

Access to Awaji Island

(Please check in advance for seat availability, etc.)

By High-speed Ferry

Akashi ↔ Iwaya
(13 min.)

Awaji Jenova Line
http://www.jenova-line.co.jp/
☎0799-72-0181

Fuke ↔ Sumoto
(55 min.)

Fuke-Sumoto Liner
http://fuke-sumotoliner.com/
☎0799-24-1525

Note: July 1, 2018 to February 28, 2019
Note: Bike repair tools are available to use, and tubes and tires can be purchased at Sumoto Port. (Until February 28, 2019)

By Car

From Kobe

Chugoku Expressway (from Osaka and Nagoya)

Suita IC 20 min. → Kobe JCT via Hanshin Expressway → Fusehata JCT 10 min.
Miki JCT 15 min. → Kobe-nishi IC 15 min.

Hanshin Expressway (from Osaka and Nagoya)

Suma IC 5 min. → Myodani JCT 5 min. → Tarumi JCT 5 min.

Sanyo Expressway (from Himeji and Okayama)

Miki JCT 15 min. → Kobe-nishi IC 15 min.

Daini Shinmei Road (from Himeji)

Iwakadani JCT 5 min. → Nagadani JCT 5 min. → Fusehata JCT 10 min.

From Tokushima

Kobe-Awaji-Naruto Expressway (from Tokushima)

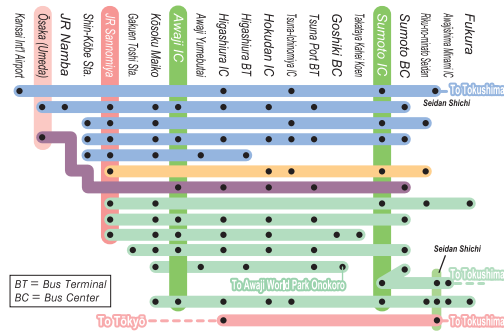
Naruto-kita IC 3 min. → Onaruto Bridge

By Highway Bus

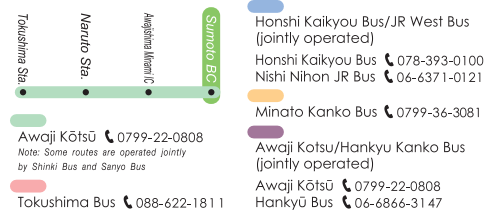
Note: Some buses may not stop during specific hours. For details please contact the bus companies.

Highway Bus Routes (As of August 2018)

From Kobe



From Tokushima



Bike Transport Service Across Naruto Strait

Boat Race Naruto Parking Lot ↔ Riku no Minato Seidan Bus stop
http://asa-cycling.com/transport/

For cyclists taking a highway bus
Please inquire with the individual bus company about transporting your bike as luggage.

Emergency Info

Accidents

119 Ambulance 110 Police

Note: If you call 119 for an ambulance, the mobile phone signal may connect you to a neighboring prefecture (Wakayama or Tokushima). Ask to be transferred to "Awaji Kōiki Shōbō". If you are renting a bicycle, please contact the rental shop and they will assist you.

