



CYCLING ROUTE MAP

Central Hondo

The Seto Pedestrian Bridge is closed during the following hours:
8:30PM-6AM (4/1-9/30)
8PM-6:30AM (10/1-3/31)
During these times, please cross using the Amakusa Seto Bridge.

1. Ama-Ichi Course

Total Length: approx. 150km



2. Kamiamakusa Seaside Course

Total Length: approx. 45km



3. Oyano & Kamishima Islands Course

Total Length: approx. 105km



4. Amakusa Shimoshima Course

Total Length: approx. 138km



5. Reihoku (Tomioka) Course

Total Length: approx. 133km



6. Amakusa West Coast Sunset Course

Total Length: approx. 36km



Lanes become narrow on bridges, so please be careful of large vehicles and crosswinds when crossing. Furthermore, please avoid riding in groups to prevent accidents and falls.

- Caution: Bridge
- Caution: Tunnel
- Caution: Steep Slope

- Bicycle Shop
- Convenience Store
- Hot Spring
- Hospital
- Gateway
- Use Caution

CYCLE SHOPS

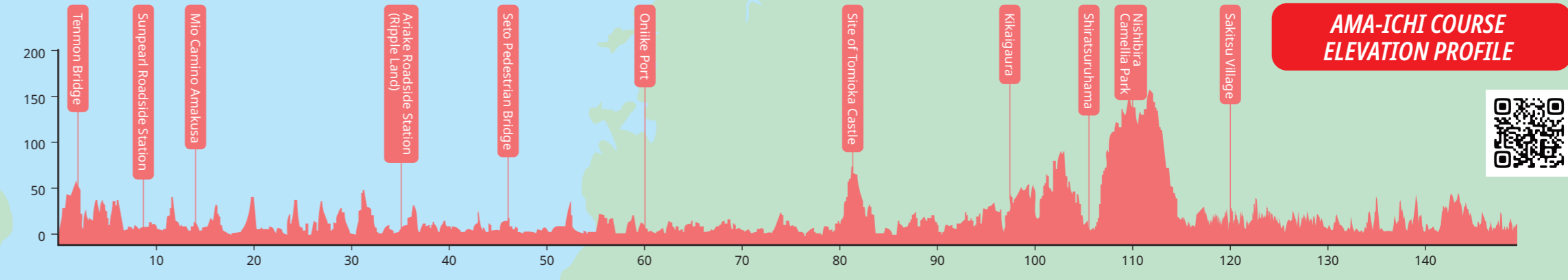
- Ueda Bicycle Store**
Phone: 0964-56-0113
1531-7 Kami Oyano-machi, Kamiamakusa-shi
- Moto Plaza Matsuo**
Phone: 0964-56-0160
478-10 Naka Oyano-machi, Kamiamakusa-shi
- Nagashima Cycle**
Phone: 0969-22-2198
6327-21 Shikaki-machi, Amakusa-shi
- Kaminaka Cycle**
Phone: 0969-22-2913
2-21 Minami-machi, Amakusa-shi
- Cycle Plaza Amakusa**
Phone: 0969-23-8500
15-10 Ota-machi, Amakusa-shi
- Yamada Auto World**
Phone: 0969-22-2715
2-3 Chuo-Shinmachi, Amakusa-shi, Kumamoto-ken
- Kawaura Bikes**
Phone: 0969-76-1131
5042-2 Kawaura, Kawaura-machi, Amakusa-shi
- Sameshima Cycle**
Phone: 0969-35-0252
3309 Tomioka, Reihoku-machi, Amakusa-gun
- Saito Shokai**
Phone: 0969-35-0115
45 Shiki, Reihoku-machi, Amakusa-gun

CYCLE STATIONS

- Kamiamakusa Sunpearl Roadside Station**
Phone: 0964-58-6400
11582-24 Naka Oyano-machi, Kamiamakusa
- Ikotto Library, Museum, and Community Center**
Phone: 099-3191-4680
1310-3 Shimodakita, Amakusa-machi, Amakusa-shi
- Ariake Roadside Station (Ripple Land)**
Phone: 0969-53-1565
1955 Kotsuura, Ariake-machi, Amakusa-shi
- Hondo Port**
Phone: 0969-32-2133
1-9 Minato-machi (inside the Hondo Port Terminal)
- Oniike Port**
Phone: 0969-32-1727
5087-2 Oniike, Itsuwa-machi, Amakusa-shi (inside the Oniike Port Terminal)
- Tomioka Port**
Phone: 0969-35-0705
2711-47 Tomioka, Reihoku-machi, Amakusa-gun
- Platto - Shimoda Onsen Community Center**
Phone: 0969-27-3726
1310-3 Shimodakita, Amakusa-machi, Amakusa-shi
- Sakitsu Roadside Station**
Phone: 0969-78-6000
1117-10 Sakitsu, Kawaura-machi, Amakusa-shi
- Amuri Natural Hot Springs**
Phone: 0969-76-1526
4747-1 Kawaura, Kawaura-machi, Amakusa-shi
- Ushibuka Kaisaikun Roadside Station**
Phone: 0969-73-3818
2286-116 Ushibuka-machi, Amakusa-shi

Bring your bike inside! CYCLIST-FRIENDLY HOTELS

- Business Hotel Amakusa**
Phone: 0964-59-0670
4302-1 Naka Oyano-machi, Kamiamakusa-shi
- Komatsuya Nagisa-kan**
Phone: 0964-59-0111
10044-3 Naka Oyano-machi, Kamiamakusa-shi
- Misakitei Matsushima Kanko Hotel**
Phone: 0969-42-3911
4710 Aitsu, Matsushima-machi, Kamiamakusa-shi
- Shimago Surfrider Guesthouse**
Phone: 080-1399-2979
3040-1 Oshimago, Ariake-machi, Amakusa-shi
- Amakusa Santa Coming Hotel**
Phone: 0969-22-5136
74-3 Kamegawa, Kameba-machi, Amakusa-shi
- Amakusa Prince Hotel**
Phone: 0969-22-5136
92 Higashi-machi, Hondo-machi, Amakusa-shi
- Emiya Ryokan**
Phone: 0969-22-3207
1-5 Furukawa-machi, Hondo-machi, Amakusa-shi
- Amakusa West Coast Holiday Park Furaiho**
Phone: 0969-42-3911
3809-1 Shimoda-minami, Amakusa-machi, Amakusa-shi
- Yuinotsato Amakusa Rest House**
Phone: 0969-72-8821
4688-1 Oniki-machi, Ushibuka-machi, Amakusa-shi
- Kaisyu Ryokan**
Phone: 0969-35-0751
2034-5 Tomioka, Reihoku-machi, Amakusa-gun



The blue arrows on the edge of the road indicate to drivers that the space is reserved for bicycles, allowing cyclists to ride safely. In Kumamoto Prefecture, the arrows guide cyclists along the left edge of the road, and each arrow has a slit through the left side to prevent slipping in the rain.



AMA-ICHI COURSE ELEVATION PROFILE