

## 5 Lyonada-Sadamisaki Seto Seaside Cycling Course

Approx. 81.8km  
Starting Point Iyo City Shiosai Park  
81-1, Mori-Ko, Iyo City, Ehime Prefecture  
Approximately 15km by car from Matsuyama Airport (about 30 min.)

Though there are relatively few ups and downs along the coast at the start of the course, Melody Line in Cape Sada, at the narrowest peninsula in Japan, requires physical strength for it is quite bumpy.



**Seto Kaze-no-oka Park**  
The park can be used as a rest stop. You can enjoy a 360-degree panoramic view as well as a giant windmill up close.



## 4 Imabari-Dogo Sea Breeze Cycling Course

Approx. 52.1km  
Starting Point Cycling Terminal Sunrise Itoyama  
2-8-1, Sunaba-cho, Imabari City, Ehime Prefecture  
Approximately 51km by car from Matsuyama Airport (about 1hr 40min.)

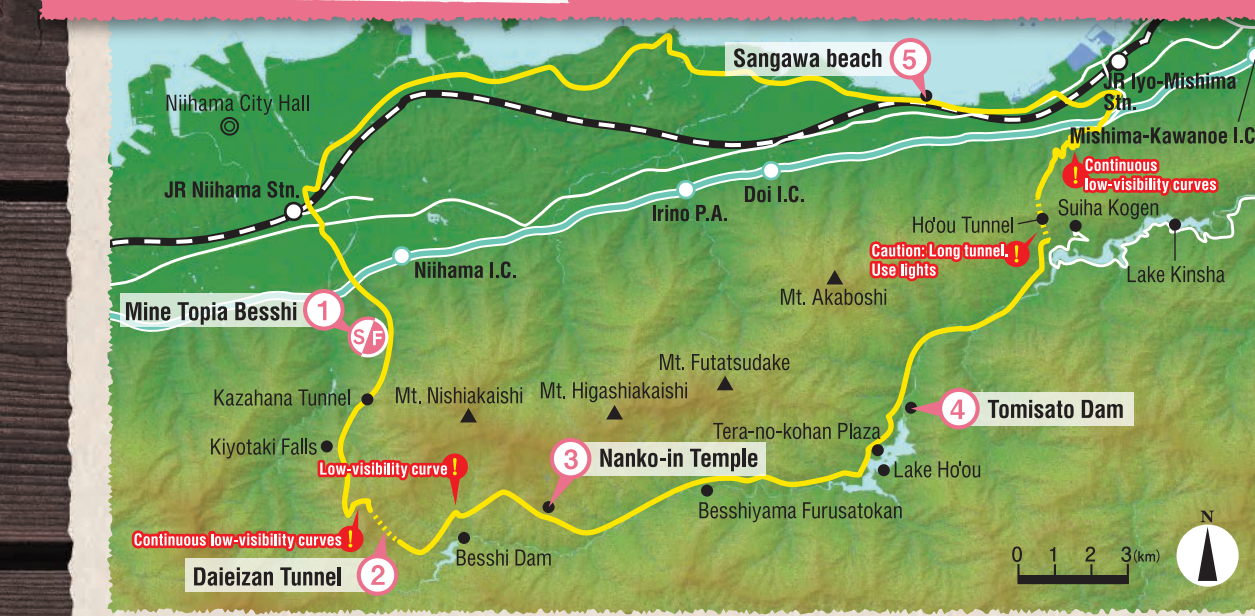


A relatively easy level course that lets you enjoy a leisurely ride feeling the fresh sea breeze with a view of the beautiful Seto Inland Sea. The narrow shoulder on National Highway Route 196 along the coast causes traffic congestion, so caution is advised.

**Dogo Onsen**  
Dogo Onsen is believed to be the oldest hot spring spa in Japan. The main building built in 1884 is a registered important cultural property. Heiopen nearby offers a free foot spa.

