



Introducing all 65 courses!

Tottori Shimane Okayama
Hiroshima Yamaguchi

Cycling Map

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Introducing convenient cyclist support available in each prefecture!

Shimane Prefecture
Goen Cycle Stations
These registered facilities allow persons touring the prefecture by bicycle to conveniently stop for a rest or other reason so that they can enjoy cycling.
[Main services] Bicycle parking spaces, toilets, drinking water, etc.
See here for detailed information

Hiroshima Prefecture
Shimanami Kaido Cycle Oasis
These shops and restaurants make convenient stops for cyclists, primarily on the Shimanami Kaido.
[Main services] Lending of air pumps and repair tools, toilets, drinking water, etc.
See here for detailed information

Tottori Prefecture
DAIJOBU System
This system provides safe, secure, and comfortable cycling enjoyment in Tottori Prefecture. It includes "Cag Stations" Bike Rental Site Facilities, "Cyclist-Friendly Cafes" restaurants, "Cyclist-Friendly Inns" accommodations, UD taxis with secure bicycle transportation capabilities, and convenience stores "Cycle Ports".
[Main services] Installation of bike racks, lending of air pumps and repair tools, toilets, etc.
See here for detailed information

Okayama Prefecture
Hareiro Cycling Okayama partners
Persons cycling the 8 recommended routes in Okayama Prefecture can conveniently stop by these shops and facilities.
[Main services] Lending of air pumps and repair tools, toilets, drinking water, etc.
See here for detailed information

Yamaguchi Prefecture
Cycle Aid / Cycling Stations
These are cyclist rest areas and rental cycle spots that have been created across the prefecture.
[Main services] Cycle racks, lending of air pumps and repair tools, toilets, drinking water, rental cycles (Cycling Stations only), etc.
See here for detailed information

Featuring outstanding views of Mt. Daisen and the Sea of Japan!

Tottori Prefecture

鳥取

Check! See here for detailed information on all 15 courses

List of recommended cycling routes in Tottori Prefecture

Cycling route name	Distance	Maximum difference of elevation	Cycling route name	Distance	Maximum difference of elevation
Tottori Uminami Road	Approx. 152km	Approx. 137m	Lake Nakaumi Cycling Route	Approx. 72.6km	Approx. 42m
Tour de Daisen Cycling Route	Approx. 82.6km	Approx. 752m	Hino River Loop Cycling Route	Approx. 21.9km	Approx. 44m
Daisen Foothills Nakayama Downhill Route	Approx. 21.2km	Approx. 782m	Daisen Highlands Cycling Route	Approx. 9.3km	Approx. 101m
Daisen Foothills Nawa Downhill Route	Approx. 20.5km	Approx. 734m	Sea-to-Summit Kaike / Daisen Route	Approx. 48km	Approx. 769m
Daisen Foothills Daisen-guchi Downhill Route	Approx. 23.8km	Approx. 731m	Yumigahama Cycling Course	Approx. 15.8km	Approx. 5m
The Setting of the "Taiheiki" Chronicle / Sea Breeze Road Cycling Route	Approx. 27.9km	Approx. 54m	Tottori-Okayama Connection Cycling Route	Approx. 46.6km	Approx. 782m
Daisen Foothills Recreation Cycling Route	Approx. 41.0km	Approx. 823m	Yazu / Wakasa Circuit Cycling Route	Approx. 44.7km	Approx. 178m
			Kurayoshi Togo Cycle Road	Approx. 24.4km	Approx. 64m

Sightseeing spots

Tottori Prefecture is known for the Tottori Sand Dunes - the largest sand dunes in Japan, and is proud of its fresh seafood from the Sea of Japan. There are many hot springs throughout the prefecture including Kaike Onsen which bubbles up into the sea.

Mt. Daisen
See an expansive virgin beech forest that is one of the largest in West Japan. Refresh yourself by riding through a beech tunnel!

Tottori Prefecture Mascot character Toripy

What is Japan Eco Track?

Kaike Onsen / Yumigahama Cycling Course
This cycling road stretches along the beautiful coastline that is the pride of Kaike Onsen.

Tottori Sand Dunes
Tottori Prefecture has the largest sand dune in Japan. You must try walking it barefoot.

Tottori Sand Dunes Sand Museum
Experience an incredible 3D feel as you view sand sculptures on the world's top level.

Misasa Onsen
This is one of the top radium springs in the world, and the famous riverside bath (free) is also recommended.

