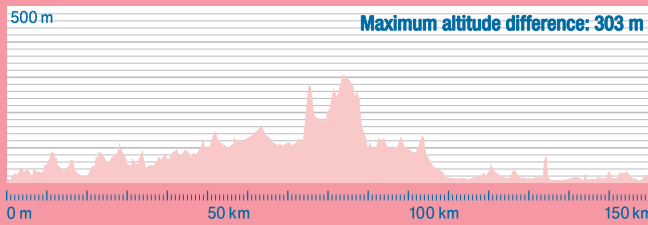


A Umiyama Route

Total route distance: About 160 km
Average cycling time: About 10 hours
Start/finish locations: Starts at Yamaguchi Ube Airport
Finishes at Yamaguchi Ube Airport



Highlights of this route

This route goes through downtown Ube and provides views of the karst plateau at Mine and the coastline at Yamaguchi. It is a long route that gives cyclists plenty of time to enjoy both the city sights and the natural landscape of sea and mountains.



Tourist spot

Aioso Yamaguchi

This is the perfect location overlooking the Suonada waters, where you can see all the way across to Kyushu and Shikoku on a day with nice weather. The hotel is also known for its Japanese tiger prawn cuisine.

Homemade sherbet

This rest stop sells about 20 varieties of homemade sherbet throughout the year, made using mainly seasonal fruit and local produce.



Tourist spot

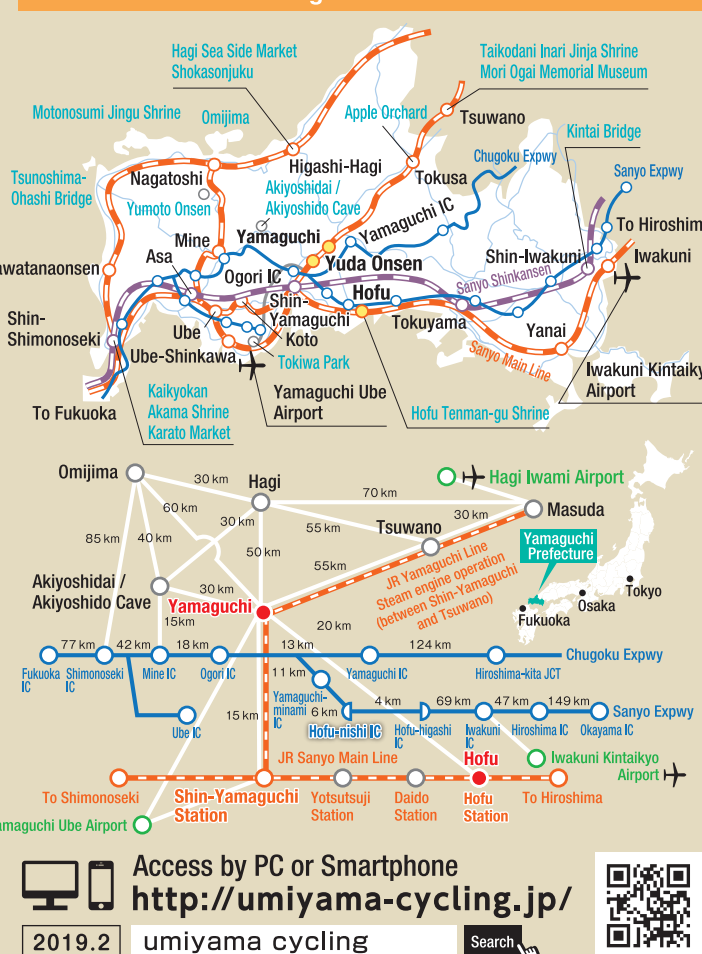
Tokiwa Museum Ube

This multi-facility museum is unusual in Japan, housing both plants and sculptures. The "Tokiwa Plant Museum" reopens on April 29, 2017! It features eight zones with an eye on the recreation of distinct environments and their native plants, offering rare plants and seasonal flowers like a trip around the world.

The buzz from local cyclists

- Check out Yamaguchi Chagyo, located across the bridge over Ono Lake. It's a popular spot with onocha tea, matcha tea ice cream, and desserts. You can even try picking tea during tea-picking season!
- Kirara Ajiu Roadside Station is a place where lots of cyclists meet up. It's perfect for exchanging information with other cyclists.

