Tsunoshima Bridge Blue Ocean Sea Route
Scan for a video about our cycling routes ▶

Scan for a video about Hagi, Abu and Ato ▶

Southern Seto Orange Sea Route
Scan for a video about our cycling routes ▶

Akiyoshidai Green Karst Highway
Scan for a video about our cycling routes ▶

Scan for a list of routes ▶

Cycling Routes

1. Akiyoshidai Green Karst Highway
2. Tsunoshima Bridge Blue Ocean Sea Route
3. Southern Seto Orange Sea Route
4. Kitanagato Scenic Power Spot Circuit
5. Hagi World Heritage Sea Route
6. Akiyoshidai Geoadventure Circuit
7. Seto Inland Sea Adventure Circuit
8. Suo Den'en Cycling Circuit
9. Ato MTB & SL Circuit
10. Nishikigawa Seiryu Highway
11. ALPINE Climb Highway
12. Ishin no Shishi Highway

Icon Explanations

- Cycling aid
- Cycling station
- Cycle pit
- Cyclist-friendly hotel
- Roadside station
- Bicycle Safety Promotion Center
- Drop-in onsen
- Locations where caution is required
- National route
- Airport

Sea of Japan
Suonada Sea
Seto Inland Sea
Shimane Prefecture
Hiroshima Prefecture
Fukuoka Prefecture
Tsunoshima Bridge Blue Ocean Sea Route
Akiyoshidai Green Karst Highway
Southern Seto Orange Sea Route
Nagato
Hagi
Abu
Masuda
Yoshika
Hatsukaichi
Otake
Iwakuni
Waki
Yamaguchi
Hofu
Shunan
Kudamatsu
Yanai
Hikari
Tabuse
Hirao
Suo-Oshima
Kaminoseki
Mine
Ube
Shimonoseki
Sanyo-Onoda
Kitakyushu
Tobata-ku
San-in Line
Mine Line
Ube Line
Few rest areas
Heavy traffic
Beware of strong winds while on bridge

Cycling aids

Drop-in facilities with bicycle stalls
Borrow tools and air pumps for tune-ups
Scan for a list of cycling aids locations ▶

1 MINE Marugoto Kan (entrance to Akiyoshido Cave)
2 Kirara Organic Life
3 Kirara Ajisu Roadside Station
6 Tongariboshi Toyoura (Kawatana)
7 Kitaura Kaido Hohoku Roadside Station
8 Tsunoshima Bridge east side landscape photography point
9 7-Eleven Nagato-Hekinaka Store
10 Yumoto Onsen Tourist Information Center
11 Chofu Tourist Center
12 Seifutei (near Togyo-an)
13 Pataya (Nagato guest house)
14 Act Village Ono
15 Kusunoki Komorebi no Sato
16 Kirara Koryukan
17 Ofuku Roadside Station
18 Mito Roadside Station
19 MaxValu Yoshiki Store
20 Fuji Grand Yamaguchi
21 Yume Town Yamaguchi
22 Nihonosato Roadside Station
23 Hofu City Cycling Terminal
24 Atlas Hagi Store
25 Hagi Tourism Association
26 Abucho Roadside Station
27 Yutori Park Tamagawa Roadside Station
28 Chomonkyo Roadside Station
29 Marukyu Tokusa Store
31 Eigenzan Park
32 Seseragi Yukari Park
33 Marukyu Waki Store
34 Iwakuni Castle Ropeway Sanroku Station
35 Nishiki Palace, Sozukyo Onsen
37 Southern Seto Towa Roadside Station
38 Tachibana Wind Park
39 Marukyu Oshima-Komatsu Store
40 Aruk Hirao Store
42 Karstar
43 Yamamura (restaurant)
44 Akiyoshidai Refresh Park
48 Akiyoshidai International Art Village
49 Shiokaze no Yu, Ryuzaki Onsen
50 Saruware (restaurant)
51 Maruyama Kaihin Park
52 Kaminoseki Kaikyo Roadside Station
53 Yanai Wellness Park
54 7-Eleven Nagato-Misumi Store
55 Rural SHOP 315
56 Hagi Sea Mart Roadside Station
57 Hananoumi (activity-oriented farm)
58 Tokiwa Park
59 Ganjoju Onsen Roadside Station
60 Minato Oasis Yu, Shiokaze Park
61 Takase Sun Sports Land
62 Solene Shunan Roadside Station
63 Former British Consulate in Shimonoseki
64 Satonokuriya, a Hikari Agricultural Promotion Facility
65 Kokumin Shukusha Ojo
66 Minori no Oka, Toyota Nogyo Park
67 Kamiso Tozanguchi Fureai Market
68 Maruta Village Forest Activity Exchange Facility
69 Tabuse Community Exchange Center Association
70 Uribo no Sato Katamata Roadside Station
72 Chou Chou Yamaguchi Store
73 Kashinoki Head Store
74 Kashinoki Oshima Store
75 Kashinoki Hagi Bijutsukan Mae Store
76 Yamaguchi-Mazda, Hagi Store
77 Kashinoki Asa Store
78 Kashinoki Ube Farm Store
79 Yamaguchi-Mazda Ube-Konan Store
80 Auto Care Arms
81 Nishikikaro
82 Wood Village Mikawa
83 Miyoshiya restaurant
84 Lake Plaza Yasaka
85 Shuklevain Kudamatsu Store
86 Shimonoseki Misaka Natural Forest
87 Kikugawa Roadside Station
88 Hotaru Kaido Nishinoichi Roadside Station
89 Toyota Kohan Park
90 Ichinomata Onsen Grand Hotel

