

Seisan (West) Route

KAGAWA Cycling Map



by bicycle

Travel around Kagawa

Sightseeing / Rest stops

Zenigata Sand Coin [Kan-onji City] MAP B-5

Ariake Beach features a giant sand sculpture of a Kan'ei Tsubo coin that is 122m from east to west, and 90m from north to south. It is said to have been built in 1633, and legend has it that anyone who views the coin will be free of money troubles for the rest of their lives.

☎ Ariakecho, Kan-onji
☎ 0875-24-2150
(Kan-onji Tourism Association)

Honen-ike Dam [Kan-onji City] MAP C-7

The front of the dam site is a park and it's possible to walk right up to the dam. The power and presence is impressive to see up close!

☎ Tanono, Onoharacho, Kan-onji
☎ 0875-24-2150
(Kan-onji Tourism Association)

Flower Park Urashima [Mitoyo City] MAP B-2

Daisies, calendula, poppies, cosmos, and more flowers bloom, changing with the seasons. The scene is doubly beautiful because of the view of the islands in the Seto Inland Sea.

☎ 528-1 Tsumu, Takumacho, Mitoyo
☎ 0875-83-3639
(Takuma Community Development Committee)

Chichibugahama Beach [Mitoyo City] MAP C-4

This 1km beach has gentle breezes and is a beautiful spot to watch the sunset. At low tide, it is possible to take a mirror-like photo similar to the Uyuni Salt Flats in Bolivia.

☎ Nio-otsu, Niocho, Mitoyo
☎ 070-2272-7061 (Chichibugahama Port)



BAKE STUDIO OKAZAKI [Mitoyo City] MAP C-4

This authentic hamburger shop offers delicious food you won't find at a chain restaurant, and spectacular views of Chichibugahama Beach, located directly in front of the shop.

☎ 274-9 Nio-otsu, Niocho, Mitoyo
☎ 0875-23-6921
○ 11:00 am - 8:00 pm
☒ Irregular

Spitz Bakery [Mitoyo City] MAP C-3

This bakery prides itself on its natural leavening. The extra effort is worth it for the delicious flavor. Terrace seating available.

☎ 971-7 Takuma, Takumacho, Mitoyo
☎ 0875-83-8633
○ 7:00 am - 6:00 pm
☒ Sun and Mon

Kuma Kitchen [Kan-onji City] MAP B-6

This restaurant can easily be spotted from the road with its giant roof, cute pink walls, and bear sign. The interior has a homey, relaxed atmosphere.

☎ 2364 Otsu, Kunitacho, Kan-onji
☎ 0875-24-9110
○ 8:00 am - 3:30 pm
☒ Tues

Ocean Diner (Michi-no-Eki Toyohama) [Kan-onji City] MAP B-7

This seafood restaurant operates at the seafood shop inside the Toyohama Roadside Station. They serve authentic food with an emphasis on local ingredients.

☎ 2506 Minoura, Toyohamacho, Kan-onji
☎ 0875-56-3655
○ 8:30 am - 3:00 pm
☒ Mon

Seisan (West) Route Report

There are beautiful views both along the shore and further inland. The curves around the tip of the Shonai Peninsula are tight, so take care. Overall there are few hills on this route.

Seaside Route (Red line)
Local Route (Orange line)
Optional Route (Blue dotted line)
Mountain Route (Green line)



Use the offline map app **Avenza Maps** for a comfortable cycling trip!

You can download the "Cycling MAP Around Kagawa Prefecture" in the app for free!

How to download smartphone maps

- Download Avenza Maps
- Tap on Avenza Maps
- Tap on the in-app store
- Search for the "Cycling Map Around Kagawa Prefecture"

Stop your bike when you look at your smartphone!

Mt. Shiude has an average slope of 7% (from the shore to the summit parking lot)



When the tide is out, it's possible to walk to Maruyamajima Island, where Urashima Taro greets visitors from the back of a turtle.