Bicycle Trouble

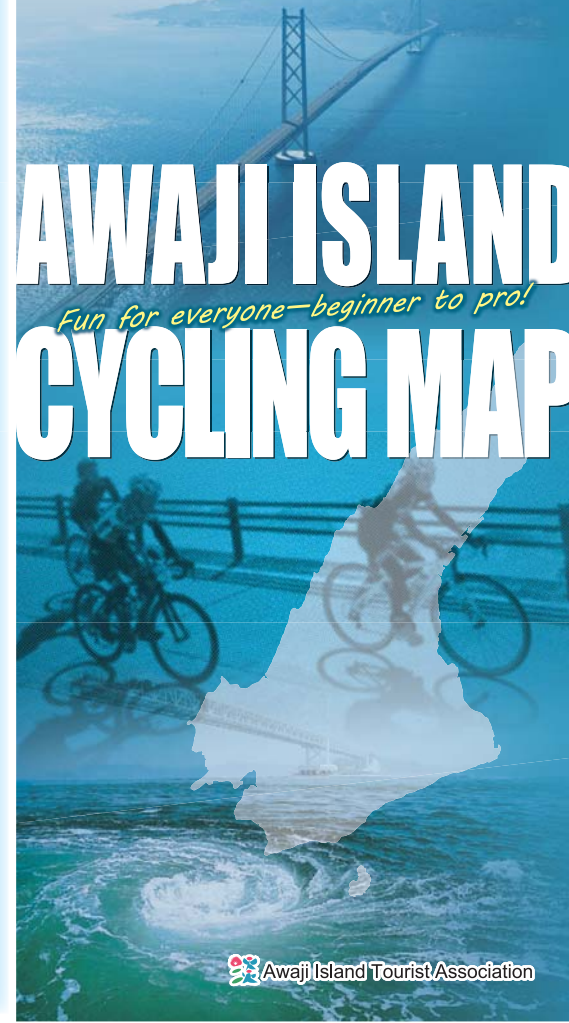
Awaji Road Bike Supporters

A Japanese-language site that lists bike shops that might be able help if you get a flat tire or get into an accident. Also for taxis and other info.

awaji roadbike Search
http://awaji-roadbike.com/trouble/

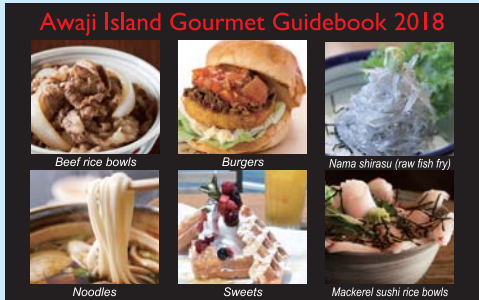
Keys to Safe Cycling

- Never ride side-by-side**
Ride in a row on the left side of the road.
- Don't go so fast**
On the island's roads watch out for the locals and keep your speed down. If you ride slowly you can better enjoy the charms of Awaji Island.
- Always wear a helmet**
For your own safety, be sure to wear a helmet.
- Check your bike ahead of time**
Check your tires' air pressure, the brakes, etc.
- Get bicycle insurance**
Get bicycle insurance just to be safe for a possible accident.
- Other**
Follow traffic rules. Assist other cyclists if they need help. Greet the locals with a smile; be an ambassador.



Awaji Island Tourist Association

Eating and Dining on Awaji Island



This electronic gourmet guidebook for all of Awaji Island has been updated for 2018! The information is arranged in six categories: beef rice bowls (gyudon), burgers, nama shirasu (raw fish fry), noodles, sweets, and Spanish mackerel sushi rice bowls. Scan the barcode to view it!

Awaji Island Gourmet book Search
http://www.awajishima-kanko.jp/gourmetbook2018/

Restaurants that use ingredients from Awaji Island

Brand Awajishima Kodawari Search
http://www.brand-awajishima.com/kodawari/about/index.html

Advanced Awaji Island Once Around

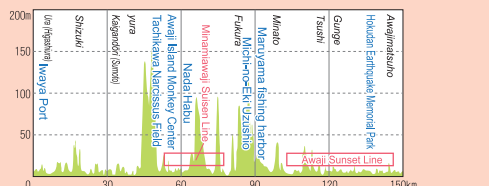
★★★ Completing this "century" ride is the best feeling in the world!