Cycling stations

Facilities with cycling aid services where rental bicycles can be used

4 Yuda Onsen Tourist Information Center
5 Shimonoseki Station (North Bicycle Parking Lot)
30 Tokusagamine Wood Park
36 Green Stay Nagaura
41 Shin-Yamaguchi Station
45 Taishodo Seifuen
46 Hotel Nishinagato Resort
47 Senzakitchen (Roadside Station)
71 Akiyoshidai Tourism Exchange Center

Cycle pits

Cycle pits are places to work on your bicycle (*availability planned for May 2018)

1 Shin-Yamaguchi Station
2 Shin-Iwakuni Station
3 Yanai Station
4 Obatake Station
5 Shin-Shimonoseki Station
6 Nagatoshi Station
7 Yanai Port*
8 Iwakuni Kintaikyo Airport*

Cyclist-friendly hotels

Accommodations providing facilities that correspond to the needs of cyclists

A Umenoya (Yuda Onsen, Yamaguchi)
B Yumoto Highland Hotel Fuji
C Hotel Nishinagato Resort

K Bicycle Safety Promotion Center

a Traffic Safety Learning Center (cycling aid)

1 Akiyoshidai Green Karst Highway

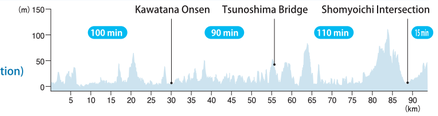
Riding distance: About 78.5 km Cumulative elevation gain: 1,376 m

Start and finish
Start: Shin-Yamaguchi Station
Finish: Yuda Onsen (Station)

2 Tsunoshima Bridge Blue Ocean Sea Route

Riding distance: About 93.7 km Cumulative elevation gain: 1,172 m

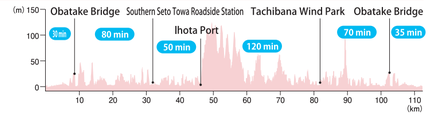
Start and finish
Start: Shimonoseki Station
Finish: Nagato Yumoto (Station)