Blue panorama Riding in the sea breeze A soothing journey

Tea from Takase has a good flavor balance of sweet and astringent

Ride along the Saita River, with wild greenery all around

See golden fields of grain in April and May

The Honen-ike Dam looks a little like a medieval European castle

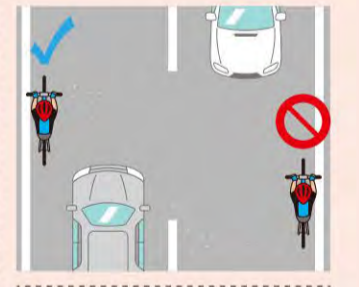
Japan's Rules of the Road

Everyone can make this "a safe place for cycling"

Kagawa Prefecture is promoting safe cycling through the establishment of rules for safe bicycle use. Let's share the roads with cars, pedestrians, and other cyclists with mutual respect and understanding.

- In principle, bicycles should ride on the roads, and on sidewalks only when necessary.
- Ride on the left side of the road.
- Yield to pedestrians on sidewalks, staying close to the road.
- Follow all safety rules.
 - No cycling under the influence of alcohol, cycling with extra passengers, or parallel riding.
 - Use your lights from 30 minutes before sunset.
 - Stop and follow signals at intersections.
 - Don't use your phone while riding.
- Helmet Use

Helmets can save your life. Fasten and tighten your chin strap so it's snug!



Unwind in the hot spring baths

Tennen Iyadani Hot Spring Resort Daishinoyu

Take in a panoramic view from the outdoor bath, and surround yourself in nature. There's also an indoor hot spring pool.

☎ 74 Omi-otsu, Minocho, Mitoyo
MAP D-3 ☎ 0875-72-2601
○ 10:00 am - 11:30 pm ☒ 2nd Wed

Haginoyu Hot Spring Resort

The soft groundwater is gentle on skin, and there are jacuzzi baths as well as hyperbaric oxygen capsules.

☎ 1509 Onohara, Onoharacho, Kan-onji
MAP C-6 ☎ 0875-54-5555
○ 11:00 am - 10:00 pm (Last entry 9:00 pm)
☒ Mon (Closed the following day if a holiday)

Takarada no Sato Saita Tamakinoyu Hot Spring Resort

Gaze out at the mountain view from the bath. Experience the healing effects of the forest while sitting in the tub.

☎ 1110-8 Saitakami, Saitacho, Mitoyo
MAP E-6 ☎ 0875-67-2614
○ 9:00 am - 9:00 pm
☒ Mon (Open on holidays)

There's still more! Top bathing spots

Kotohiki-Kairo Hot Spring Resort MAP B-5
Takase Tennen Hot Spring Resort MAP D-4
Oi Hot Spring Resort MAP B-3

Local Delicacy Recharge at a Roadside Station

Lucky sand coin wafer ice cream sandwich Kotohiki

☎ 3-37 Ariakecho, Kan-onji
MAP B-5
☎ 0875-23-0055 (World Coin Museum)
○ 9:00 am - 5:00 pm
☒ New year holidays

With gold flakes!

Oiri Soft Serve Toyohama

Kagawa's traditional wedding favors, "oiri" are made with rice and considered to be lucky. They're also colorful and cute!

☎ 2506 Minoura, Toyohamacho, Kan-onji
MAP B-7 ☎ 0875-56-3655
○ 8:30 am - 6:00 pm
*Open until sunset on Sat., Sun., and hol. (Jul. and Aug.)

Handmade ice cream Takarada no Sato Saita

☎ 180-6 Saitakami, Saitacho, Mitoyo
MAP E-6 ☎ 0875-67-3883
○ 8:00 am - 6:00 pm ☒ Mon

Cafe au lait & waffle Fureai Park Mino

☎ 74 Omi-otsu, Minocho, Mitoyo
MAP D-3 ☎ 0875-72-5300
○ 8:30am - 6:00pm (weekday)
8:30am - 7:00pm (holiday)

Just in case, please get bicycle insurance!

