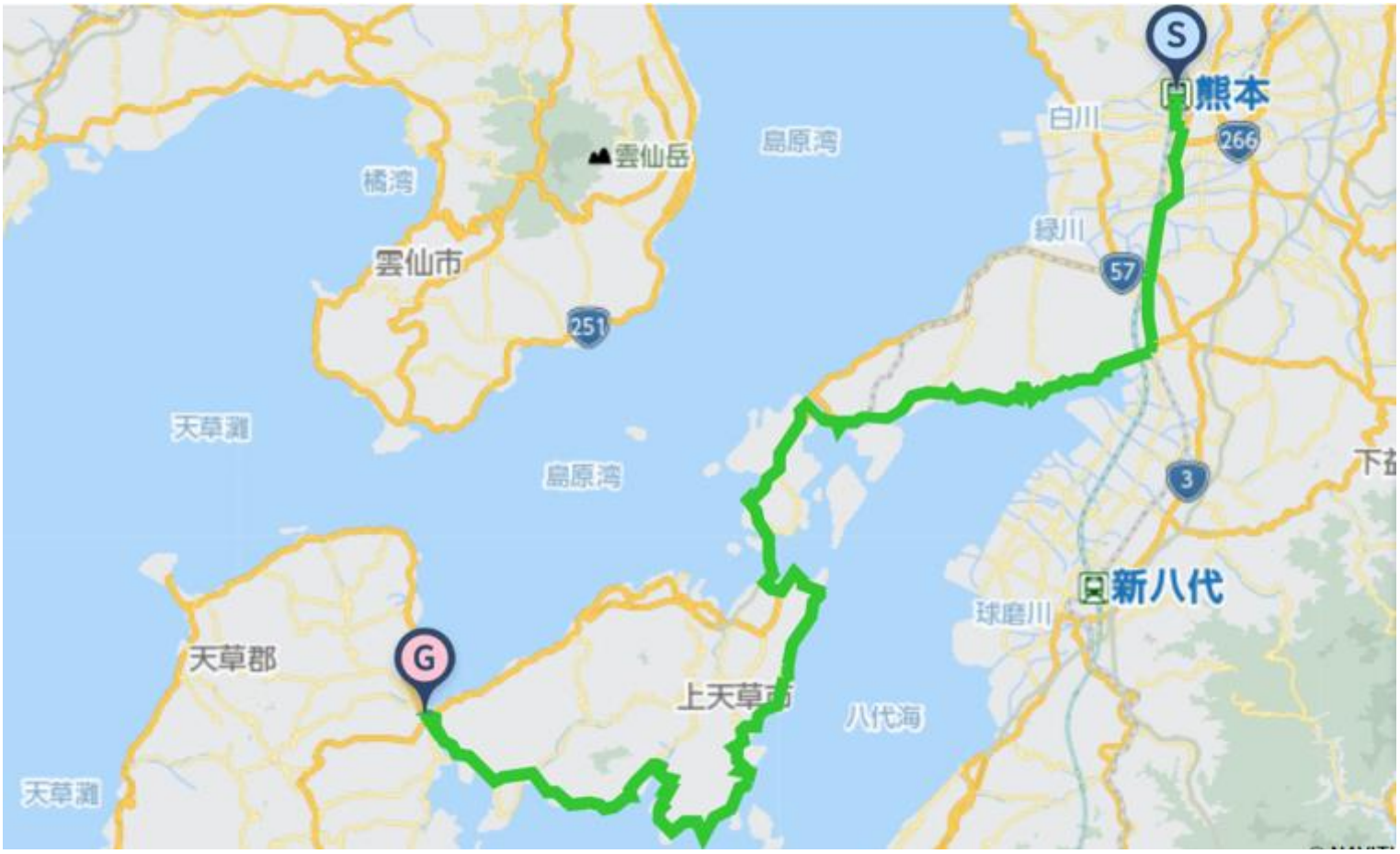


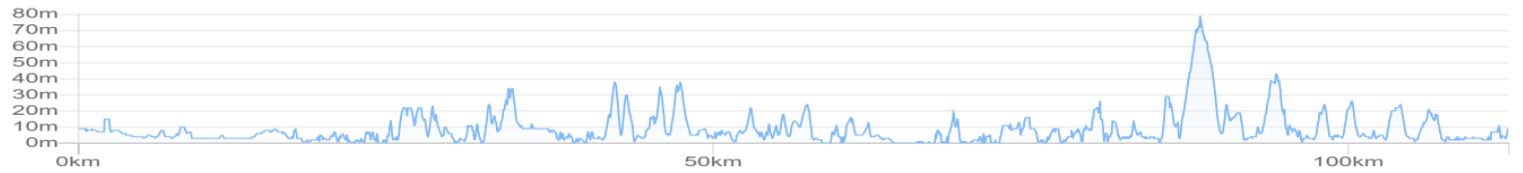



1st Kumamoto station→Ueshima island south→Hotel Alegria gardens Amakusa

112km＋1171m

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Lunch Sankaku statio south(41km) Oban Amakusan chanpon Senran Rubonnu stew and steak Omori dining