COURSE
Iwaya Port ▶ Ura (Higashiura) ▶ Shizuki ▶ Kaigandōri (Sumoto) ▶ Yura ▶ Nada Habu ▶ Fukura ▶ Michi-no-Eki Uzushio ▶ Minato ▶ Tsushi ▶ Gunge ▶ Iwaya Port

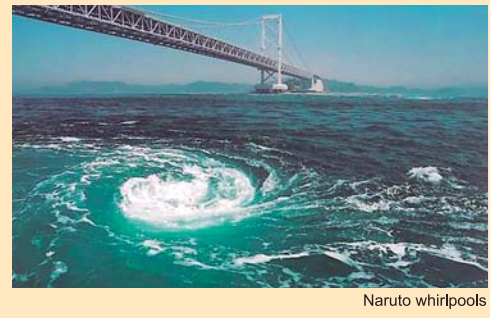
This is the course to set your sights on! From Iwaya down to Sumoto there is a lot of car traffic, but past Yura you reach the mountainous southern section. From Fukura to Minato is a lot of up-and-down on the coastal road, as well. The final 50 km is tough. A never-ending coastal road takes you northward. You can also stay overnight or change the starting point.

Distance 150km Total climb 1,144 m
Highest elevation 156 m Estimated time 10 hrs



Novice South Coast Loop

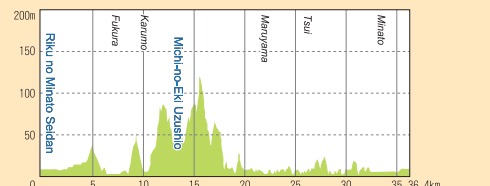
★ Beautiful coastline climbs and descents. A well-balanced short course!



COURSE
Riku no Minato Seidan (Cycle Station) ▶ Fukura ▶ Michi-no-Eki Uzushio ▶ Maruyama ▶ Minato ▶ Riku no Minato Seidan (Cycle Station)

The south end of Awaji Island has beautiful coastline and popular spots. If you start at Riku no Minato Seidan, you can easily reach Michi-no-Eki Uzushio after a couple of climbs. You also get a great view of Onaruto Bridge from Maruyama and pass Tsui port to return to the start on this short course recommended even for beginners.

Distance 36.4 km Total climb 383 m
Highest elevation 119 m Estimated time 3 hrs



Novice Izanagi Course

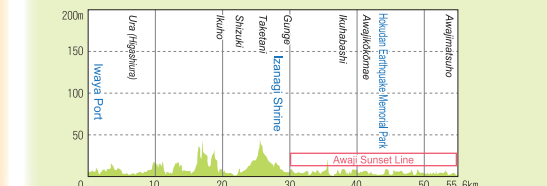
★ A popular ride for beginners. Be sure to stop at the historical power spot along the way!



COURSE
Iwaya Port ▶ Ura (Higashiura) ▶ Kuruma ▶ Ikuho ▶ Shizuki ▶ Izanagi Shrine ▶ Gunge ▶ Ikuhachashi ▶ Awajikōkomae ▶ Awajimatsuhō ▶ Iwaya Port

This route is as popular as the full island circle route. It is flat, making it ideal for first-time cycling on Awaji Island. Izanagi Shrine, at the middle point along the route, is a popular historical power spot with ancient roots in Japanese mythology.

Distance 55.6 km Total climb 220 m
Highest elevation 45 m Estimated time 4 hrs



Places to Borrow a Pump or Tools to Fix Your Bike

Some convenience stores around Awaji Island have bicycle pumps and maintenance tools that they will let you use for free. Look for the sticker on the right displayed in the window and feel free to ask.



Tourist Information
Iwaya Tourist Information Center
925-27 Iwaya, Awaji-shi (inside the Iwaya port building) ☎0799-72-3420
Sumoto Tourist Information Center
2-43 Minato, Sumoto-shi (inside the Sumoto Bus Center) ☎0799-25-5820
Minamiawaji Tourist Information Center
1528-4 Fukura, Minamiawaji-shi (inside Michi-no-Eki Fukura) ☎0799-52-2336

Note: Bicycle rentals are also available at the above tourist information centers. Ask at each center for more details.
Published in August 2018

Focus on Sightseeing

Intermediate Kuniumi Course

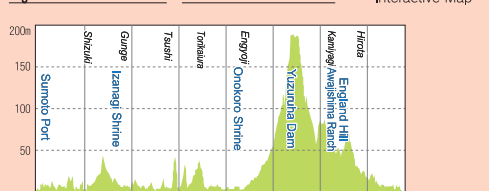
★★ A ride around to mythological sites. A flat course around the middle of the island with lots of fun sights!



