



### Shimane Prefecture Yamanami Route

The route mainly stretches along National Highway Route 54 in an area without too many winding roads. The roadside stations and day-use onsens along the road are there so you can rest your tired body. Nearby are shrines and historical sites that are mentioned in the Kojiki (Japan's Record of Ancient Matters) and the Izumo Fudoki (Chronicles of Izumo). Furthermore, the area is known for its production of iron and steel. The building Sugaya Tataru Takadono, which houses the iron furnace and other smelting equipment, is one of the many other Japan Heritage Sites and Cultural Properties of Japan that are mentioned in the Tataru Fudoki of Izumo.

- Ryuzugataki Falls**: Listed as one of Japan's Top 100 falls, Ryuzugataki Falls is known as the best waterfall in all of the Chugoku Region. The waterfall includes the Odaki (male waterfall) and the Medaki (female waterfall), and behind the Odaki a hidden cave of around 165 m<sup>2</sup> can be found this waterfall can be seen from behind). The plentiful negative ions in the air provides a great place for healing and relaxing.
- Tonbara Ramune Ginsen**: The waters have large quantities of carbon dioxide making it one of Japan's most prominent carbonated hot springs. Due to the rarity of this type of hot spring in the world, it was awarded a medal at an expo held in Germany during the Meiji period (1868 - 1912).
- Ohshimenawa Sousakukan**: Dedicated to keeping the heritage of shimenawa (sacred rope used in Shinto to mark sacred ground) alive in Inan-cho, the Ohshimenawa Sousakukan produces many of the shimenawa that decorate many shrines throughout Japan and not to mention the biggest one of them all that decorates the Kaguraden Hall of Izumo Taisha Grand Shrine. Visitors can tour the facility and partake in a workshop making your very own shimenawa.

### Shimane Prefecture and Tottori Prefecture San'in Route

This predominantly flat area encompassing the shores of Lake Shinji, Nakamura, and Shioi Nawate Street where the atmosphere of a traditional Japanese castle town has been well-preserved offers even newer cyclists an opportunity to enjoy spectacular scenery and delicious local cuisine. The route brings cyclists close to many places worth visiting including the iconic Mt. Daisen celebrated nationally for its grace, history, and individuality; the white sandy beaches lined with majestic Japanese black pines of the bow-shaped Yumigahama Peninsula; the Kaika Hot Springs area on the Sea of Japan with its health promoting and skin beautifying effects; and the Mizuki Shigeru Road lined with bronze statues of fantastical yoi creatures.

- Mizuki Shigeru Road**: The Mizuki Shigeru Road is an 800m street between JR Sakaiminato station and "Mizuki Shigeru Museum". Gate bronze Yokai (Japanese monsters) statues, the Yokai shrine, etc. brings you into the manga artist Mizuki's spectacular world. At night, the entire road is filled with shadow pictures of the Yokai and the Yokai statues are lit up.
- National Treasure Matsue Castle**: A symbol of the castle town Matsue. With its glorious Imoya Haku roof that looks like a plover spreading its wing, the castle is also known as "Chidori Castle" or plover castle. Matsue Castle has one of the 12 remaining castles towers in Japan, and is the only one remaining in the San'in region. The castle was designated as a national treasure in July 2015.
- Conan Street**: Conan Street is a 1.4km long street between Conan Station (JR Yura Station) and the roadside station "Daien" along Japan National Route 9. Bronze statues of characters depicted in "Case Closed" and stone monuments are scattered across the street. In addition, you can also find nearby the Goshō Aoyama Manga Factory full of manga artist Aoyama's works including "Case Closed" and the complex facility "Conan's House Beika Shopping Street" where you can immerse yourself into the world of "Case Closed".

### Hiroshima Prefecture Yamanami Route

The Yamanami Route is a cycling road of approximately 187 km with a gain in altitude of 1,900 m. It stretches from Onomichi in Hiroshima Prefecture, which faces the Seto Inland Sea, over the Chugoku Mountains to Matsuyama in Ehime Prefecture near the Sea of Japan. On the Hiroshima Prefecture side, cyclists will be able to enjoy a choice of 10 courses including Roadside Stations (Roadside Rest Area), and the Michino-Eki (Roadside Stations) Gourmet Course that winds around the Chugoku Mountains via six Roadside Stations.

