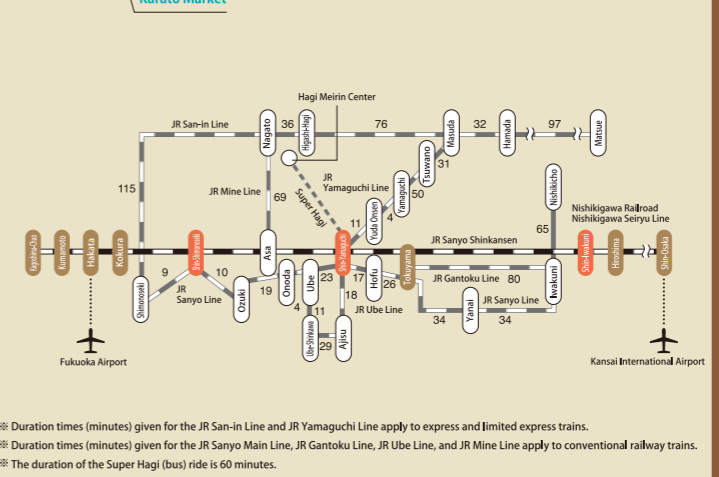
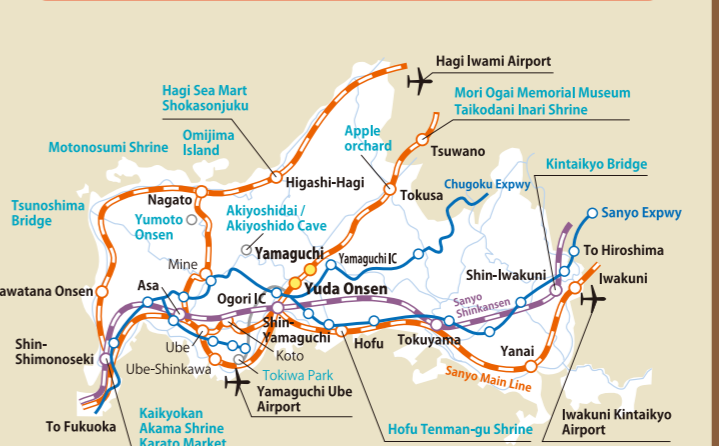




<http://cycleken-yamaguchi.com>  
 Yamaguchi Prefecture of Cycling Promotion Association



**Getting to Yamaguchi Prefecture**



Duration times (minutes) given for the JR San'in Line and JR Yamaguchi Line apply to express and limited express trains.  
 Duration times (minutes) given for the JR Sanyo Main Line, JR Gantaiko Line, JR Ube Line, and JR Mine Line apply to conventional railway trains.  
 The duration of the Super Hagi (bus) ride is 60 minutes.

**1 Akiyoshidai Green Karst Highway**

This route starts at Shin-Yamaguchi Station, the gateway to inland Yamaguchi Prefecture, and takes you through a magnificent karst plateau formed 350 million years ago, as well as southern Yamaguchi with its panoramic landscape of wheat fields. Why don't you rejuvenate yourself after a tiring day at Yuda Onsen, the best hot spring on the Sanyodo?

**Main Sights** Akiyoshidai, Akiyoshido Cave, Karstar, Akiyoshidai Refresh Park (automobile campground), Yuda Onsen (foot bath)

**Cycling aids:** A1. MINE Marugoto Kan, A2. Ajiai restaurant, A42. Karstar, A43. Yamamura restaurant, A44. Akiyoshidai Refresh Park ■ **Cycling stations:** S4. Yuda Onsen Tourist Information Center, S41. Shin-Yamaguchi Station Eki Rent-A-Car, S45. Taishodo Seifuen, S71. Akiyoshidai Tourism Exchange Center ■ **Cycle pits:** P1. Shin-Yamaguchi Station

**Cyclist-friendly hotels:** H1. Umenoya

**2 Tsunoshima Bridge Blue Ocean Sea Route**

This route starts at Shimonoseki, the gateway from Kyushu, and goes to scenic Tsunoshima Island with Hibikina visible in the distance to the left. It goes along tranquil Yuya Bay, and finally ends at Yumoto Onsen, a village famous for the mysterious qualities of its hot spring water.