Feel radiant while enjoying stimulating cycling in Okayama, land of many sunny days!

Okayama Prefecture

岡山

Check! See here for detailed information on all 8 courses

List of recommended cycling routes in Okayama Prefecture

Cycling route name	Distance	Maximum difference of elevation	Cycling route name	Distance	Maximum difference of elevation
Kurashiki Tamano Seaside Route	Approx. 90 km	Approx. 219m	Katatsu Roman Kaidou Route	Approx. 76 km	Approx. 125m
Bichu Around Historical Visiting Route	Approx. 108 km	Approx. 409m	Okayama Kagamino Through Route	Approx. 114 km	Approx. 791m
Okukibi Yamabiko Route	Approx. 83 km	Approx. 451m	Kibiji Cycling Route	Approx. 25 km	Approx. 26m
Maniwa Shinjo Yamanami Route	Approx. 100 km	Approx. 539m	Hiruzen-Kogen Heights Cycling Route	Approx. 29 km	Approx. 135m

Sightseeing spots

In Okayama Prefecture, 8 recommended routes have been selected for enjoyment by everyone from beginners to experts. Enjoy stimulating cycling that will put you in a radiant mood each time you visit.

Bichu Kokubun-ji Temple / Kibiji Cycling Route
The five-story pagoda of Bichu Kokubun-ji Temple is a symbol of Kibiji.

Fukiya Furusato Village / Okukibi Yamabiko Route
Registered as a Japan Heritage in June 2020, these village streets all feature coordinated brown Sakisya Kawara Tiles and red oxide color exteriors.

Okayama Prefecture mascots Morocchi and Uracchi

Ride the unbeaten path to the journey of adventure.

Shimane Prefecture

島根

Check! Scan here for detailed course information

List of recommended cycling routes in Shimane Prefecture

Cycling route name	Distance	Maximum difference of elevation	Cycling route name	Distance	Maximum difference of elevation
Enmusubi Kaido Cycling Course	Approx. 87.6km	Approx. 160m	Chiburijima (Chibu-mura) Course	Approx. 16.7km	Approx. 509m
Orochi Loop and the Land of Myth Course	Approx. 51km	Approx. 1,000m	Iwami Ginzan World Heritage Course	Approx. 144.5km	Approx. 2,214m
Mt. Sanbe Course	Approx. 56km	Approx. 980m	Enjoy Masuda Course	Approx. 101.4km	Approx. 1,196m
Hii-kawa River and Orochi Legend Course	Approx. 40km	Approx. 775m	Around Yoshika-cho Course	Approx. 82km	Approx. 1,140m
Dogo (Okinoshima-cho) Course	Approx. 84.7km	Approx. 1,727m	Former Sanko-sen Line Cycling Course (Shimane, Hiroshima)	Approx. 110.1km	Approx. 1,006m
Nishinoshima (Nishinoshima-cho) Course	Approx. 30.3km	Approx. 644m	Yamanami Kaido Cycling Road (Shimane, Hiroshima)	Approx. 187km	Approx. 1,907m
Nakanoshima (Ama-cho) Course	Approx. 14.7km	Approx. 144m	Around Nakaumi Lake Cycling Course (Shimane, Tottori)	Approx. 72km	Approx. 122m
Around Northern Nakaumi Lake Cycling Course	Approx. 21.2km	Approx. 109m	Riding Retro Castle Town Course	Approx. 156.3km	Approx. 1,626m

Sightseeing spots

Take the unbeaten path to an adventure in the unfamiliar Japan. Shimane is an area shrouded in mystery and mythology with deep roots in history and tradition. Explore the Japanese garden that sits at #1 in all of Japan, one of the most ancient Shinto shrines in Japan, a castle designated as a National Treasure, a UNESCO World Heritage Site, a UNESCO Global Geopark, and onsens that the gods themselves bathe in. The journey awaits in the mysterious land of "Go-en".

Horikawa Sightseeing Boat
Take a sightseeing boat tour on the moats around the castle and through the castle town of Matsue. Learn about the city's history and get spectacular views of the castle.

Izumo Taisha Grand Shrine (Kagura Hall)
One of the most famous and ancient shrines in Japan. The god enshrined here is known as the god of "Go-en" serendipitous encounters.

Adachi Museum of Art
Enjoy seasonal exhibitions of modern Japanese art, including works from the famous Yokoyama Taikan. The garden covers a 165,000 m² area around the museum and has been ranked as the top Japanese garden in Japan since 2003.