- Roadside Station Crossroad Mitsugi**: Roadside Station (Roadside Rest Area), Crossroad Mitsugi is located at the intersection of National Highway Routes 184 and 486. Here you can find a vegetable market that offers selected locally grown vegetables and processed food, as well as a souvenir shop that offers a variety of souvenirs from Onomichi. Visitors can enjoy dining at the buffet that offers local, seasonal fresh ingredients. The Natural Spa Onomichi Forest no Sato, a natural hot spring resort, is located nearby. Roadside Station Crossroad Mitsugi serves as a convenient base for people sightseeing in Onomichi and the San'in region.
- Roadside Station Yume Land Funo**: Roadside Station (Roadside Rest Area), Yume Land Funo is one of the highlights of the Yamanami Route cycling excursion courses, where visitors can buy vegetables grown in Miyoshi and taste the local cuisine at a buffet that focuses on healthy and nostalgic main and side dishes. Visitors can finish this meal off by enjoying the delightful flavors of vegetable gelato sold at the Marugoto Funo no Ice-ya-san (an ice cream shop).

### Ehime Prefecture and Hiroshima Prefecture Shimanami Sea Route (Shimanami Kaido Cycling Course)

The Shimanami Sea Route, runs across a total distance of approximately 70 km over the Seto Inland Sea between Imabari in Ehime Prefecture and Onomichi in Hiroshima Prefecture. It features Japan's first bicycle tracks that cross a strait. The blue line laid along the highway shows the shortest route across all the islands. Running along the line will take advanced cyclists to Imabari (or Onomichi) in about three hours without stops. The real pleasure of this route is that you can watch the scenery of the beautiful sea or the islands and drop in at local gourmet restaurants. In addition, ferry services that accept individuals riding bicycles connect Onomichi and Imabari via islands in between. An additional feature of this route is that cyclists can enjoy mini cruising along with cycling.

- Kirosan Panorama Park**: Though it is not on the blue line course that indicates the shortest distance of the Shimanami Sea Route, Kiro-san Panorama Park is a sightseeing spot that you should visit. At the panoramic observation platform on top of Mt. Kiro, located 307 m above sea level, visitors can see a superb view of the Kurushima-Kaikyo Bridge, which is the world's first triple suspension bridge, and the beautiful archipelago of the Seto Inland Sea.
- Japan Heritage Onomichi (Senko-ji Temple Park)**: The Summit Observatory in Senko-ji Temple Park, the symbol of Onomichi as a Japan Heritage site, overlooks the miniature garden-like townscape of Onomichi and the scenery of the Seto Inland Sea. It takes three minutes to reach the summit by Senko-ji Island Ropeway.



### Ehime Prefecture Imabari-Dogo Hamakaze Sea Route

Cyclists can run on this route while feeling a fresh sea breeze from the beautiful Seto Inland Sea. This is a course with fairly mild changes in elevation where cyclists can cruise leisurely. However, cyclists should take precaution when traveling around this area due to the narrow shoulders and large vehicle traffic along the coast on National Highway Route 196.

- Dogo Onsen**: Dogo Onsen is the oldest hot spring resort in Japan and is referred to in the Kojiki (Japanese records of ancient matters) and the Man'yōshū (the oldest existing collection of Japanese poetry). The Dogo Onsen Honkan (main building) is a three-story wooden public bathhouse. The entire building is an important cultural asset of Japan. Dogo Onsen often appears as the symbol of Matsuyama in many quintessential novels, such as Botchan (a novel written by Natsume Soseki in 1906) and in movies. You can experience the friendly atmosphere of the hot spring town and enjoy the culture of Dogo while strolling around the streets in yukata (a casual Japanese kimono) after relaxing in a smooth hot spring bath.
- WAKKA**: WAKKA is Omishima's cycling complex located in the middle of the Shimanami Kaido. The facility includes, lodging, cafe, a coin shower & laundry, a free resting place, a free bicycle pit, and a tour desk with various tools available including but not limited to cycling (scheduled to open March 2020). In addition, various cycling support services (Cycling Support) are available such as the bicycle taxi that supports transportation within the area by car and ship, boat service, on-site repair, same day delivery of baggage and bicycle, a support car accompanying service, rental bicycle return service, and the like.
- IKIDANE**: IKIDANE is a complex dedicated to cyclists that has a cafe, restaurant, and hotel. There are three types of guest rooms (single, twin, and dormitory), and the facility has barrier free cyclist friendly services. Guests can check in and enter the room with their bicycles. The facility has a garage for bicycles and free Wi-Fi is available throughout the building. In addition, the cafe and restaurant are also open to non-hotel guests from 11:30 a.m., and anyone can enjoy the Ehime delicacies using plenty of exquisite local ingredients.