Aizu port(58km) Garden place Shiomaneki Fukuzumi Fukushin Macchan







Sightseeing・Rest Michinoeki Shiranui Eino Otsurigi shrine West Oi bridge・Iwajima island Matsushima observation deck







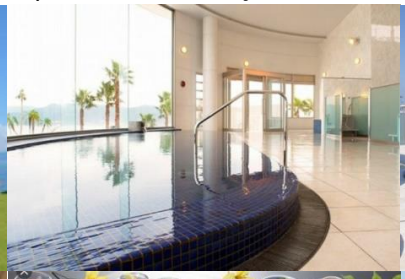
Takamai mt　Ryugatake mt　Kuratake mt　Kayatsumaru observation deck

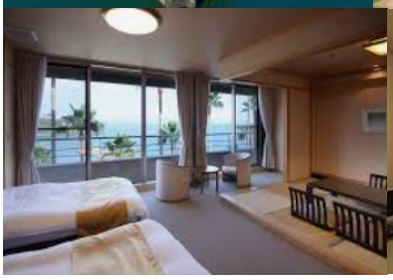





Stay　Hotel Alegria gardens Amakusa　〒863-0001 Kumamoto pref Amakusa city Honwataricho Hirose996　0969-22-3161










Outside dinner Fukushin Hanare Rikyu seafood Miyakawa shrimp Kamekawa Toraya fish tank cooking　Trattoria Via Centro






Other stay　Amakusa Prince hotel　Kagetsu　Shinwaso Kaishin home stay

Public move　Kumamoto station→Sankaku station：JR Sankaku line　Sankaku west port→Amakusa city hall：Sanko bus

2nd　Amakusa Shimoshima island round　136km＋1283m

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Lunch Ushibakamachi(51km)　Uomasa　Aosa sea restaurant　Toku Amakusa Straw grilling　Sushi Sen






Amakusa shimoshima west(75km)　Umitsuki　Ben　Arakawa　Rurudo cafe＆stay






Short cut of Ushibukacho , Amakusashimoshima island south , 92km＋977m

※Public bus move to Honto bus center Ushibuka hospital , Takahama Kamikochi･Shimoda spa～ (10 buses each day),Tomioka port(7-buses) Oniki port(5-buses)

Sightseeing･Rest Amakusa international observation deck Sharinbai hill Sakitsu cathedral Sakitsu Christian home






Amakusa Rosaria hall White swan beach Amakusa sea park Taemiura bay Tomioka sea park observation deck






Tsushi island Kameshima turtle island Meitokuji temple Amakusa martyrdom park






Stay Hotel Alegria gardens Amakusa(Consecutive nights)

3rd Alegria gardens Amakusa→Amakusa Ueshima north→Kumamoto 87km＋657m

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Lunch　Sankaku station north(50km)

Rest＆Cafe Uminokakurega　Daimaru　Former Misumi Shipping Warehouse（Westport Meiji hall）　Sankaku west port old house






Akase station(58km)　Hamakatsu　AKASE coast　Michinoeki Udo Marina･gentos cafe&music　Hacchando






Sightseeing･rest　Michinoeki Ariake　Ariake Octpus Nyudo　Amakusa Matsushima　Sengensan mt.







Nogamashima island　Amakusa Shiro museum　Sankaku west port observation deck　Michinoeki Udo marina

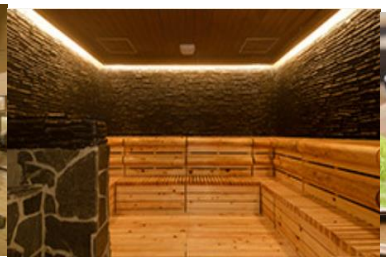





Public move　Amakusa city hall→Sankaku west port：Sanko bus　Sankaku station→Kumamoto station：JR　Sankaku line

Goal：Kumamoto station　Bus onsen spa：Kumamoto Yurakkusu Super sento(1.9km　from Kumamoto station　24h)






Airplane from Kumamoto airport:Narita , Osaka(Itami) , Nagoya(Chubu)(Komaki) , Shizuoka start on each time

Shinkanse express from Kumamoto to Tokyo 5-hours half move(Start on each time)

Kumamoto station→Kumamoto airport　19km　60min move by local bus　2-3 buses each hour






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) 19,000JPY(Include Tax)

Max Possible Join 10riders～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 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 occured 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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