Provision for getting to tourist spots in Yamaguchi Prefecture



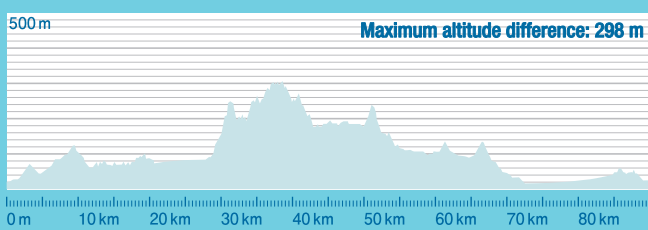
Access by PC or Smartphone
<http://umiya-cycling.jp/>
umiya cycling

HOT UMIYAMA Cycling Map



B Casual Tourism Route

Total route distance: About 90 km
Average cycling time: About 7 hours
Start/finish locations: Starts at JR Koto Station
Finishes at Ishin Centennial Park



Highlights of this route

On this route, take a casual bike ride and enjoy local foods while touring popular tourist attractions.



Enjoy going uphill on newly built roadways that are easy to ride on.

Enjoy a jaunty ride through the peaceful countryside along dedicated bicycle roads.



Kusunoki Komorebi no Sato Ube
Home-style Japanese meals
Enjoy home-style cooking sumptuously made from morning-picked vegetables from Kusunoki. You can also enjoy onsens that are directly fed by a hot spring.

National treasure Ruriko-ji Temple's Five-Storeyed Pagoda

This pagoda is considered one of Japan's Three Great Pagodas and the most outstanding structure from the mid-Muromachi period — a symbol of the city of Yamaguchi. The pagoda is also a sight to behold in the evening as it is illuminated from dusk until 22:00.



Yamaguchi Center for Arts and Media [YCAM] Yamaguchi

This is a facility where you can experience cutting edge arts that utilize media technology. In addition to art exhibits, the Center hosts a variety of events, including movie screenings, theater, dance performances, concerts, and workshops.

The buzz from local cyclists

- Aijai, located near Jumonji intersection in Mine, is a popular local Japanese restaurant.
- I suggest you stop by and spend some time at Joel-ji Sesshutei. Enjoy the aesthetic principle of refined simplicity at one of Yamaguchi's top Japanese gardens.

C Ube Route

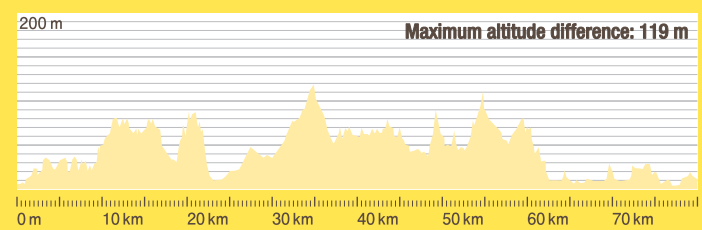
Note: Bicycles are not allowed within Tokiwa Park.

Total route distance: About 80 km
Average cycling time: About 6 hours
Start/finish locations: Starts at Yamaguchi Ube Airport
Finishes at Yamaguchi Ube Airport



Highlights of this route

You can set off as soon as you arrive at Yamaguchi Ube Airport. This route lets you relax and experience the natural scenery even though you stay in the city.



This pleasant seaside road lets you enjoy the fragrant smells of the Seto Inland Sea.

Ride alongside Tokiwa Lake, a registered World Heritage Irrigation Structure!



Approximately 200 sculptures are displayed throughout the city, with the majority at the UBE Biennale outdoor sculpture exhibition's sculpture hill in Tokiwa Park.

Tokiwa Zoo

This zoo is the first one in Japan to consist entirely of "habitat exhibits" that showcase animals displayed in their natural ecological habitats, acting as they would in the wild. This park shows you unique and valuable animals in their natural environment — a novel experience even adults will enjoy.

Ube Kamaboko

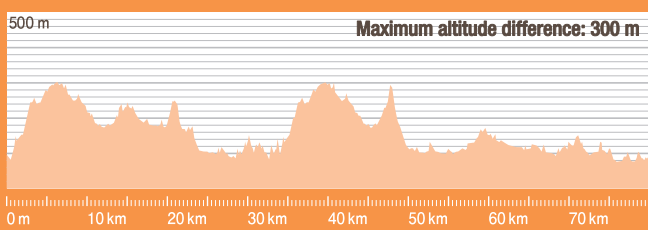
Ube Kamaboko, made from fresh fish and natural spring water from Mt. Shimofuriyama, has won numerous awards and makes a great gift item to take home. Factory tours are available.