**Main Sights** Kawatana Onsen, Doigahama, Tsunoshima Island (Tsunoshima Bridge and Tsunoshima Lighthouse), Yuya Bay, Yumoto Onsen

**Cycling aids:** A6. Tongariboshi Toyoura, A7. Kitaura Kaido Hohoku Roadside Station, A8. Amagase Tourism, A9. 7-Eleven Nagato-Hekina Store, A10. Yumoto Onsen Tourist Information Center ■ **Cycling stations:** S5. Shimonoseki Station (North Bicycle Parking Lot), S46. Hotel Nishinagato Resort ■ **Cycle pits:** P5. Shin-Shimonoseki Station

**Cyclist-friendly hotels:** H2. Yumoto Highland Hotel Fuji, H3. Hotel Nishinagato Resort

**3 Southern Seto Orange Sea Route**

This route offers a long ride of over 100 km, making one circuit around Suo-Oshima with its start and finish at Yanai with its townscape of historical whitewashed buildings. It's a pleasant course that lets you feel the sea breeze while providing views of the beautiful islands of the Seto Inland Sea and orange orchards. It's also easy to get to by ferry from Ehime Prefecture!

**Main Sights** Historical whitewashed building townscape, Obatake-Seto (Oshima Bridge), Katazoegahama Seaside Park, Southern Seto Towa Roadside Station, Green Stay Nagaura

**Cycling aids:** A38. Tachibana Wind Park, A39. Marukyu Oshima-Komatsu Store, A40. Aruk Hirao Store, A50. Saruware, A51. Maruyama Kaihin Park, A53. Yanai Wellness Park ■ **Cycling stations:** S36. Green Stay Nagaura, S37. Southern Seto Towa Roadside Station, S49. Shiokaze no Yu, Ryuzaki Onsen ■ **Cycle pits:** P3. Yanai Station, P4. Obatake Station, P7. Yanai Port

**4 Kitagata Scenic Power Spot Circuit**

This route takes you on a tour of Motonosumi Shrine, the Higashishirobata terraced rice paddies, and Senjojiki — all places famous for their scenery. Along the way, you can even rent a tandem bicycle at [S47] Senzakitchen Roadside Station!

**Main Sights** Ohama Kaisui Beach, Yokihi no Sato, Motonosumi Inari Shrine, Ryugu no Shiofuki, Senjojiki, Senzakitchen Roadside Station

**Cycling aids:** A9. 7-Eleven Nagato-Hekina Store, A13. Pataya ■ **Cycling stations:** S47. Senza kitchen (Roadside Station) ■ **Cycle pits:** P6. Nagatoshi Station

**Cyclist-friendly hotels:** H2. Yumoto Highland Hotel Fuji, H3. Hotel Nishinagato Resort

**5 Hagi World Heritage Sea Route**

This route starts at Hagi Station and takes you on a tour of Shokasonjuku and Hagi Reverberatory Furnace, which together comprise a World Heritage Site. We also recommend the beautiful Sea of Japan landscape along the latter half of the route, along with the Sogogawa Bridge, which is a famous photo subject among railway enthusiasts. You can even rent a tandem bicycle at [S96] Smile Rental Bike (Higashi-Hagi Station)!

**Main Sights** Shoin Jinja Shrine (Shokasonjuku), Hagi Sea Mart Roadside Station, Hagi Reverberatory Furnace, Ebisugahama Shipyard, Abuchu Roadside Station, Sogogawa Bridge, Susa Hornfels

**Cycling aids:** A24. Atlas Hagi Store, A25. Hagi Tourist Information Center (Hagi Station), A26. Abuchu Roadside Station, A56. Hagi Sea Mart Roadside Station, A75. Kashinoki Hagi Bijutsukan Mae Store, A76. Yamaguchi-Mazda Hagi Store, A135. Hagi Meirin Gakusha ■ **Cycling stations:** S96. Smile Rental Bike (Higashi-Hagi Station) ■ **Cycle pits:** P9. Higashi-Hagi Station

**Cyclist-friendly hotels:** H4. Guesthouse ruco in Hagi

**6 Akiyoshidai Geoadventure Circuit**

This route offers a tour of various spots that comprise Mine Akiyoshidai Geopark. There are many fantastical sights to see, including Beppubenten Pond, a clear blue spring water pond selected as one of Japan's top 100 bodies of water; numerous limestone caves; and the remains of Naganobori Copper Mine, which produced the copper used for the Daibutsu statue in Nara.