Iwami Ginzan Silver Mine
These mines were one of the world's most prominent silver mines for 400 years! Visit the retro cafes and shops in the old miner's town.

Tamatsukuri Onsen
One of the oldest hot spring towns in Japan and known as "the bath of the gods." The spring water that flows here is good for promoting healthy skin.

Rosoku-jima (Candle Island)
This small island is located off the shore of Dogo Island. From the sightseeing boat, you can watch the sun descend on top of the island, resembling a candle.

Shimane Prefecture tourism character Shimanekko
Island Tourism Association License No. 6549

Hiruzen National Park / Hiruzen-Kogen Heights Cycling Route
This is the site of one of West Japan's top highland resorts, blessed with grand scenery and bountiful nature.

Travel through magnificent karst plateaus and places where you can feel the history of the Meiji Restoration!

Yamaguchi Prefecture

山口

Check! See here for detailed course information

List of recommended cycling routes in Yamaguchi Prefecture

Cycling route name	Distance	Maximum difference of elevation	Cycling route name	Distance	Maximum difference of elevation
Akiyoshidai Green Karst Highway (Fushingawa Course)	Approx. 37.3km (Approx. 29.4km)	Approx. 479m (Approx. 74m)	Seto Inland Sea Adventure Circuit	Approx. 92.9km	Approx. 577m
Tsunoshima Bridge Blue Ocean Sea Route	Approx. 93.2km	Approx. 717m	Suo Den'en Cycling Circuit	Approx. 74.9km	Approx. 533m
Southern Seto Orange Sea Route	Approx. 111.6km	Approx. 959m	Ato MTB & SL Circuit	Approx. 65.2km	Approx. 656m
Kitanagato Scenic Power Spot Circuit	Approx. 67.6km	Approx. 990m	Nishikigawa Seiryu Highway	Approx. 47.3km	Approx. 266m
Hagi World Heritage Sea Route	Approx. 40.7km	Approx. 419m	ALPINE Climb Highway	Approx. 46.3km	Approx. 776m
Akiyoshidai Geoadventure Circuit	Approx. 55.6km	Approx. 564m	Ishin no Shishi Highway	Approx. 33.8km	Approx. 225m

Sightseeing spots

Experience Yamaguchi on a bicycle and enjoy its beautiful nature, spectacular scenery, and beginnings of the Meiji Restoration!

Akiyoshidai / Akiyoshidai Green Karst Highway
This is one of Japan's largest karst plateaus, formed over a period of 200 million years!

Motonosumi Shrine / Kitanagato Scenic Power Spot Circuit
The contrast between the 123 red torii gates and the blue sea makes for a spectacular sight!

Hagi Castle Town / Hagi World Heritage Sea Route
Enjoy pottering at your own pace through a historical town that was the center of the Meiji Restoration.

Suo-Oshima Island / Southern Seto Orange Sea Route
Travel to a cycling island with many shops that welcome cyclists and excellent photo spots!

Enjoy seasonal scenery from many beautiful islands to natural mountain beauty!

Hiroshima Prefecture

広島

Check! See here for detailed course information

List of recommended cycling routes in Hiroshima Prefecture

Cycling route name	Distance	Cycling route name	Distance
Shimanami Kaido Cycling Road (Hiroshima, Ehime)	Approx. 70 km	Former Sanko-sen Line Cycling Course (Hiroshima, Shimane)	Approx. 110.1 km
Aki Nada Tobishima Cycling Road (outbound) (Hiroshima, Ehime)	Approx. 46.5 km	Yuki Gourmet Course	Approx. 23 km
R185 Sazanami Kaido Cycling Road	Approx. 82 km	Osaki-kamijima Island Cycling	Approx. 35 km
Kakishima Kaido Cycling Road	Approx. 74 km	Sagishima Island Cycling	Approx. 11 km
Yamanami Kaido Cycling Road (Hiroshima, Shimane)	Approx. 187 km	Tojo Taishakukyo Gorge Area Route	Approx. 29 km
Yamagata Long Cycling Course	Approx. 144 km	Fukuyama Cycling Road "Shiomachi Kaido"	Approx. 34 km
Akitakata City Mori no Sato Course	Approx. 45 km	Jinseki Kogen Town Highlands course	Approx. 29 km

Sightseeing spots

In addition to courses where you can enjoy the many beautiful islands of the Seto Inland Sea, including the Shimanami Kaido which is a holy land for cyclists, there are courses for enjoying seasonal changes amidst the rich nature of gentle, smoothly flowing mountains.

