



# Let's go around SHIKOKU!

## Cycling Route Map



**Ehime Start**

### 1,000 km Shikoku Circuit Route

START :Matsuyama to Imabari	47.1km
:Imabari to Kanonji	99.7km
:Kanonji to Takamatsu	65.2km
:Takamatsu to Tokushima	96.4km
:Tokushima to Shishikui	91.3km
:Shishikui to Cape Muroto to Kochi	130.2km
:Kochi to Tosakure	58.6km
:Tosakure to Nakamura	106.7km
:Nakamura to Ashizuri to Otsuki	97.6km
:Otsuki to Uwajima	75.8km
:Uwajima to Matsuyama	105.6km

<https://cycling-island-shikoku.com/en/>  
Shikoku Circuit Cycling Search

Cycling Island SHIKOKU



## 1,000 km Shikoku Circuit Route Ehime Prefecture Region 328.2km

Besides the scenery provided by the Shikoku mountain ranges which include Mount Ishizushi, the highest point in western Japan, and the beautiful sea route along the Seto Inland Sea and the Uwa Sea, there are a number of spots to stop at such as the Dogo Onsen in Matsuyama, which is said to be the oldest onsen in Japan. Enjoy a slow and relaxing bicycle trip through the scenery and tourist spots.



This course has little change in elevation, allowing for relaxed cruising and side glances at the peaceful Seto Inland Sea.



Shimonada Station, a platform in the middle of the scenery of the Seto Inland Sea that you have to check out at least once.  
Okubo, Futami-cho, Iyo City



Jako-ten is made by turning local fry into surimi, with bones and skin and all, and frying it in oil.

This course is rich in changes of scenery, from the sea to mountains to villages, with such sites as the Uwa Sea coastline and the distinguished areas of prefectural mandarin orange production.

Try Uwajima's rice and sea bream dish with green onions, raw egg, and sea bream sashimi marinated in a special tare sauce!



Fried pork and egg over rice, the king of B-level gourmet food. It always wins the top place in the B-1 Gran Prix.

Hot spring facilities such as the Yunoura Onsen, the Hondani Onsen, and the Nibukawa Onsen are scattered all along this course.

The specialty dish of the Saijo City area is "teppan Napolitan," a hot dish cooked over a griddle.

Minetopia Besshi theme park, part of the Besshi Copper Mine Industrial Heritage Site. The entrance to the Machu Picchu of the East.  
707-3 Tatsukawa-cho, Niihama City

Monument installed at the Ehime Prefectural Government Office as a testament to the Shikoku Circuit and Taiwan Circuit mutual exchange.  
4-4-2 Ichibancho, Matsuyama City

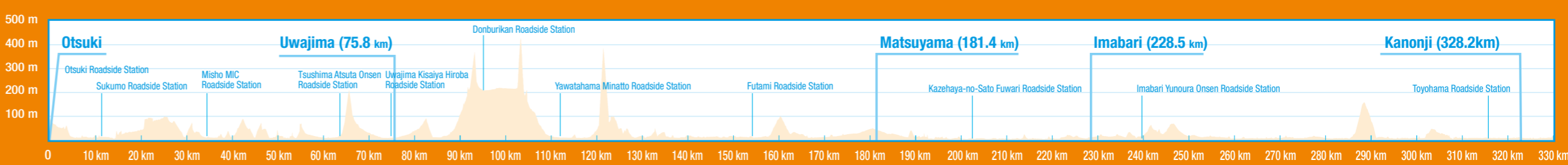
The Unomachi streets still have many charming merchant houses with white plaster walls and lattice windows built between the middle of the Edo period and the early Showa period.  
Unomachi, Uwa-cho, Seijo City

Uwajima Castle, one of the 12 surviving keeps in Japan, from the top of which there is a panoramic view of the coast of Uwajima.  
Marunouchi, Uwajima City.

### Ehime Trip Spots

- |  |   |
|--|---|
| 1 Dogo Onsen<br>5-6 Dogoyunomachi, Matsuyama City                        | 6 Nagahama Bridge<br>Nagahama, Ozu City                                 |
| 2 Shimanami Kaido<br>Imabari City to Onomichi City, Hiroshima Prefecture | 7 Uchikoza<br>2102 Uchiko, Uchiko-cho, Kita-gun                         |
| 3 Uwajima's rice with sea bream dish (Taimeshi)<br>Uwajima City          | 8 Mammoth<br>Iwaki, Uwa-cho, Seijo City                                 |
| 4 Round Shikoku Okm Monument<br>4-4-2 Ichibancho, Matsuyama City         | 9 Shimonada Station<br>Okubo, Futami-cho, Iyo City                      |
| 5 Mount Ishizuchi<br>Kumakogen-cho, Saijo City                           | 10 Yuyake Koyake Line<br>Futami-cho, Iyo City to Nagahama-cho, Ozu City |

### Elevation map



Food Sites

Notes		
Roadside Stations		
1 Kazahaya-no-Sato Fuwari	10 Misho MIC	20 Ikata Kirarakan
2 Roadside Station	11 Tsushima Atsuta Onsen	21 Sadamiskai Hanto museum
3 Imabari Yunoura Onsen	12 Uwajima Kisaya Hiroba	22 Seiryu-no-Sato Hijikawa
4 Komatsu Oasis	13 Nijinomori Koen Matsuno	23 Uchiko Fresh Park KaRaRi
5 Minetopia Besshi	14 Hyoshiyume Sanchi	24 Oda-no-Sato Sesaragi
6 Kiri-no-Mori	15 Hiromi Mori-no-Sankakuboshi	25 Hirota
7 Toyohama	16 Mima	26 Tenku-no-Sato Sansan
8 Otsuki	17 Kinahaiya Shirokawa	27 Mikawa
9 Sukumo	18 Donburikan	28 Futami
	19 Yawatahama Minatto	29 Nakayama

Source: GSI colored elevation map