The buzz from local cyclists

- Tofu ice cream and okara sata andagi are sold at Mameta Mamezo on the grounds of Kaminoyu at Jieiji Onsen.
- The traffic is heavy at the junction with National Route No. 2, so ride with caution.

D Mine Route

Geo Route (Long)
Total route distance: 82.6 km
Average cycling time: 4–5 hours
Karst Route (short)
Total route distance: 35.2 km
Average cycling time: 2 hours



Highlights of this route

The panoramic, 360-degree view filled with the grasslands and limestone rock of the karst plateau of Akiyoshida is marvelous. Furthermore, the Geo Route lets you experience the Geo Sites of Mine Akiyoshida Geo Park and probe the memories of the earth.



This long, straight road leads you through the peaceful meadow while the cows look on.



Overcome the steep slope to experience great panorama of Akiyoshida.



Akiyoshido Cave

Akiyoshido Cave, one of Japan's greatest limestone caverns, has been designated a national special natural monument. Must-see formations within the cave include Hyakumazara (the "Hundred Plates") and Koganebashira (the "Golden Pillar").

The buzz from local cyclists

- Parts of National Route No. 316 have heavy traffic involving large vehicles, so ride with caution.
- The banks of the Asagawa River near Mine City Hall are famous for their blossoming cherry trees. You should really come by in spring and pay a visit.

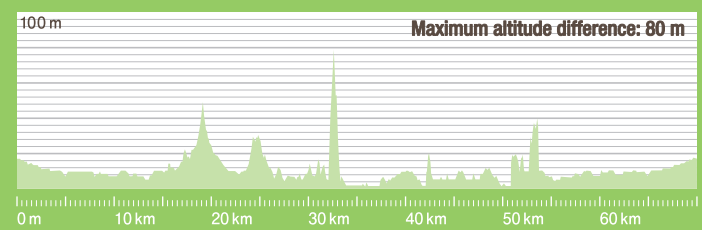
E Yamaguchi Route

Total route distance: About 70 km
Average cycling time: About 5 hours
Start/finish locations: Starts at JR Yudaonsen Station
Finishes at JR Yudaonsen Station



Highlights of this route

This route starts in central Yamaguchi and takes you through the countryside in the southern part of the city and along the coastline. It is an enjoyable route all year round, with rows of blossoming cherry trees in spring and golden countryside in the fall.



Ride the wide curve from Prefectural Route No. 212 toward Natajima.



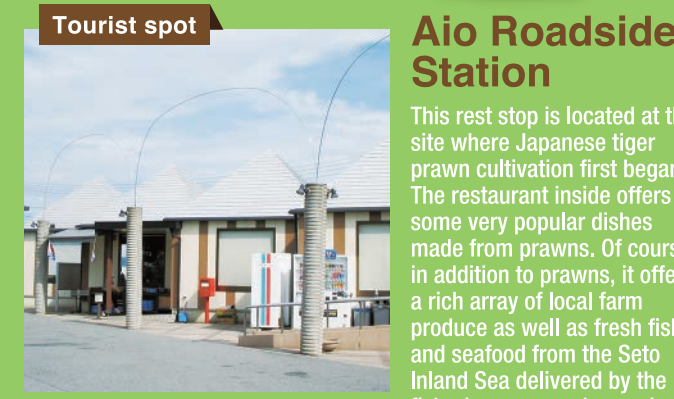
Suo-Ohashi Bridge takes you over the broad tidal flats and Seto Inland Sea.



In addition to gathering information about Yuda Onsen tourist spots and food vendors, you can enjoy local sake, uirō, and other culinary treats unique to Yamaguchi at the café. Inside the building, there are three distinctive foot baths (fee required).

Kirara Ajiu Roadside Station Panpokin

These are deep-fried snacks called karinto made from the Kurimarusu pumpkins grown at Ajiu, distinctive for their sweetness and firmness.



The buzz from local cyclists

- The area around Seminar Park offers an excellent straight-line view of the countryside landscape while you are cycling.
- Although it is a short distance uphill from the shore to Aioso, the slope is challenging, yet rewarding. Along the way, you can look out at the islands rising from the Seto Inland Sea.