Akinada Tobishima Kaido
This ocean route spans bridges connecting 7 islands. Enjoy the scenery created by the many beautiful Setouchi Islands and the sea.

Tomonoura
Having prospered as a port where ships would wait for the turning of the tide in Fukuyama City, Tomonoura still contains town streets with the atmosphere of the Edo Period, as well as the Joyato Lighthouse and other port facilities from that time.

Sandankyo Gorge / Yamagata Long Cycling Course
Designated as a Special Place of Scenic Beauty, this is one of the largest gorges in West Japan. Sports such as kayaking and SUP are popular, and there are many activities where you can enjoy the wonders of nature.

Sera Highlands / Yamanami Kaido Cycling Road
Changing seasonal scenery is created by one of the largest flower farms in Japan. Enjoy tulips, sunflowers, dahlias, and other seasonal flowers.

Aki Ota Town image character Morimin

Introducing all 65 courses!

Tottori Shimane Okayama Hiroshima Yamaguchi Cycling Map

Tottori Prefecture	15 courses	Shimane Prefecture	16 courses	Okayama Prefecture	8 courses
Hiroshima Prefecture	14 courses	Yamaguchi Prefecture	13 courses		

* The information in this map is current as of July 2023. Please check the most recent information before departing.

Legend

	Prefecture border		Roadside station
	Municipal border		Temple
	Expressway		Shrine
	National highway		Historical site or place of scenic beauty
	Ordinary road		Hot spring
	Japan Railways (JR)		Airport
	Private railway		

Sea of Japan

Shimane

- Dogo (Okinoshima-cho) Course
- Nishinoshima (Nishinoshima-cho) Course
- Nakanoshima (Ama-cho) Course
- Chiburijima (Chibu-mura) Course

SEA OF JAPAN

Tottori

- Daisen Foothills Daisen-guchi Downhill Route
- Yumigahama Cycling Course
- Daisen Foothills Recreation Cycling Route
- Tottori-Okayama Connection Cycling Route
- Daisen Foothills Nawa Downhill Route
- The Setting of the "Taieiki" Chronicle / Sea Breeze Road Cycling Route
- Daisen Foothills Nakayama Downhill Route
- Kurayoshi Togo Cycle Road
- Tour de Daisen Route
- Hiruzen-Kogen Heights Cycling Route
- Tottori Uminami Road
- Yazu / Wakasa Circuit Cycling Route

Shimane

- Sea-to-Summit Kaike / Daisen Route
- Around Nakaumi Lake Cycling Course
- Enmusubi Kaido Cycling Course
- Mt. Sanbe Course
- Iwami Ginzan World Heritage Course
- Former Sanko-sen Line Cycling Course
- Yamanami Kaido Cycling Road
- Hii-kawa River and Orochi Legend Course
- Yamagata Long Cycling Course
- Akitakata City Mori no Sato Course
- Yuki Gourmet Course
- Osaki-kamijima Island Cycling
- Kakishima Kaido Cycling Road

Okayama

- Maniwa Shinjo Yamanami Route
- Okukibi Yamabiko Route
- Tojo Taishakukyo Gorge Area Route
- Jinseki Kogen Town Highlands course
- Katatsutsu Roman Kaidou Route
- Mizushima Sea
- Bicchu Around Historical Visiting Route
- Kurashiki Tamano Seaside Route
- Fukuyama Cycling Road "Shiomachi Kaido"
- Sagishima Island Cycling
- Shimnami Kaido Cycling Road

Hiroshima

- R185 Sazanami Kaido Cycling Road
- Aki Nada Tobishima Cycling Road

Yamaguchi

- Riding Retro Castle Town Course
- Ato MTB & SL Circuit
- Hagi World Heritage Sea Route
- Akiyoshida Green Karst Highway
- Tsunoshima Bridge Blue Ocean Sea Route
- Akiyoshida Geoadventure Circuit
- Kitanagato Scenic Power Spot Circuit
- Nishikigawa Seiryu Highway
- ALPINE Climb Highway
- Suo Den'en Cycling Circuit
- Akiyoshida Green Karst Highway (Fushingogawa Course)
- Seto Inland Sea Adventure Circuit

Other Regions

- Hyogo
- Kagawa
- Tokushima
- Kochi
- Ehime