COURSE
Sumoto Port ▶ Izanagi Shrine ▶ Tsushi ▶ Onokoro Shrine ▶ Yuzuruha Dam ▶ Awajishima Ranch ▶ England Hill ▶ Sumoto Port

Awaji Island is featured in the Kuniumi legend—the mythological birth of Japan. This route is recommended to see famous spots designated as Japan Heritage sites. The ride is generally flat. In spring, how about a ride to Yuzuruha Dam with its many cherry trees in bloom? Discover new appeal to Awaji Island that you don't get from a coastal ride alone.

Distance 75.9km Total climb 485m
Highest elevation 190m Estimated time 5hrs



Focus on Sightseeing

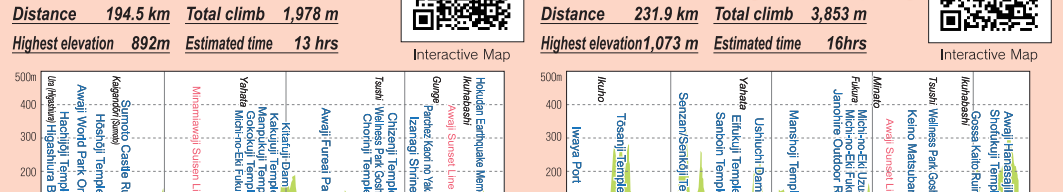
Advanced Intermediate Novice Special Sights Course

★★★★★★ This route links together a number of great sightseeing spots, providing a model to use as you choose.



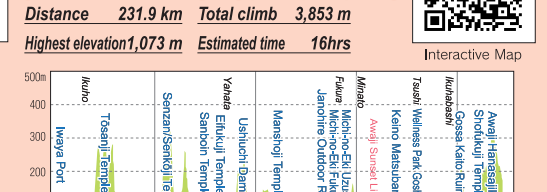
Flat Course
Higashiura BT ▶ Ura (Higashiura) ▶ Hachijōji Temple (Seven Lucky Gods of Awaji Island) ▶ Awaji World Park Onokoro ▶ Hōshōji Temple (Seven Gods) ▶ Kaigandōri (Sumoto) ▶ Sumoto Castle Ruins ▶ Ama Beach ▶ Michi-no-Eki Fukura ▶ Gokokuji Temple (Seven Gods) ▶ Manpukujū Temple (Seven Gods) ▶ Kakuji Temple (Seven Gods) ▶ Yagi Weeping Ume ▶ Nariai Dam/Kitafuji Dam ▶ Onokoro Shrine ▶ Awaji Fureai Park ▶ Hanadate Tunnel ▶ Chorinji Temple (Seven Gods) ▶ Wellness Park Goshiki ▶ Chizenji Temple (Seven Gods) ▶ Izanagi Shrine ▶ Parchez Kaori no Yakata ▶ Hokudan Earthquake Memorial Park ▶ Higashiura BT (Recommended areas to stay: Iwaya, Sumoto coastal road, Sumoto, Fukura, Tsushi)

Distance 194.5 km Total climb 1,978 m
Highest elevation 892m Estimated time 13 hrs



Mountain Course
Iwaya Port ▶ Hiyari Pass/Tōsanji Temple ▶ Senzan/Senkōji Temple ▶ Sanboin Temple ▶ Eifukujū Temple ▶ Ushichi Dam ▶ Onion Road ▶ Manshōji Temple ▶ Wakodo No Hiroba Park ▶ Janohire Outdoor Resort ▶ Michi-no-Eki Fukura ▶ Michi-no-Eki Uzushio ▶ Onaruto Bridge Museum ▶ Ibi ▶ Maruyama ▶ Keino Matsubara ▶ Wellness Park Goshiki ▶ Gossa Kaito Ruins ▶ Shofukujū Temple ▶ Nii (rice terraces) ▶ Awaji Hanasajiki (flower garden) ▶ Iwaya Port (Recommended areas to stay: Iwaya, Fukura, Keino, Tsushi)