**Main Sights** Ofuku Roadside Station, Beppubenten Pond, Kagekiyodo Cave, Taishodo Cave, Naganobori Copper Mine, Akiyoshido Cave

**Cycling aids:** A17. Ofuku Roadside Station, A18. Mito Roadside Station, A44. Akiyoshidai Refresh Park, A48. Akiyoshidai International Art Village ■ **Cycling stations:** S45. Taishodo Seifuen, S71. Akiyoshidai Tourism Exchange Center

**7 Seto Inland Sea Adventure Circuit**

This route, which starts at Shin-Yamaguchi Station, lets you enjoy the changing scenery along the river from the hill country to the sea. Along the way, you visit the Ono tea-producing region, the lakeside Act Village Ono, and Yakeno Beach, selected as having one of Japan's 100 most beautiful sunsets, with the latter half of the route continuing along relatively level roads.

**Main Sights** Shin-Yamaguchi Station, Ono Lake, Kusunoki Komorebi-no-sato, Yakeno Beach, Yamaguchi Ube Airport, Kirara Beach, Suo Bridge

**Cycling aids:** A2. Ajiai restaurant, A3. Kirara-Ajisu Roadside Station, A14. Act Village Ono, A15. Kusukusu no Yu, Kusunoki Komorebi no Sato, A16. Kirara Civic Center, A58. Tokiwa Park ■ **Cycling stations:** S41. Shin-Yamaguchi Station Eki Rent-A-Car ■ **Cycle pits:** P1. Shin-Yamaguchi Station, P10. Yamaguchi Ube Airport

**Cyclist-friendly hotels:** H1. Umenoya

**8 Suo Den'en Cycling Circuit For families**

This route includes three cycling roads: Yamaguchi Akiyoshidai Park Cycling Road, Suo-Okan Cycling Road, and Sabagawa Cycling Road. The entire route consists of roads designed to have gentle slopes, and the latter half includes a mountain pass.

**Main Sights** Yamaguchi Station, Yamaguchi Akiyoshidai Park Cycling Road, Suo-Okan Cycling Road, Aio Roadside Station, Sabagawa Cycling Road, Niho Roadside Station

**Cycling aids:** A22. Niho no Sato Roadside Station, A23. Hefu Cycling Terminal, A72. Chou Chou Yamaguchi Store, A80. Auto Care Arms, A100. Asamura Strawberry Farm, A140. Jiyu Sosaku Ito ■ **Cycling stations:** S4. Yuda Onsen Tourist Information Center, S41. Shin-Yamaguchi Station Eki Rent-A-Car ■ **Cycle pits:** P1. Shin-Yamaguchi Station

**Cyclist-friendly hotels:** H1. Umenoya

**9 Ato MTB & SL Circuit**

This course takes you on a tour of the hill country of Yamaguchi and Hagi and includes stops at Neko-dera (Unrin-ji Temple) and Tokusagamine, where international MTB races are held. You can pick apples, ride alongside trains pulled by steam locomotive, and enjoy a country landscape dotted with red tile roofs.

**Main Sights** Chomonkyo Gorge, riding alongside steam locomotive trains, apple orchards, Funakata General Farm, Tokusagamine, Himawari Road, Unrin-ji Temple

**Cycling aids:** A28. Chomonkyo Roadside Station, A29. Marukyu Tokusa Store, A70. Uribo no Sato Katamata Roadside Station ■ **Cycling stations:** S30. Tokusagamine Wood Park

**Cyclist-friendly hotels:** H1. Umenoya

**10 Nishikigawa Seiryu Highway**

This route takes you through the Iwakuni castle town area, including Kintaikyō Bridge and Iwakuni Castle in particular, along the clear Nishiki River to the upriver mountain region. After finishing the route, you can rejuvenate your tired legs in Sozokyo Onsen near the border of Shimane Prefecture.

**Main Sights** Iwakuni Castle, Kikko Park, Kintaikyō Bridge, Nishiki River, Dekamaru-kun (Kannon waterwheel), Sozokyo Onsen

**Cycling aids:** A34. Iwakuni Castle ropeway Sanroku Station, A35. Nishiki Palace, Sozokyo Onsen, A81. Nishikikiko, A82. Wood Village Mikawa ■ **Cycle pits:** P2. Shin-Iwakuni Station, P8. Iwakuni Kintaikyō Airport

**Cyclist-friendly hotels:** H6. Kaikaitei (Iwakuni Kokusai Kanko Hotel Annex)

**11 ALPINE Climb Highway**

This route, though short, leads you from the port through the city and then over a mountain. After that, you enter a mountainous area, riding alongside a mountain stream and then along a dammed lake. Lastly, you arrive in the Shikano area, having climbed continuously from the sea to the mountains. This route is also easy to get to by ferry from Oita Prefecture!