F Hofu–Yamaguchi 100 km Route

Total route distance: Approx. 100 km
Average cycling time: 6 hr. and 45 min.
Average inclination: 0% total
2.3% uphill / 3.2% downhill
Start/finish locations: Shiosai Ichiba Hofu Roadside Station (Start)
Shiosai Ichiba Hofu Roadside Station (Finish)



Find a bunch of different pamphlets at Umeterasu Rest Stop! Use it as a base for finding information on sightseeing and more.



Hofu Tenman-gu Shrine

This is one of Japanese three shrines worshipping the god of learning, Sugawara no Michizane, with the other two in Kyoto Kitano and Fukuoka Dazaifu. Many people come year-round to wish for academic improvement such as the passing of tests.



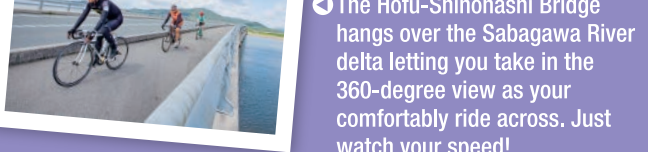
Check out this huge torii gate made from stone on the path leading to the shrine. With pillars of a square shape rather than cylindrical, this is a very rare torii gate, and is the oldest in Yamaguchi Prefecture.

Santoka Furusato Museum

This establishment honors and teaches about the traveling haiku poet Santoka Taneda, born in Hofu. Here, you can both see and feel the world in his days through his eyes. Items which introduce and were a part of Santoka's life are exhibited. (Charge for admission)



A farmers' market where you can buy fresh vegetables, flowers, seafood, and more at a low price. You can also enjoy cooking with local ingredients at Farmers' Restaurant DAIDO, located just next door.



The Hofu-Shinohashi Bridge hangs over the Sabagawa River delta letting you take in the 360-degree view as your comfortably ride across. Just watch your speed!

Suo Kokubunji Temple

This is one of Japanese state-sponsored temples, and is extremely rare with a garan hall remaining on the premises since its original construction in 741. In the main hall, an important cultural property, more than 50 precious Buddhist images and treasures can be seen. (Charge for admission)

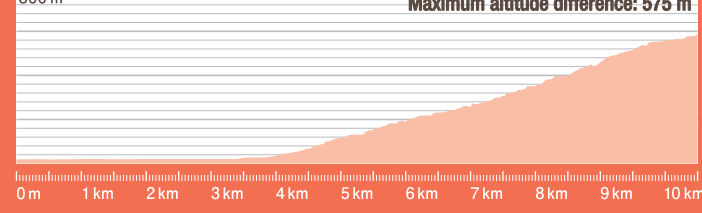
The Sabagawa Cycle Road features many flat areas, making it a very easy course to ride. There are also spots where cherry blossoms and cosmos bloom, allowing you to feel the seasons as you bike. From the midpoint of Mt. Ohirayama you can get quite a view, but after trekking a bit further to the summit, the scenery is even more amazing. The start and finish point of Shiosai Ichiba Hofu Roadside Station offers a plentiful amount of fresh fish. From November to May, a small restaurant offer oysters lets you enjoy the seasons.

The buzz from local cyclists

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G Mt. Ohirayama Hill Climb Route

Total route distance: Approx. 10.6 km
Average cycling time: Approx. 45 min.
Average inclination: 5.4% total
7.9% uphill / 0% downhill
Start/finish locations: Shiosai Ichiba Hofu Roadside Station (Start)
Mt. Ohirayama summit parking lot (Finish)

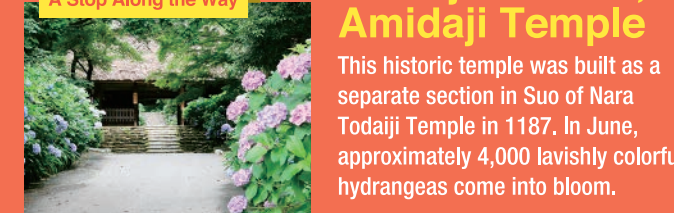


Highlights of this route

A challenging course sitting atop a mountain towering 631 m above Hofu City for cyclists to bike. Once you make it to the top, you are able to gaze upon the scenery of downtown Hofu City and the Seto Inland Sea.

