

# AMAKUSA CYCLING MAP



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The Japanese characters "あま" in the logo make a bicycle.

## AMA-ICHI CYCLING ROUTE AMA-ICHI

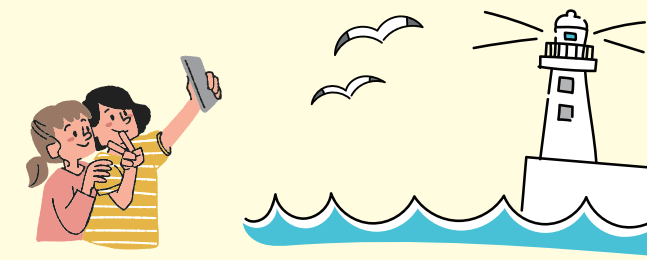
The name "Ama-Ichi" is a combination of "Ama" from Amakusa and "ichi" meaning "one," representing our wish that you find your own number one favorite spot in Amakusa.

### COURSE HIGHLIGHTS

The Ama-Ichi cycling route is 150km long and runs from Uki's Misumi Station to Ushibuka Port in Amakusa City. This course has all of the things Amakusa is famous for: scenic coastlines, bridges spanning between islands, fresh food, and Christian historic sites. The views from the bridges and the coastline are spectacular, and the sunset over the sea to the west is stunning. Enjoy Amakusa's delicious sashimi bowls, take a break at a seaside cafe, and explore at your own pace along the Ama-Ichi Cycle Route.



There are five distinct cycling routes around Amakusa to enjoy. The Ama-Ichi Course connects the highlights of these five routes for a complete tour of the islands. Pick one of the courses that looks interesting to you, or take the Ama-Ichi Course to see all of what Amakusa has to offer.



### 01 Ama-Ichi Course Total Length: approx. 150km

Aiming for NCR (National Cycle Route) certification!



#### The Total Amakusa Enjoyment Course

This 150km-long course runs from Uki's Misumi Station to Ushibuka Port in Amakusa City and is aiming to get listed as a National Cycle Route.



### 02 Kamiamakusa Seaside Course Total Length: approx. 45km

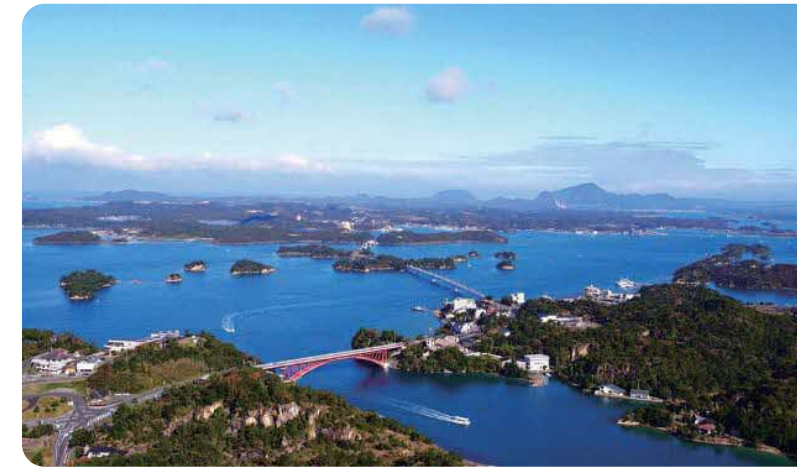


#### Oyano Island & Mt. Sengan

This 45km-long course runs through the Oyano and Amakusa Kamiyama Islands. Highlights include the view from Mt. Sengan, the many small islands off Matsushima, and the Kamiamakusa coast. The route is also dotted with many restaurants and fun places to stop. Mio Camino Amakusa and the Shiro Amakusa Sightseeing Association have bikes for rent that are great for families looking to enjoy riding around together.



### 03 Oyano & Kamiyama Islands Course Total Length: approx. 105km



#### Aso's Five Bridges, Oyano & Kamiyama Islands

This 105km-long course goes from the top of Amakusa to both the Kamiyama and Oyano islands while traversing Amakusa's Five Bridges (Tenmon, Oyano, Nakano, Maejima, and Matsushima). Looking out at the islands of Matsushima from the bridges is nothing less than breathtaking. The route is also dotted with many restaurants and fun places to stop. The ride along the east coast of Kamiyama is particularly enjoyable as there is little traffic and a great view of the quiet Yatsushiro Sea.



