



Let's go around SHIKOKU!

Cycling Route Map

1,000 km Shikoku Circuit Route

- START :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
- :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



Cycling Island SHIKOKU

<https://cycling-island-shikoku.com/en/>

Shikoku Circuit Cycling Search

1,000 km Shikoku Circuit Route Kochi Prefecture Region 432.3km

This is a charming course where cycling enthusiasts can find fulfillment in the coastline route that faces the magnificent Pacific Ocean, the last route which follows the clear flowing Shimanto River, and the route in the low uplands with many changes in elevation.



Sukumo fish shabu is a luxurious dish for enjoying fresh fish from Sukumo Bay with a special sukiyaki tare sauce.

The Tosashimizu Area, where you can bike along the coastline with its diversity of scenery, such as sandy beaches and rippled marked rock.

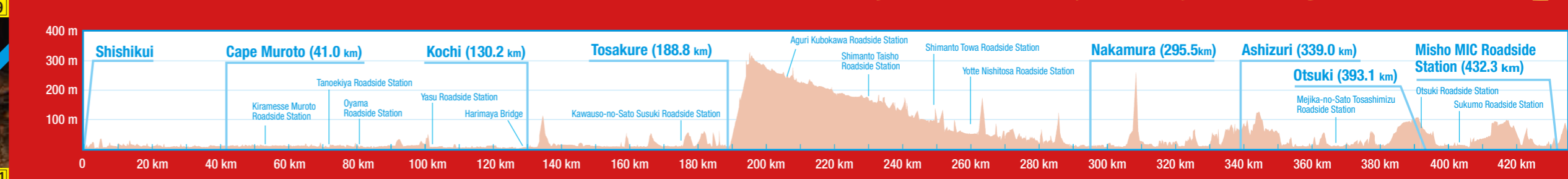
Pera-yaki is a dish from Tosashimizu City that comes with an exquisite spicy sauce and an addictive flavor.

Cape Ashizuri is a cape at the southern most point in Shikoku. Experience the roundness of the Earth from the observation platform. There are also foot baths!



- Kochi Trip Spots**
- | | | | |
|---|--|--|---|
| 1 No. 37 Fudasho, Mount Fujizan/
Gochiin/Iwamotoji
3-13 Shpekushi-cho, Shimanto-cho,
Takaoka-gun | 3 Nishijima Flower Garden
600 Hataeda, Nankoku City | 6 Lightly seared skipjack tuna
All of Kochi Prefecture | 9 Gomen Kenka Shamonabe
Gomen-machi, Nankoku City |
| 2 Niyodo River
Niyodogawa-cho/Ochi-cho/Sakawa-cho/
Hidakamura/Ino-cho/Tosa City | 4 Statue of Sakamoto Ryoma
Urato, Kochi City (Katsurahama Park) | 7 Statue of Nakaoka Shintaro
Murotomisaki, Muroto City | 10 Seaside Gallery
Inno, Kuroshio-cho, Hata-gun |
| | 5 Kure Taisho Town Market
6372 Kure Taisho-machi, Nakatosha-cho,
Takaoka-gun | 8 Ashizuri Underwater Observation Tower
4124-1 Misaki, Tosashimizu City | 11 Ryuga Cave
1424 Sakakawa, Tosayama-cho, Kami City |

Elevation map



The Ekingura art museum allows you to experience the terrible and the beautiful at the same time. We also recommend you take a stroll down the town streets.

Take your time enjoying the impressive coastline at the Muroto Geopark.

The Aki kamaage chirimen don is a famous product of Aki City where fluffy pot-boiled sardines and spices are added to rice and topped with a special yuzu tare sauce.

Monet's Garden Marmottan is one of only two gardens in the world that recreates the garden loved by painter Claude Monet.

From Mount Godaisan you can enjoy a panoramic view overlooking Kochi's streets as well as the botanical gardens and Chikurin-ji temple fudasho.

The Shimanto pork don is a unique rice bowl dish where many restaurants use pork for braised pork, steak, pork cutlet, wild vegetable, and grilled ginger rice bowls.

The streets of Kiragawa-cho flourished thanks to Tosa charcoal. The houses here are uniquely strong against typhoons.

The Muroto no kinme don features seasonal local sashimi and teriyaki splendid alfoncino over rice.

Food Sites

Notes

1,000 km Shikoku Circuit Route: Kochi Prefecture Region National Highways Expressways

Roadside Stations Very convenient for breaks, restrooms, hydrating, local food, and gathering information!

1 Kiramesse Muroto	10 G33 Bi-no-Sato	18 Shimanto Taisho
2 Tanoekiya	11 Konoka	19 Shimanto Towa
3 Oyama	12 Makinosan's	20 Yotte Nishitosa
4 Yasu	Roadside Station Sakawa	21 Naburatosasaga
5 Birafu	13 Kawauso-no-Sato Susaki	22 Biosu Ogata
6 Nankoku Furari	14 Nakatosa	23 Meijika-no-Sato Tosashimizu
7 Tosa Sameura	15 Fusegasaka	24 Otsuki
8 Osugi	16 Yusuuhara	25 Sukumo
9 Tosa Washikogeimura	17 Aguri Kubokawa	

Source: GSI colored elevation map