## 1 Besshi-Suiha Flower View Cycling Course

Approx. 87.7km  
Starting Point Mine Topia Besshi  
707-3, Tatsukawa-cho, Niigata City, Ehime Prefecture  
Approximately 73km by car from Matsuyama Airport (about 1hr 20min.)



The course links Kokuryo and Dozan rivers encircling the Akaishi and Hoo mountain ranges with 1,500 to 1,700-meter class mountains. It starts with a continuous uphill and changes to a gently undulating trail.

**Mine Topia Besshi**  
A recreation center built on the site of Besshi copper mine, one of the three largest copper mines of Japan, used to Aho and Hachi. Features restaurants, shops, and a newly renovated hot spring (opened 2016). There is also a large play area for children.

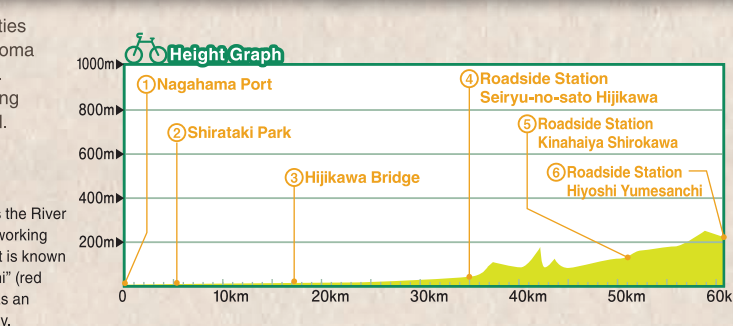
## 7 Okuiyo-Hijikawa River Cycling Course

Approx. 62.3km  
Starting Point Nagahama Port  
Nagahama, Ozu City, Ehime Prefecture  
Approximately 38km by car from Matsuyama Airport (about 1hr 20 min.)

The route takes you through the town that has close ties with the River Hiji Route, where legend has it that Ryoma Sakamoto had passed when he fled from his domain. There are hot spring spas and Roadside Stations along the course, as well as the Shikoku Karst further afield.



**Red Bridge of Nagahama**  
Nagahama Bridge across the River Hiji is the oldest working bascule bridge in Japan. It is known by the locals as "Akabashi" (red bridge), and designated as an important cultural property.



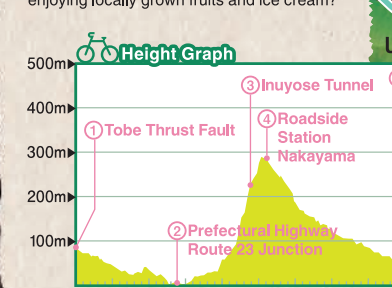
## 6 Uchiko-Nakaiyo Rural Cycling Course

Approx. 82.6km  
Starting Point Tobe Thrust Fault  
450, Iwayaguchi, Tobe-cho, Iyo-gun, Ehime Prefecture  
Approximately 17km by car from Matsuyama Airport (about 35 min.)

The highways have sidewalks and cyclist's lanes, and are safer to cycle for there is less traffic. The course is dotted with Roadside Stations such as Nakayama, Karai and Hirota Kyo-no-Yakata.



**Uchiko Fresh Park Karari**  
A Roadside Station with souvenir shops and restaurants. Why not take a breather by enjoying locally grown fruits and ice cream?



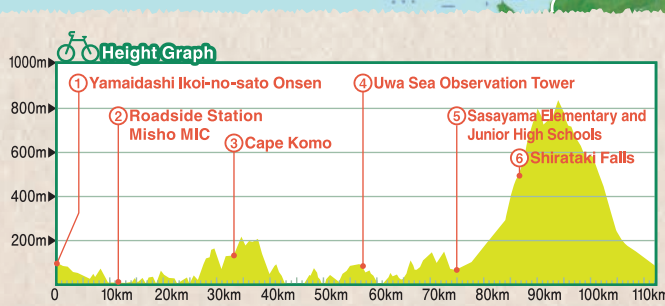
## 10 Ainan Sunshine Cycling Course

Approx. 111.3km  
Starting Point Yamadashi Iko-no-sato Onsen  
4082-1, Midori-otsu, Ainan-cho, Minamiuwa-gun, Ehime Prefecture  
Approximately 15km by car from Matsuyama Airport (about 3hrs.)



