

AMAKUSA CYCLING MAP

AMA-ICHI 15 Stages (8 Routes, 7 Climbs)

Let's complete the whole 15 stages of "AMA-ICHI" that you can fully enjoy the sea and mountains in Amakusa.

1, OHYANO-Healing Route (49.3km)
The fully enjoyable course to go around the Ohyano Island while visiting amazing view points.

2, DRAGON Route (19.2km)
Traveling the fishing villages in Ryugatake, Kuratake, and Sumoto area, and you can experience perfect course for cycling.

3, HIMEDO Coast Route (10.5km)
Riding a bicycle while enjoying the peaceful scenery of the ocean. This route has smooth road and suitable for cycling beginners.

4, Orange-line Route (23.2km)
23kilo-meter tough course but it shows you the glorious view of Kami-Shima in Amakusa.

5, HAIYA Route (30.5km)
31kilo-meter course; Crossing the Haiya Bridge over the sea and looking around Oniki to Uchinohara area.

6, BIG-Challenge Route (13km)
This is the great route selected as the course of the Japan National Athletic Meet. You can get clear spring water after climbing up to the highest point of this route.

7, Dolphin Route (29.5km)
Almost 30kilo-meter course from the Onike Port to Kikai ga Ura. You may enjoy some natural products like Oppai Iwa (Breast-shaped Rock).

8, AMAKUSA Sunset-line Route (34.2km)
The long route along the West Coast in Shimo-shima and visiting some historical heritages; Sakitsu Cathedral, Oe Church, or Juusan-butsu Park.

To prevent yourself from being in an accident, try making a small company when you travel those routes in a group.

- Bicycle Shop
- Spa Facilities
- Superb View Point
- Convenience Store
- Bicycle Rack
- Bathroom
- Ice Supply Point
- Water Supply Point
- Start/Goal
- Caution

The main map displays 15 cycling routes across Amakusa, including Ohyano-Healing, Dragon, Himedo Coast, Orange-line, Haiya, BIG-Challenge, Dolphin, Amakusa Sunset-line, and 4 Easy Cycling Courses. It also features numerous points of interest such as restaurants, shops, and scenic spots.

! Be careful about heavy vehicles or crosswinds when you cycle on the bridges. Please also try to travel in a small group to prevent accidents.

1, OHYANO-Healing Route

3, HIMEDO Coast Route

4, Orange-line Route

2, DRAGON Route

7, Dolphin Route

8, AMAKUSA Sunset-line Route

5, HAIYA Route

6, BIG-Challenge Route

You can check the information about shops on this map from this QR code.

Those are the information of July, 2018.

AMA-ICHI SPECIAL

4 Easy Cycling Courses

1 Reihoku Course

2 Kami-Amakusa Course

3 Hondo Course

4 Sakitsu Course

Bicycle Shops

Shop Name	Phone Number	Address
Ueda Bicycle Shop	0964-56-0113	1531-1, Ue, Ohyano Town, Kami-Amakusa City
Matsuo Bicycle Shop	0964-56-0160	478-1, Naka, Ohyano Town, Kami-Amakusa City
Nagashima Cycle	0969-22-2198	6327-21, Shigaki-machi, Amakusa City
Kaminaka Cycle	0969-22-2913	2-21, Minami-machi, Amakusa City
Cycle Plaza Amakusa	0969-23-8500	15-10, Ota-machi, Amakusa City
Sameshima Cycle	0969-35-0252	3309, Tomioka, Reihoku Town, Amakusa-gun
Kawaura Bicycle Industry	0969-76-1131	5042-2, Kawaura, Kawaura Town, Amakusa City

Hot Springs

Spa Name	Phone Number	Open	Closed
Spa Thalasso Amakusa	0964-56-1126	10:00-22:00 (Last Entry-21:30)	Second/Fourth Tuesdays (the following day if it is a national holiday)
Michi no Eki Ariake, Sazanami no Yu	0969-53-1126	10:00-21:30	Second Tuesday (the following day if it is a national holiday)
Kappa Roman Kan	0969-54-5526	10:00-21:00	Second Tuesday (the following day if it is a national holiday)
Rinsen no Yu	0969-35-3770	10:00-21:00	First/Third Tuesdays (the following day if it is a national holiday)
Yumeru	0969-26-4011	10:00-21:00	Second/Fourth Tuesdays (the following day if it is a national holiday)
Sirasagi Kan	0969-42-3375	9:00-21:00	Fourth, Thursday (the following day if it is a national holiday)
Amuri	0969-76-1526	10:00-21:00	First Monday (the following day if it is a national holiday)
Yasuragi no Yu	0969-72-6666	9:00-21:00	Third Tuesday (the following day if it is a national holiday)

Yuraku Tei
There are two kinds of hot springs here. It costs only 500yen for bathing. Dishes are also popular.

Tenpu-an, People
You can see the Ariake Sea from the 100% natural open-air spa. Their Kaiseki meals are also good.

Yoshiya Hotel, Kirara-Tei
This hotel, which is in the small island "Himeshima", is very comfortable place. Their seafood dishes are very nice.

Emiya Ryokan
This is the traditional ryokan established in 1933. You will feel comfortable even though you are traveling and staying here alone.

Guest House Hamaya
They go fishing by themselves and cook seafood for customers. Amakusa's local sake are also famous.

Bouyoukaku
This ryokan faces the West Coast in Amakusa, so there is beautiful panoramic view of the sea. 100% natural sea is also popular.

Yamaguchiya Ryokan
This is the traditional ryokan and their motto is "Anyone can feel free to stay at reasonable cost."

Sunset Ushibuka
The hilltop guest house which has the view of the Ushibuka Port and Haiya Bridge. All rooms are Wi-Fi-enabled.

Amakusa Santa Coming Hotel
Amakusa is one of the holy places for Santa Claus. You will feel like as if every day is Christmas here!

Kouraya
It costs only 250yen for bathing. You can enjoy the view of the ocean from all rooms.

Kameya Hotel, HANA-TSUBAKI
The open-air spa has the wonderful view of the ocean and islands of Amakusa. Only 500yen for bathing (including a towel).

Hotel Spouryu-en, Kaisei
This is the fashionable hotel like a resort. You can enjoy the beautiful view from the open-air spa.

Hotel Shousen-Kaku, RomanKan
This hotel is famous for their cuisine using local ingredients. There is also lovely sunset view from the open-air spa.

Komatsuya, Nagisa-kan
This ryokan faces the ocean and you can experience fishing at your room. There is also very relaxing spa.

Ryokan Nakashima-Sou
This ryokan is located near the beautiful scenery of the ocean. Dishes using fresh seafood are also attractive.

Amakusa Prince Hotel
This hotel is located near the "Hondo Sato Bridge". The Gourmet Plan which offers delicious seafood dishes is popular.

Hotel Alegria Gardens Amakusa
There are both nice spa and cuisine in this hotel. You can enjoy Amakusa while staying here.

Matsushima Kanko Hotel, Misakitei
You can enjoy gorgeous Tappanyaki at their restaurant. The scenery of the Japanese tradition at Garden is impressive.

Guest House Kikuharu
The small guest house where offers you very warm atmosphere. Kikuharu also runs Sushi and Ramen restaurant.

Hara Kamaboko (fish sausage)

AMA-ICHI

30KM Around Kamishima

135KM Around Shimoshima