### 04 Amakusa Shimoshima Course Total Length: approx. 138km



#### Amakusa's Shimoshima Island

This 138km-long loop follows the coast all the way around Shimoshima Island. Enjoy the views of the sea from Shimoshima's coast and don't forget to watch the sun sink beneath the waves at one of the many great sunset spots along the west coast. Visit the Dolphin Center and set sail with over a 90% chance of seeing wild dolphins, or keep your eyes on the sea as you bike and, if you're lucky, you may see a jumping dolphin or two. The lack of cars on the road makes this an incredibly enjoyable ride.



### 05 Reihoku (Tomioka) Course Total Length: approx. 13km



#### Tomioka Castle and the Pine Tree-Covered Coast

This 13km-long course goes past Tomioka Castle, the symbol of Reihoku, and along a coastline covered in pine tree forests. Feel the sea breeze from the tree-lined shores as you take detours to explore Tomioka Castle, watch the sunset over the waves, and enjoy the gorgeous western coast. There is very little traffic and the course can be easily shortened or extended, making it perfect for beginners and families.



### 06 Amakusa West Coast Sunset Course Total Length: approx. 36km



#### Sakitsu (World Heritage Site) & Amakusa's West Coast

This 36km-long course explores Sakitsu Village, a World Heritage Site filled with landmarks and relics of the Hidden Christians of Nagasaki and Amakusa. There are great spots to view the sunset in Sakitsu Village, Nishibira Camellia Park, and Jusanbutsu Park. We recommend this course for beginners and those traveling with family, as the course is short, there is little traffic, and there's a lot to see between the natural scenery and the World Heritage Site.



## Mio Camino Amakusa



6215-17 Aitsu, Matsushima-machi, Kamiamakusa-shi

### The Gateway to Cycling in Amakusa: Connecting the Islands and the Sea

A cycling trip through the islands of Amakusa is full of oceanic scenery. With a view of Aso's Five Bridges, loads of sightseeing information, rest spaces, shops, and a cafe, Mio Camino is a popular spot for visitors before, between, and after rides. We also have bicycle racks and rental bikes that are perfect for both beginners and long-distance riders.

- Information
- Food Court
- Vending Machines
- Bicycle Pumps
- Bike Racks
- Bicycle Rentals
- Restrooms

Please ask the staff if you need to borrow tools or a bike pump.



For more information:



## RENTAL BIKE LOCATIONS

<b>Ueda Bicycle Store</b> Phone: 0964-56-0113 1531-7 Kami Oyano-machi, Kamiamakusa-shi	<b>Amakusa Santa Coming Hotel</b> Phone: 0969-22-0100 74-3 Kamegawa, Kameba-machi, Amakusa-shi	<b>Hotel Alegria Gardens Amakusa</b> Phone: 0969-22-3161 996 Hirose, Hondo-machi, Amakusa-shi
<b>Mio Camino Amakusa</b> Phone: 0969-33-9500 6215-17 Aitsu, Matsushima-machi, Kamiamakusa-shi	<b>Eco-Hotel Assist</b> Phone: 0969-33-7700 135-1 Kamegawa, Kameba-machi, Amakusa-shi	<b>Amakusa Airlines</b> Phone: 0969-57-6000 1-2080-5 Jogawara, Itsuwa-machi, Amakusa-shi
<b>Sunny Outdoor Rental</b> Phone: 090-9562-7103 1-6 Tanasoko, Kuratake-machi, Amakusa-shi	<b>Plaza Hotel Annex</b> Phone: 0969-23-3000 16-1 Ota-machi, Amakusa-shi	<b>Tomioka Port Ferry Waiting Room</b> Phone: 0969-28-0384 2711-47 Tomioka, Reihoku-machi, Amakusa-gun
<b>Hondo Port (provided by Takarajima Rental Car)</b> Phone: 090-3101-4680 / 0969-23-5551 2-3 Hirose, Hondo-machi, Amakusa-shi	<b>Emiya Ryokan</b> Phone: 0969-22-3207 1-5 Furukawamachi, Hondo-machi, Amakusa-shi	<b>Miyajidake Kakashi no Sato Roadside Station</b> 5516-1 Miyajidake-machi, Amakusa-shi
<b>Takarajima Rental Car</b> Phone: 090-3101-4680 / 0969-23-5551 2-3 Hirose, Hondo-machi, Amakusa-shi	<b>Amakusa Plaza Hotel</b> Phone: 0969-23-5511 4-8 Sakae-machi, Amakusa-shi	<b>Boyokaku - Amakusa Shimoda Onsen</b> Phone: 0969-42-3111 201 Shimoda-Kita, Amakusa-machi, Amakusa-shi
<b>Amakusa Prince Hotel</b> Phone: 0969-22-5136 92 Higashi-machi, Amakusa-shi	<b>Livtel Kai-shin</b> Phone: 0969-78-3653 11-19 Minato-machi, Amakusa-shi	<b>Sakitsu Roadside Station</b> Phone: 0969-78-6000 1117-10 Sakitsu, Kawaura-machi, Amakusa-shi