The course runs along the beautiful ria shoreline facing the Pacific Ocean and the highlight is the fishing villages such as Uchidomari, Nakadomari and Sotodomari. In Sotodomari surrounded by stone walls, you can enjoy spectacular views.

**Cape Komo**  
A cliff overlooking 100 meters high stretch along Cape Komo situated in the southernmost part of Ehime. Blessed with lush greenery, on a good day, you can see as far away as Kyushu.



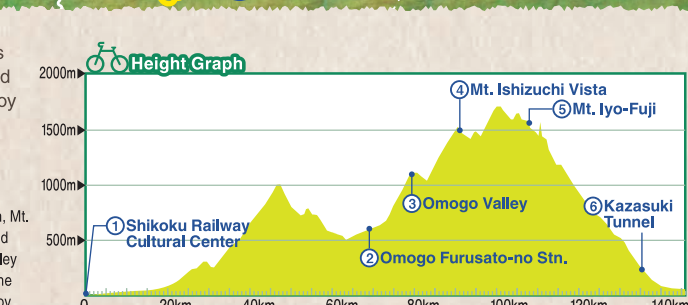
## 2 Ishizuchi Mountains Cycling Course

Approx. 146.6km  
Starting Point Shikoku Railway Cultural Center  
798-1, O-machi, Saijo City, Ehime Prefecture  
Approximately 68km by car from Matsuyama Airport (about 1hr 10min.)



Starting with a long and gentle climb, the course requires stamina and skill as it has meandering areas and ups and downs. From the highland along the course, you can enjoy spectacular views of Mt. Ishizuchi on a good day.

**Spectacular views of Mt. Ishizuchi**  
The tallest mountain of West Japan, Mt. Ishizuchi, is one of the seven sacred mountains of Japan. At Omogo Valley with its richly varied landscape at the south of the mountain, you can enjoy waterfalls and odd rock formations.



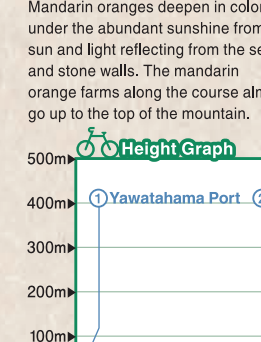
## 8 Uwa-kai Roaring Surf Orange Cycling Course

Approx. 81.4km  
Starting Point Yawatahama Port  
Okishinden, Yawatahama City, Ehime Prefecture  
Approximately 23km by car from Matsuyama Airport (about 1hr 30min.)

The first half of the course from Yawatahama City to Seiyu City is along a coastline with beautiful views of the Sea of Uwa. The last half lets you enjoy the views of the sea, mountain and fields as it passes through Hoketsu Pass and Uno-machi, a conservation area with traditional architecture.



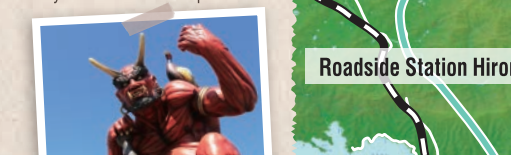
**Mandarin oranges grow under abundant sunshine**  
Mandarin oranges deepen in color under the abundant sunshine from the sun and light reflecting from the sea and stone walls. The mandarin orange farms along the course almost go up to the top of the mountain.



