



## **Shimanami: The first Japanese bike path overlooking a strait! 2 days weekend**



Kurushima Bridge, Imabari

**Shimanami Kaido** is a 70-kilometre road that connects Onomichi on the main island of Honshu and Imabari on Shikoku Island via six small islands in the Seto Inland Sea. Opened in 1999, this scenic route through the islands is a **paradise for cyclists**. It allows those who ride it to get a glimpse of the **history and culture of the Setouchi area**. There are very few cars, and a blue line marks the trail as well as rest areas where even beginners can **ride in peace**. Cycling enthusiasts can make the round trip from Onomichi in a single day, but the Inland Sea Islands offer many attractions and activities for those who want to linger a while. Shimanami Kaido is dotted with various unique local culinary specialties, and you can't help but stop to enjoy some. Some of the dishes to try are Imabari Yakibuta Tamago Meshi, a recipe made of grilled pork, egg and rice and famous all over Japan, salty ramen including the famous Hakata salt, and rice bowls filled with sea bass (*mahata*), a rare fish.

### Available options :

- ◇ Bicycles and rental equipment for the duration
- ◇ Transport and use of your own bike
- ◇ Possible duration from 1 to 5 days, depending on the mileage and the number of visits



### **Day 1: Tokyo / Okayama / Imabari/ Oshima / Hakatajima / Omishima**

Take the Shinkansen early in the morning to Okayama, and transfer to a local line to Imabari.

Arrival in the early afternoon.

Lunch at your convenience.

Bike rental (if applicable) and crossing the islands of Oshima, Hakatajima and Omishima islands (38km).

Arrival in the late afternoon.

#### Visit and Activity Suggestions:

##### Hakatajima:

- **Opportunity to see, play or even swim with dolphins**

##### Omishima :

- **Kirosantenbo Park**  
The most beautiful view of the **Shimanami Kaido**. This observatory park is located at the top of Mount Kiro, on the southern tip of Oshima Island. The view of the Kurushima-Kaikyo at the top has been selected as one of the 88 most beautiful landscapes on Shikoku Island.
- **Kayaking or SUP (Stand-Up Paddleboard) experience around the island**
- **Hiking in the mountain with a guide**
- **Visit to the "rabbit island" Okunojima (short ferry cruise from Sakari port)**
- **Various workshops (weaving loom, pottery)**
- **Oyamazumi Shrine**  
Oyamazumi-jinja is the shrine of **Sochinju**, the Japanese deity of the sea, mountains and armies. The shrine is also related to Lady **Tsuruhime** (a historical figure often called the "Joan of Arc of Japan"). Finally, it has the largest collection of weapons and armament from the samurai era. In the center of the shrine compound is a camphor tree, about 2,600 years old, which is carefully preserved as a sacred tree.

Dinner at your convenience or at the hotel.

Night at the hotel on the island of Omishima.



Ma Island, Shimanami

## **Day 2: Omishima / Ikuchijima / Innoshima / Mukaishima / Onomichi**

Breakfast at the hotel.

Crossing of the islands of Ikuchijima, Innoshima, Mukaishima and arriving at Onomichi (60km)

Suggestions for visits et activities:

Ikuchijima:

- **Koto Workshop (traditional Japanese instrument)**
- **Ikuo Hirayama Museum**  
Museum housing the collection of the most famous artist of the "Nihonga" style (traditional Japanese painting).
- **Iwashi Island**  
It is worth taking a short detour to Iwashi Island. The island has three small and very picturesque shrines and a beautiful rock formation. Don't miss the sunset seen through the Torii (Sacred Arch) on the sea!

Return of the rental bike to Onomichi.

Return to Tokyo in the early evening. (4 hours half train ride)



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