Michi-no-Eki Kotohiki MAP B-5





1 On a clear day, the view of the Seto Inland Sea is unmatched.

2 Steep slope 15%

3 The tip of Shonai Peninsula has a lot of small hills and curves with poor visibility.

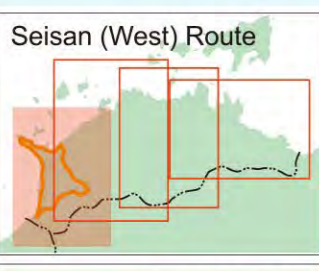
4 This is a good social media photo spot. Wait until evening when the wind is low.

5 The best Sanuki udon is made with a dried sardine broth, and the best dried sardines come from Ibukijima Island.

6 Every September, this is used as the bike course for the Japan University Triathlon Championships.

7 Gentle slope to the east. Some rolling hills.

8 A gentle slope. The river area has aquatic birds and seasonal flowers.



- Seaside Route
- Local Route
- Optional Route
- Mountain Route
- Segment Distance (km)
- Slope Inclination
- Warning
- Ride with Caution

- Cyclist Oasis (Restroom, bike stand, air pump)
- Bicycle Rental
- Michi-no-Eki (Roadside Station)
- View, Scenic Point
- Artwork
- Local Restaurants
- Udon Shops
- Hot Springs
- Museum, Pavilion
- Tourist Information
- Wi-Fi
- AED
- Shikoku Henro Pilgrimage Temple
- Convenience Store (Except urban area (DID))
- Viewpoint
- Peak Elevation

Bicycle Rental List

Ask at the terminal to find out details about fares and capacities.

Closest Station, Port	Place	Contact	Time	Type	Regular Holidays, etc.
Kan-onji	Kan-onji Sta	Taishobashi Plaza	0875-25-3839	9:00 - 16:30	City Bikes (standard)
	Kan-onji Sta	Michi-no-eki Kotohiki	0875-24-2150	9:00 - 16:30	Sports Bikes
	Kan-onji Sta	Homma Cycle	0875-25-3954	8:00 - 19:00	Electric Bikes
Mitoyo	Takuma Sta	Hakoura Visitor House	0875-84-7757	9:00 - 16:00	City Bikes (standard)
	Awashima Port	Koyo Gas Station	0875-83-3061	9:00 - 19:00	Sports Bikes
	Awashima Port	Awashima Rent-a-Cycle	0875-84-7028	Sunrise - Sunset	Electric Bikes



Cyclist Oasis

Food, sweets, Bathing facility, Shopping, Wi-Fi, AED, Mechanic, and more.

Operating hours and holidays can change. Contact each store in advance for details.

City	Service	Location
Kan-onji City	Toyohama	Toyohama
	Lawson Toyohama	Lawson Toyohama
	Kuma Kitchen	Kuma Kitchen
	Michi-no-Eki Kotohiki Roadside Station	Michi-no-Eki Kotohiki Roadside Station
	Marunaka Hachiman Branch	Marunaka Hachiman Branch
	Kissa Hana	Kissa Hana
	Rest House Poire	Rest House Poire
	Cyclo Vita	Cyclo Vita
	cafe de flots	cafe de flots
	Chichibugahama Port Swimming Facilities	Chichibugahama Port Swimming Facilities
Mitoyo City	Oi Hot Spring Resort	Oi Hot Spring Resort
	Nio Marina	Nio Marina
	Hakoura Visitor House	Hakoura Visitor House
	Marine Wave	Marine Wave
	Spitz Bakery	Spitz Bakery
	Fureai Park Mino	Fureai Park Mino
	Ramen Hamando	Ramen Hamando
	Max Value Takase	Max Value Takase
	Family Mart Takase-Ninomiya	Family Mart Takase-Ninomiya
	Takarada no Sato Saita	Takarada no Sato Saita

