

Access to Awaji Island

(Please check in advance for seat availability, etc.)

By High-speed Ferry

Akashi ↔ Wawa
(33 min.)

Awaji Janova Line
http://www.janova-line.co.jp/
☎0799-72-0181

Up to 30 bicycles can be onboard (Up to 5 on small ferry)

By Car

From Kobe

Chugoku Expressway (from Osaka and Nagoya)
Saita C 20 min., Kobe JCT via Hasegawa Expressway, Kato-Kobe Route 20 min., Kobe-Saihi C 15 min., Fuchinaka JCT 10 min., Akashi Kaito Bridge

Hanshin Expressway (from Osaka and Nagoya)
Sama C 5 min., Myodan JCT 5 min., Yamai JCT 5 min., Sanjo Expressway (from Himeji and Okayama) Kobe-Saihi C 15 min.,

Daini Shinnel Road (from Himeji)
Iwakawani JCT 5 min., Naganomi JCT 5 min., Fuchinaka JCT 10 min.,

From Tokushima
Nanashiki C 3 min., Onomichi Bridge

Kobe-Awaji-Naruto Expressway (from Tokushima)
Nanashiki C 3 min., Onomichi Bridge



Eating and Dining on Awaji Island

Awaji Island Gourmet Guide

This gourmet guide for Awaji Island provides food and dining information in seven categories: gyudon (beef rice bowls), noodles, sweets, nama shirasu (raw whitebait), burgers, nama sawara-don (Spanish mackerel sushi rice bowls), and sakura masu (cherry trout). Check the website (in Japanese) for more details!



Restaurants that use ingredients from Awaji Island

What is the Brand Awajishima Declaration?
Restaurants (including hotel restaurants) that make a special point to use ingredients from Awaji Island and display their ingredients publicly are listed here. Check the website (in Japanese) for more details!

Brand Awajishima Kodaewari Search
http://www.brand-awajishima.com/kodawari/about/index.html

Emergency Info

Accidents 119 Ambulance 110 Police

Note: If you call 119 for an ambulance, the mobile phone signal may connect you to a neighboring prefecture (Wakayama or Tokushima). Ask to be transferred to "Awaji Kōkai Shōbō". If you are renting a bicycle, please contact the rental shop and they will assist you.

Useful Info

Businesses Performing Maintenance

Bicycle Hub Awaji ☎0799-70-4252
657 Ura, Awaji-shi (inside the Michi-no-Eki Higashihara)

CYCLISM AWAJI ☎090-6662-3196
1529-3 Fuchika, Miaminawaji-shi (inside the AQUAIONIS Awajishima)

Giro d' Awaji ☎0799-50-2411
1529-3 Fuchika, Miaminawaji-shi (1st floor, Noguichi Bldg.)

Keys to Safe Cycling

1. **Never ride side-by-side**
Ride in a row on the left side of the road.
2. **Don't go so fast**
On the island's roads watch out for the locals and keep your speed down. If you ride slowly you can better enjoy the charms of Awaji Island.
3. **Always wear a helmet**
For your own safety, be sure to wear a helmet.
4. **Check your bike ahead of time**
Check your tires air pressure, the brakes, etc.
5. **Get bicycle insurance**
Get bicycle insurance just to be safe for a possible accident.
6. **Other**
Follow traffic rules
Assist other cyclists if they need help
Cocle with a smile.
Published in March 2023
☎0438路②-009A3

By Highway Bus

Major bus stops on the island

☎0799-22-0808

buSmO for Awaji Island arrival/
departure bus schedules (search site for bus stops and connections)

busmo

Bike Transport Service Across Naruto Strait

Konazutobashi Bus stop ↔ Awajishima-ninami Interchange Bus stop
http://asa-cycling.com/ ☎0799-22-0808

Note: reservation required

For cyclists taking a highway bus
Please inquire with the individual bus company about transporting your bike as luggage.

Advanced Awaji Island Once Around

Completing this "century" ride is the best feeling in the world!

COURSE
Wawa Port ▶ Ura (Higashihara) ▶ Shizuki ▶ Kaigandōri (Sumoto) ▶ Yura ▶ Neda Habu ▶ Fukura ▶ Michi-no-Eki Uzushio ▶ Minato ▶ Tsushi ▶ Gunge ▶ Wawa Port

This is the course to set your sights on! From Wawa down to Sumoto there is a lot of car traffic, but past Yura you reach the mountainous southern section. From Fukura to Minato is a lot of up-and-down on the coastal road, as well. The final 50 km is tough. A never-ending coastal road takes you northward. You can also stay overnight or change the starting point.

Distance 150.4km Total climb 2,092 m
Highest elevation 156 m Estimated time 10 hrs

Intermediate Kuniumi Course

A ride around to mythological sites

COURSE
Sumoto Port ▶ Izanagi Shrine ▶ Tsushi ▶ Onokoro Shrine ▶ England Hill ▶ Sumoto Port

Awaji Island is featured in the Kuniumi legend—the mythological birth of Japan. This route is recommended to see famous spots designated as Japan Heritage sites. The ride is generally flat. In spring, how about a ride to Yuzuraha Dam with its many cherry trees in bloom? Discover new appeal to Awaji Island that you don't get from a coastal ride alone.

Distance 71.8km Total climb 1,067m
Highest elevation 190m Estimated time 5 hrs

Novice South Coast Loop

Beautiful coastline climbs and descents. A well-balanced short course!

