



Let's go around SHIKOKU!

Cycling Route Map



Tokushima Start

1,000 km Shikoku Circuit Route

START	: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
	:Matsuyama to Imabari	47.1km
	:Imabari to Kanonji	99.7km
	:Kanonji to Takamatsu	65.2km
	:Takamatsu to Tokushima	96.4km

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

Cycling Island SHIKOKU



1,000 km Shikoku Circuit Route Tokushima Prefecture Region 149.2km

The coastline is a relatively safe segment that is easy for amateur riders to use. Because there is a lot of elevation change along the Naruto Skyline, it requires focus. There is also a lot of traffic at spots where cars merge from national highways or prefectural roads so please focus on riding.



Naruchuru udon uses soy sauce flavored thin, soft, and uneven noodles, lightly seasoned with golden dashi. Green onions and fried bean curd are the basic ingredients.

The **Naruto whirlpools** are said to reach a maximum of 20 m in diameter during the spring tide and these whirlpools are also said to be the largest in the world.
Naruto-cho, Naruto City

The **Uchino Umi**, which can be seen from the observation platform on the Naruto Skyline, is a must see.

Naruto Kintoki sweet potatoes are a well known agricultural product of Tokushima.

Tokushima ramen noodles include a variety of local ramen broth types, such as brown, white, and yellow. The taste of this local ramen noodles resemble sukiyaki's one.

Breaded fish cakes are only to be found in Tokushima and are made from spicy surimi that is deliciously addictive.

The **Minami Awa don** is a luxurious rice bowl which uses an abundance of ingredients from the south of the prefecture.

Mount Bizan is a symbol of Tokushima City which takes its name from the fact that it looks like eyebrows (the bi in Bizan) from whichever direction you look from.
Bizan-cho, Tokushima City

The **Vine Bridges** in the Iya Valley are a complete thrill, creaking and shaking each time you take a step!
162-2 Nishiyayamamura Zentoku, Miyoshi City

The **Okawara Plateau** in Tokushima prefecture is one of the best around. If you conquer it you'll be a world class climber!
Sanagochison, Myodo-gun

Ohama Beach is famous as a site where sea turtles lay their eggs and has been designated as a national natural monument. Chosen as one of Japan's top 100 beaches.

On the **Minami Awa Sunline** you can enjoy views of islands floating in the grand Pacific Ocean and of the gentle coastline. You can also experience the Senba cliffs which continue for two kilometers.

The **Muroto-Anan Coastal Quasi-National Park** is a coastal park which makes up the band of Tokushima's southern coastline. The water here is exceptionally pure and there is also an abundance of seafood.

Tokushima Trip Spots

- | | |
|---|---|
| 1 Ryozen-ji Temple
126 Bandozatsukahana, Oasa-cho, Naruto City | 7 Konose Gorge
Kitokitagawaitaira, Naka-cho, Naka-gun |
| 2 Mount Tsurugi
Miyoshi City / Mima City / Naka-cho, Naka-gun | 8 Oboke, Kobo
Yamashiro-cho, Miyoshi City |
| 3 Mount Tsurugi Forest Path
Kamikatsu-cho, Katsura-gun - Kamiyama-cho, Myozai-gun - Mima-cho - Naka-cho, Naka-gun | 9 Senba Cliffs
Hiwasaura, Minami-cho, Kaifu-gun |
| 4 Todoroki Falls
Hiralazakareidani, Kaiyo-cho, Kaifu-gun | 10 Otaniyaki Pottery
Oasa-cho, Naruto City |
| 5 Udatsu Townscape
Oaza Wakimachi, Wakimachi, Mima City | 11 Awa Sand Pillars
Awa-cho, Awa City |
| 6 Cape Kamoda
1 Kamouda, Tsubaki-cho, Anan-City | 12 Naruto Skyline
Tosodamariura, Naruto-cho - Kitadamari, Seto-cho, Naruto City |

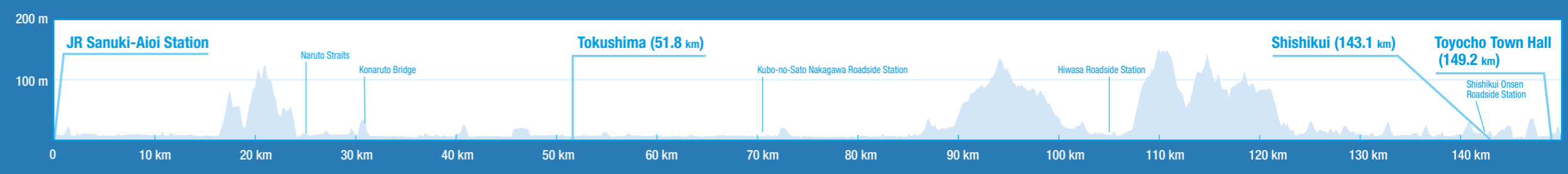
Notes

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

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

1 Daiku-no-Sato	6 Hina-no-Sato Katsuura	11 Hiwasa	16 Mino
2 Kurukuru Naruto	7 Onsen-no-Sato Kamiyama	12 Shishikui Onsen	17 Nishiya
3 Itano	8 Wajiki	13 Ai-Land Udatsu	18 Oboke
4 Donari	9 Washi-no-Sato	14 Sadamitsu Yuyukan	
5 Kubo-no-Sato Nakagawa	10 Momijigawa Onsen	15 Mima no Sato	

Elevation map



Source: GSI colored elevation map