**Main Sights** Eigenzan Park, Takase Lake, Saseragi Yukari Park

**Cycling aids:** A31. Eigenzan Park, A32. Saseragi Yukari Park, A61. Takase Sun Sports Land, A106. Satoyama no Eki Otaya

**12 Ishin no Shishi Highway**

This route starts at the Kanmon Straits, which was the site of the Genpei War and the Shimonoseki Campaign against the Western Powers. It takes you on a tour of sites related to the Meiji Restoration, including the Chofu castle town, site of Kozan-ji Temple where the Kihetai Militia was formed, and Togyo-an Temple, where the graveyard of Takasugi Shinsaku is. This route is a must-visit for people interested in Takasugi Shinsaku in particular.

**Main Sights** Kanmon pedestrian tunnel, Kanmon Straits (Dannoura), Chofu castle town, Togyo-an Temple

**Cycling aids:** A11. Chofu Tourist Center, A12. Seifutei (near Togyo-an), A57. Hananoumi, A63. Former British Consulate in Shimonoseki, A77. Kashinoki Asa Store, A107. Rairaitte Chofu Store

**Traffic Rules and Etiquette**

- In general, you should ride in the leftmost vehicle lane.
- You must ride with consideration for pedestrians.
- You must wear a helmet for safety.

**Inspect your bicycle before you ride.**

Be sure to check your bicycle prior to departure to ensure a safe and comfortable ride. If you're not confident about the bicycle, seek advice at a bicycle shop or similar location.

**Bicycles general ride in the leftmost vehicle lane.**

Bicycles are vehicles. By law, bicycles should be ridden in the leftmost vehicle lane. Sidewalks that have signs indicating "for use by bicycles and pedestrians" have been designated for bicycle use, but pedestrians receive priority. If there are any pedestrians, you must reduce speed and maintain a safe distance as you pass them. You should stop and get off the bicycle if you cannot pass them safely. You should not ring the bicycle bell.

**Obey the traffic rules.**

- Bicycles must obey the signal lights at intersections. If the light for going straight is red, you cannot turn left either. To make a right-hand turn, ride on the leftmost edge of the road and first cross the street. Then make a 90-degree turn to the right and cross the street again.
- Bicycles must also obey stop signs and perform a "temporary stop" wherever stop signs are posted.
- Bicycles should ride single file. Do not ride tandem.
- Your headlamp should be turned on when riding through a tunnel. You should also turn on the headlamp if riding after dark is unavoidable.
- Riding while intoxicated, riding with two people on a bicycle (with the exception of children under the age of six), riding with an umbrella, riding while using a cell phone or smart phone, and using headphones or similar while riding are forbidden.

**Exercise courtesy toward pedestrians and residents while riding.**

The road is not a racetrack. It is used by other people in the course of daily life. You must not forget to be thankful that they allow you to use their community as a place for riding your bicycle. Be sure to reduce your speed while riding through residential areas. Whenever somebody gets out of your way, say "Anigatou!" (thank you so that your interaction is pleasant for both parties).

**How to use hand signals: For both single riders and group riders**

When riding a bicycle that lacks signal lights and brake lights, you should indicate your actions to drivers and cyclists behind you with hand signals. You should vocalize your actions as well. If circumstances don't allow for hand signals, vocalization alone is fine. Groups of cyclists will be safer if the cyclists in the back acknowledge the hand signals of those in front by shouting "Hai!" (okay).

Tandem bicycles may be ridden on public roads in Yamaguchi Prefecture.

**Famous Products from Yamaguchi Prefecture**

Shinsaku loved poetry, the shamisen, and sake. The local sakes brewed in his hometown of Yamaguchi have received attention both in Japan and abroad. Yamaguchi is also blessed with fertile land and productive waters that produce fugu and more, and the skills of Yamaguchi's people have produced many delicious foods! You can spend a joyful, mouth-watering time in this land of culinary delicacies!

**Kawarazoba** **Sake** **Fugu Cuisine** **Onocha tea** **Uiro**

**Mandarin orange hotpot** **Kensaki squid dishes** **Setsukajiri brand horse mackerel** **Choshu kara lasha chicken** **Kamaboko and chikuwa**