3 Southern Seto Orange Sea Route

Riding distance: About 112.2 km Cumulative elevation gain: 2,330 m

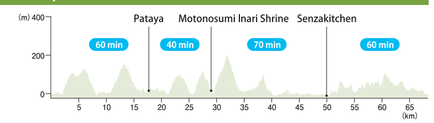
Start and finish
Start: Yanai Station
Finish: Yanai Station



4 Kitanagato Scenic Power Spot Circuit

Riding distance: About 68.1 km Cumulative elevation gain: 1,487 m

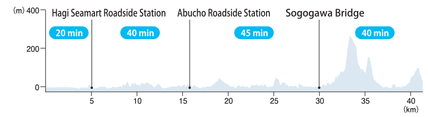
Start and finish
Start: Hitomaru Station
Finish: Hitomaru Station



5 Hagi World Heritage Sea Route

Riding distance: About 41.3 km Cumulative elevation gain: 977 m

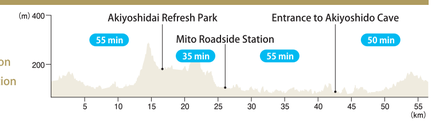
Start and finish
Start: Hagi Station
Finish: Susa Hornfels



6 Akiyoshidai Geoadventure Circuit

Riding distance: About 56.6 km Cumulative elevation gain: 761 m

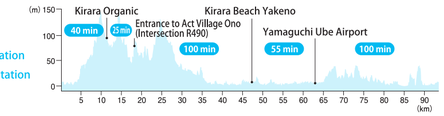
Start and finish
Start: Ofuku Roadside Station
Finish: Ofuku Roadside Station



7 Seto Inland Sea Adventure Circuit

Riding distance: About 93.5 km Cumulative elevation gain: 1,056 m

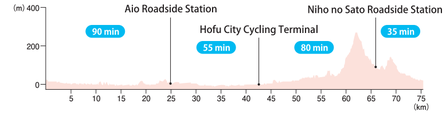
Start and finish
Start: Shin-Yamaguchi Station
Finish: Shin-Yamaguchi Station



8 Suo Den'en Cycling Circuit

For families
Riding distance: About 75.5 km Cumulative elevation gain: 688 m

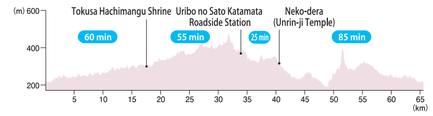
Start and finish
Start: Yamaguchi Station
Finish: Yamaguchi Station



9 Ato MTB & SL Circuit

Riding distance: About 65.6 km Cumulative elevation gain: 868 m

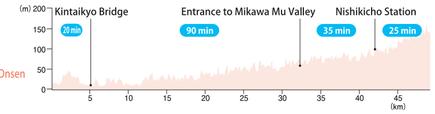
Start and finish
Start: Chomonkyo Station
Finish: Chomonkyo Station



10 Nishikigawa Seiryu Highway

Riding distance: About 49.2 km Cumulative elevation gain: 644 m

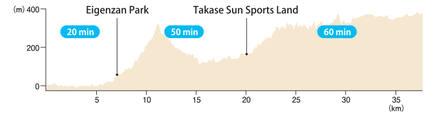
Start and finish
Start: Shin-Iwakuni Station
Finish: Nishiki Palace, Sozukyo Onsen



11 ALPINE Climb Highway

Riding distance: About 37.7 km Cumulative elevation gain: 891 m

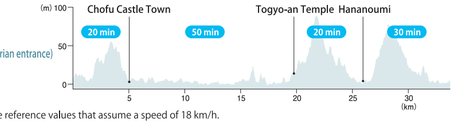
Start and finish
Start: Tokuyama Port
Finish: Seseragi Yukari Park



12 Ishin no Shishi Highway

Riding distance: About 33.7 km Cumulative elevation gain: 331 m

Start and finish
Start: Kanmon Tunnel (pedestrian entrance)
Finish: Asa Station



※Note: Duration times are reference values that assume a speed of 18 km/h.