Distance 231.9 km Total climb 3,853 m
Highest elevation 1,073 m Estimated time 16hrs



We recommend staying overnight for these long rides!
Many people aim to do the full 150-km century ride around Awaji Island, but there are plenty of spots and famous sites to see on the interior of the island. This course strings together many of the best sights to see. You can choose the distance you want to ride from the starting point and your destinations. Use this course as reference for an overnight or multiple day trip, as well.
All accommodations on Awaji Island →

The estimated time for the ride is calculated on the basis of a 15 kph average speed. This may vary according to road conditions, etc.

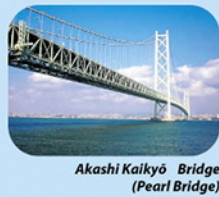
Awaji Island Cycling Map



Point-to-Point Distances and Total Climbs

Select your route based on distance and total climb. You can create your own favorite routes!

Distance
Total climb



Hokudan Earthquake Memorial Park (Nojima Fault Preservation Museum)

Awaji City Start/Goal

Pay parking lot at Iwaya port



Legend

- Parking
- Bicycle parking (with toilet)
- Roadside stop
- Rent-a-cycle
- Steep climb
- Awaji Hana Toilet (public toilet)
- Cycle cafe (bicycle pumps/repair tools)
- Toilet for public use
- Hachijōji Temple
- Awaji Island 7 Lucky Gods Sites
- Senkōji Temple
- Awaji Island 13 Sacred Buddhist Sites

- Steep Uphill/Downhill
 - Heavy traffic
 - Pedestrian caution
 - Narrow road
 - Awaji Island Longride 150 route
- Note: Locations shown here are not on the Once Around Awaji Island route introduced on the reverse side.

Recommended Handy Sites

Tourist Information

Get tourist information on events, accommodations, and more!

Awaji Island Tourism Guide
<https://www.awajishima-kanko.jp/>

After once around Awaji Island, try once around Lake Biwa or the Shimanami Kaido!

Cycle around Lake Biwa
FUN! RIDE! BIWAICHI
<http://www.city.moriyama.lg.jp/biwaichi/>

Some general information in English on a great cycling route in the Inland Sea.
"Shimanami Kaido" Tourist Information **SHIMAP**
<http://www.go-shimanami.jp/global/english/>

MinamiAwaji City Start/Goal

Minamiawaji City Cycle Station has free parking lot



Sumoto City Start/Goal

Pay parking lot next to Sumoto Bus Center

SUMOTO City Area

Enlarged view



Parking

As of August 2018

- Iwaya Port Building Parking**
Free up to 1 hr.; 100 yen/hr. thereafter (500 yen/24 hrs)
Open 24 hours year round
170 vehicles
- Higashiura Bus Terminal Parking**
Free up to 2 hrs.; 500 yen/24 hrs
Open 24 hours year round
465 vehicles (including 89 vehicles in No. 2 parking lot)
- Tsuna Port Terminal Parking**
Free up to 2 hrs.; 300 yen/24 hrs
Open 24 hours year round
242 vehicles
- Sumoto Bus Center Parking**
Free up to 1 hr.; 100 yen/hr. thereafter (Max. 600 yen/24 hrs)
Open 24 hours year round
451 vehicles
- Suisen'en Parking**
Free up to 1 hrs.; 300 yen/24 hrs
Open 24 hours year round
120 vehicles
- Wellness Park Parking**
Free
Open 24 hours year round
150 vehicles
- Minamiawaji City Cycle Station (Riku no Minato Seidan)**
Free
Open 24 hours year round
264 vehicles

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