## GETTING HERE

**By Car:** Kumamoto City → 60 min. → Misumi Station → 25 min. → Kamiamakusa (Matsushima) → 40 min. → Amakusa City (Hondo) → 55 min. → Ushibuka

**By Train:** Misumi Line Kumamoto Station → 50 min. → Misumi Station

**By Bus:** Amakusa Rapid Bus (Kumamoto ↔ Amakusa City)



**By Boat:**  
**Amakusa Takarajima Line**  
Kumamoto Prefecture:  
Misumi Station → 17 min. → Matsushima (Maejima Island)



**Shimatetsu Ferry**  
Nagasaki Prefecture:  
Kuchinotsu Port → 30 min. → Oniike Port



**Reihoku Kanko Kisen**  
Nagasaki Prefecture:  
Mogi Port → 45 min. → Tomioka Port



**Sanwa Ferry**  
Kagoshima Prefecture:  
Kuranomoto Port → 30 min. → Ushibuka Port



**Tencho Ferry**  
Kagoshima Prefecture:  
Shoura Port → 35 min. → Nakata Port



**By Plane:** Amakusa Airlines

Fukuoka Airport → 40 min. → Amakusa Airport / Kumamoto Airport → 20 min. → Amakusa Airport



## EMERGENCY & DISASTER PREVENTION INFO

**Police** Incidents & Accidents: Dial 110  
Amakusa Police (3530 Imagama Shinmachi, Amakusa-shi) Phone: 0969-24-0110  
Kamiamakusa Police (11582-3 Naka Oyano-machi, Kamiamakusa-shi) Phone: 0964-56-0110  
Ushibuka Police (5705-4 Kutama-machi, Amakusa-shi) Phone: 0969-73-2110

**Fire** Ambulance & EMS: 119  
Amakusa Regional Fire Department HQ (1687-2 Hirose, Hondo-machi, Amakusa-shi)  
Phone: 0969-22-0119

**Emergency Phone Services** Kumamoto Prefecture Emergency Relief Center  
If you suddenly get injured and you aren't sure whether you should call an ambulance or go to the hospital, call here:  
Emergency Medical Hotline (for those 15 and older)  
Phone: 03-6456-3290 / #7119 (push dial or cellphone)  
Pediatric Emergency Medical Hotline (for those under 15)  
Phone: 096-364-9999 / #8000 (push dial or cellphone)

**Road Emergency Hotline** Please call if you notice any road issues like potholes, collapsed shoulders on the roadside, abandoned items, road grime, or other debris.  
Dial #9910 (Nationwide)

**Kumamoto Pref. Disaster Prevention Info** Scan this for information about disaster prevention in Kumamoto Prefecture: Kumamoto Prefecture General Disaster Prevention Information System



**Kumamoto Prefecture**



**Kumamoto Sports Tourism**



**もっぴーとくもっと。**  
KUMAMOTO TRIP



**Visit Amakusa Cycling Homepage**



**Amakusa**  
天草の観光サイト



**あまぐさ南北観光協会**



**Amakusa Shiro Sightseeing Association**



For inquiries regarding road conditions:  
Road Maintenance Section,  
Civil Engineering Department,  
Kumamoto Prefecture  
096-333-2495

For general inquiries:  
Sports Exchange Planning Section,  
Tourism and Culture Department,  
Kumamoto Prefecture  
096-333-2356