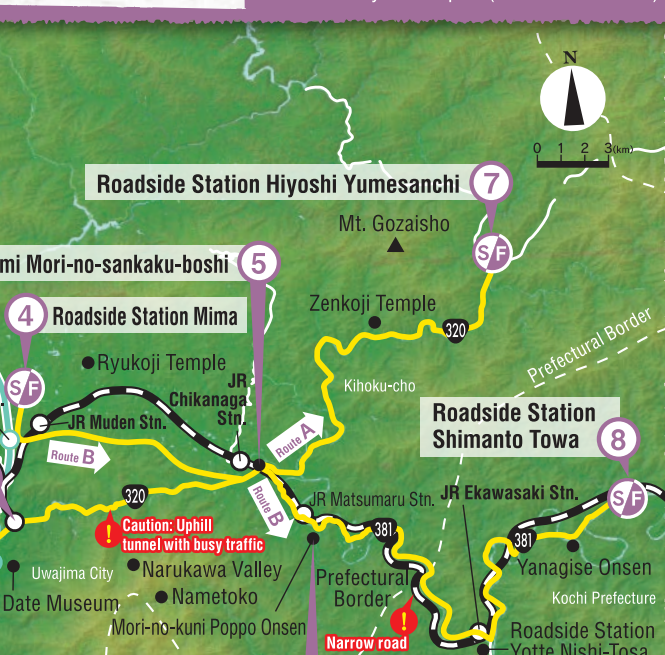
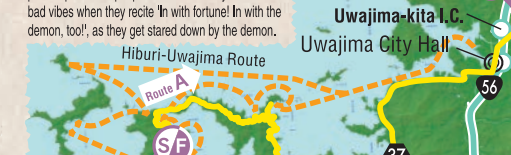
## 9 Uwajima-Shimanto Terraced Fields Cycling Course

Approx. 108.7km  
Starting Point Komobuchi  
Komobuchi, Uwajima City, Ehime Prefecture  
Approximately 128km by car from Matsuyama Airport (about 2hrs. 50min.)

You can enjoy scenery of majestic nature and a beautiful country side along the course that runs from the Uwa Sea coast to the riverhead of Shimanto River. You can take your bicycle onto the Hibi-Uwajima ferry at the Komobuchi port.



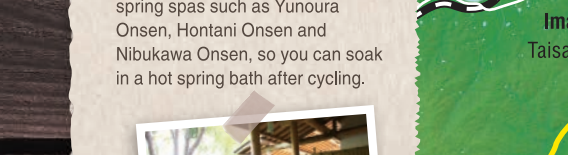
**Demon monument**  
There is a new giant demon monument at the Roadside Station Morino-sankaku-boshi. The red 5 meters tall demon is a local legend. It is a popular viewpoint where people believe that they can rid of bad luck when they rest it with torii by the demon, too, as they get scared down by the demon.



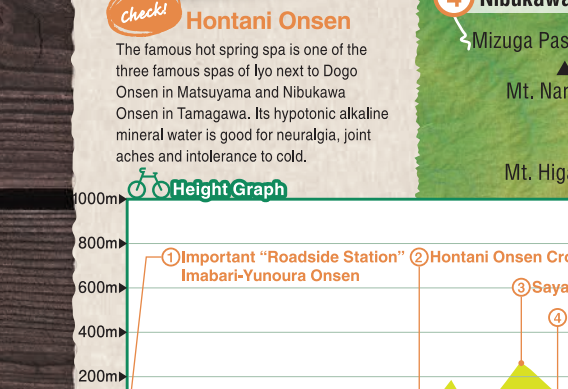
## 3 Imabari-Saijo Hot Springs Cycling Course

Approx. 67.8km  
Starting Point Roadside Station Imabari-Yunoura Onsen  
252-2, Nagasawa-ko, Imabari City, Ehime Prefecture  
Approximately 60km by car from Matsuyama Airport (about 1hr 20min.)

A relatively easy course with fewer ups and downs that can be enjoyed by beginners and advanced cyclists alike. The course is dotted with hot spring spas such as Yunoura Onsen, Hontani Onsen and Nibukawa Onsen, so you can soak in a hot spring bath after cycling.



**Hontani Onsen**  
The famous hot spring spa is one of the three famous spas of Iyo next to Dogo Onsen in Matsuyama and Nibukawa Onsen in Tamagawa. Its hypotonic alkaline mineral water is good for rheumatism, joint aches and intolerance to cold.



※Besides these, there are cycling courses suitable for families as well.

[Legends] Start/Finish Course National Highway Expressway Prefectural Highway JR Line