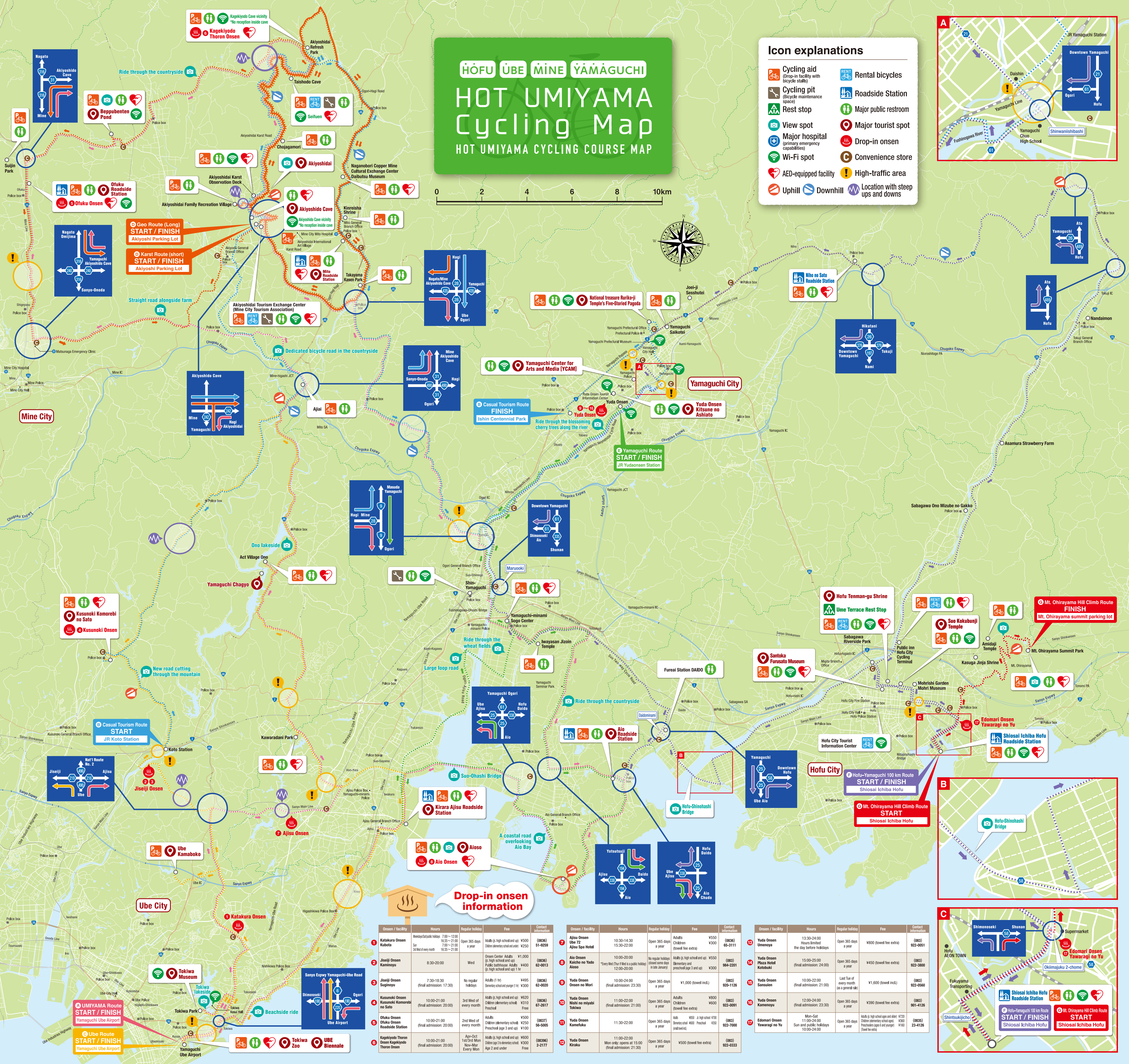
Kasuga Jinja Shrine's Cherry Blossom

The cherry tree beside Kasuga Jinja Shrine's torii gate is a popular photo spot as it looks like a heart depending on the angle viewed from when in full bloom.



This historic temple was built as a separate section in Suo of Nara Todaiji Temple in 1187. In June, approximately 4,000 lavishly colorful hydrangeas come into bloom.