COURSE
Riku no Minato Seidan (Cycle Station) ▶ Fukura ▶ Michi-no-Eki Uzushio ▶ Maruyama ▶ Minato ▶ Riku no Minato Seidan (Cycle Station)

The south end of Awaji Island has beautiful coastline and popular spots. If you start at Riku no Minato Seidan, you can easily reach Michi-no-Eki Uzushio after a couple of climbs. You also get a great view of Onaruto Bridge from Maruyama and pass Tsui port to return to the start on this short course recommended even for beginners.

Distance 38 km Total climb 429 m
Highest elevation 119 m Estimated time 3 hrs

Rent-a-cycle

Iwaya Tourist Information Center
925-27 Iwaya, Awaji-shi (1st floor, Iwaya Port Building) ☎0799-72-3420

Sumoto Tourist Information Center
2-43 Minato, Sumoto-shi (inside the Sumoto Bus Center) ☎0799-25-5820

Miaminawaji Tourist Information Center
1529-4 Fuchika, Miaminawaji-shi (inside Michi-no-Eki Fukura) ☎0799-52-2336

TOMOCHARI
925-21 Iwaya, Awaji-shi ☎0799-70-9040

CYCLISM AWAJI
2-28 Yumebutai, Awaji-shi (inside the AQUAIONIS Awajishima) ☎090-6662-3196

Riku no Minato Seidan
443-1 Shichitadara, Miaminawaji-shi ☎0799-36-4422

COME COME RENTAL SERVICE
657 Ura, Awaji-shi (inside the Michi-no-Eki Higashihara) ☎0799-70-4252

Bicycle Hub Awaji
657 Ura, Awaji-shi (inside the Michi-no-Eki Higashihara) ☎0799-70-4252

Coin lockers
Iwaya Port Building 925-27 Iwaya, Awaji-shi
Sumoto Bus Center 2-43 Minato, Sumoto-shi

Minamiawaji City Cycle Station
Riku no Minato Seidan (Cycle Station) 443-1 Shichitadara, Miaminawaji-shi

AWAJI ISLAND CYCLING MAP

Fun for everyone—beginner to pro!

Awaji District Office Hyogo Prefectural Government
Awaji Island Tourist Association

Novice Izanagi Course

A popular ride for beginners. Be sure to stop at the historical power spot along the way!

COURSE
Wawa Port ▶ Ura (Higashihara) ▶ Kuruma ▶ Ikuho ▶ Shizuki ▶ Izanagi Shrine ▶ Gunge ▶ Kuchibashi ▶ Awajikōkoma ▶ Awajimatsushiro ▶ Wawa Port

This route is as popular as the full island circle route. It is flat, making it ideal for first-time cycling on Awaji Island. Izanagi Shrine, at the middle point along the route, is a popular historical power spot with ancient roots in Japanese mythology.

Distance 55.8 km Total climb 255 m
Highest elevation 45 m Estimated time 4 hrs

Advanced Special Sights Course

This route links together a number of great sightseeing spots, providing a model to use as you choose.

COURSE
Higashihara BT ▶ Ura (Higashihara) ▶ Hachijōji Temple (Seven Lucky Gods of Awaji Island) ▶ Awaji World Park Onokoro ▶ Hoshijōji Temple (Seven Gods) ▶ Kaigandōri (Sumoto) ▶ Sumoto Castle Ruins ▶ Ama Beach ▶ Michi-no-Eki Fukura ▶ Gakokuji Temple (Seven Gods) ▶ Manakujiji Temple (Seven Gods) ▶ Kakujiji Temple (Seven Gods) ▶ Yaegi Weeping Ume ▶ Nantai Dam/Kitajūji Dam ▶ Onokoro Shrine ▶ Awaji Funeai Park ▶ Hanadate Tunnel ▶ Chorinji Temple (Seven Gods) ▶ Wellness Park Goshiki ▶ Chizenji Temple (Seven Gods) ▶ Izanagi Shrine ▶ Parchoz Kari no Yakkata ▶ Hokuden Earthquake Memorial Park ▶ Higashihara BT (Recommended areas to stay: Wawa, Sumoto coastal road, Sumoto, Fukura, Tsushi)

Distance 182.6 km Total climb 2,791 m
Highest elevation 196m Estimated time 12 hrs

Advanced Mountain Course

COURSE
Wawa Port ▶ Hyanz Pass/Rosanji Temple ▶ Sanzan/Senkōji Temple ▶ Sanjōin Temple ▶ Erikuji Temple ▶ Ushichū Dam ▶ Onion Road ▶ Manohji Temple ▶ Wakado No Hiroba Park ▶ Janohire Outdoor Resort ▶ Michi-no-Eki Fukura ▶ Michi-no-Eki Uzushio ▶ Onaruto Bridge Museum ▶ Ibi ▶ Maruyama ▶ Kenjo Matsubara ▶ Wellness Park Goshiki ▶ Gossa Kaito Ruins ▶ Shōkujiji Temple ▶ Nii (rice terrace) ▶ Awaji Hanasajiki (flower garden) ▶ Wawa Port (Recommended areas to stay: Wawa, Fukura, Kenjo, Tsushi)

Distance 209.9 km Total climb 3,863 m
Highest elevation 414 m Estimated time 14 hrs

This estimated time for the ride is calculated on the basis of a 15 km/h average speed. This may vary according to road conditions etc. All accommodations on Awaji Island