Service is available 24 hours a day, 365 days a year. Service is free of charge. Only information related to locations within Yamaguchi Prefecture can be provided. Telephone or Skype charges may apply. Number to call from international phones and when roaming: +81-83-902-6370



HOT UMIYAMA Cycling Map

HOT UMIYAMA CYCLING COURSE MAP

- ### Icon explanations
- Cycling aid (Drop-in facility with bicycle stalls)
 - Cycling pit (Bicycle maintenance space)
 - Rest stop
 - View spot
 - Major hospital (primary emergency capabilities)
 - Wi-Fi spot
 - AED-equipped facility
 - Uphill
 - Downhill
 - Location with steep ups and downs
 - Rental bicycles
 - Roadside Station
 - Major public restroom
 - Major tourist spot
 - Drop-in onsen
 - Convenience store
 - High-traffic area

0 2 4 6 8 10km



Drop-in onsen information

Onsen / facility	Hours	Regular holiday	Fee	Contact information
1 Katakura Onsen Kubota	Weekdays/Sat: 7:30-12:00 Sun: 7:30-21:00 3rd Wed of every month: 16:30-21:00	Open 365 days a year	Adults (jr. high school and up): ¥500 Children (elementary school and under): ¥250	(0836) 51-9259
2 Jiseiji Onsen Kamayoga	8:30-20:00	Wed	Onsen Center Adults: ¥1,000 (jr. high school and up) Public bathhouse Adults: ¥400 (jr. high school and up) 1 hr	(0836) 62-0013
3 Jiseiji Onsen Sugiyama	7:30-18:30 (final admission: 17:30)	No regular holidays	Adults (1 hr): ¥495 Bathhouse (school and junior): ¥300	(0836) 62-0020
4 Kusunoki Onsen Kamayoga	10:00-21:00 (final admission: 20:00)	3rd Wed of every month	Adults (jr. high school and up): ¥620 Children (elementary school): ¥310 Preschool (age 3 and up): 1 hr	(0836) 67-2817
5 Oniku Onsen Onsen Roadside Station	10:00-21:00 (final admission: 20:00)	2nd Wed of every month	Adults: ¥500 Children (elementary school): ¥250 Preschool (age 3 and up): ¥100	(0837) 56-5005
6 Kagekiyodo Thoren Onsen	10:00-21:00 (final admission: 20:00)	Apr-Oct 1st/3rd Mon Nov-Mar Every Mon	Adults (jr. high school and up): ¥600 Children (elementary school): ¥300 Age 2 and under: Free	(0836) 2-2177
7 Ajiu Onsen Ube 72 Ajiu Spa Hotel	10:30-14:30 15:30-22:00	Open 365 days a year	Adults: ¥550 Children (bowl fee extra): ¥300	(0836) 65-3111
8 Aio Onsen Kaicho no Yado Aio	10:00-20:00 *Every Wed (Thu & Wed is a public holiday) 12:00-20:00	No regular holidays (closed some days in late January)	Adults (jr. high school and up): ¥550 Bathhouse and preschool (age 3 and up): ¥300	(083) 984-2201
9 Yuda Onsen Onsen no Mori	10:00-24:00 (final admission: 23:30)	Open 365 days a year	¥1,000 (towel incl.)	(083) 920-1126
10 Yuda Onsen Nishi no miyabi Tokiwa	11:00-22:00 (final admission: 21:00)	Open 365 days a year	Adults: ¥800 Children (bowl fee extra): ¥600	(083) 922-0091
11 Yuda Onsen Kametoku	11:30-22:00	Open 365 days a year	Adults: ¥600 Children (bowl fee extra): ¥500 Preschool (age 3 and up): ¥250	(083) 922-7000
12 Yuda Onsen Kiraku	11:00-22:00 Mon only: opens at 15:00 (final admission: 21:30)	Open 365 days a year	¥500 (towel fee extra)	(083) 922-6333
13 Yuda Onsen Umenoya	13:30-24:00 Hours limited the day before holidays	Open 365 days a year	¥800 (towel fee extra)	(083) 922-0881
14 Yuda Onsen Plaza Hotel Kobukui	15:00-25:00 (final admission: 24:00)	Open 365 days a year	¥450 (towel fee extra)	(083) 922-3800
15 Yuda Onsen Sansen	10:00-22:00 (final admission: 21:00)	Last Tue of every month (as a general rule)	¥1,600 (towel incl.)	(083) 922-6660
16 Yuda Onsen Kamayoga	12:00-24:00 (final admission: 23:30)	Open 365 days a year	¥390 (towel fee extra)	(083) 901-4126
17 Edomari Onsen Yawaragi no Yu	Mon-Sat 11:00-24:00 Sun and public holidays 10:00-24:00	Open 365 days a year	Adults (jr. high school and up): ¥720 Children (elementary school and up): ¥390 Preschool (age 3 and up): ¥160 (towel fee extra)	(0835) 23-4126

