

A CYCLING TOUR TO ENJOY SATOYAMA, BEACHES, AND FISHERMEN'S TOWNS WITH ALL FIVE SENSES  
~"LIFE is ONCE" Feel this moment ~



LOOK 視



嗅  
SMELL



触 TOUCH

LISTEN 聽

味 TASTE

# 春

SPRING



# 夏

SUMMER



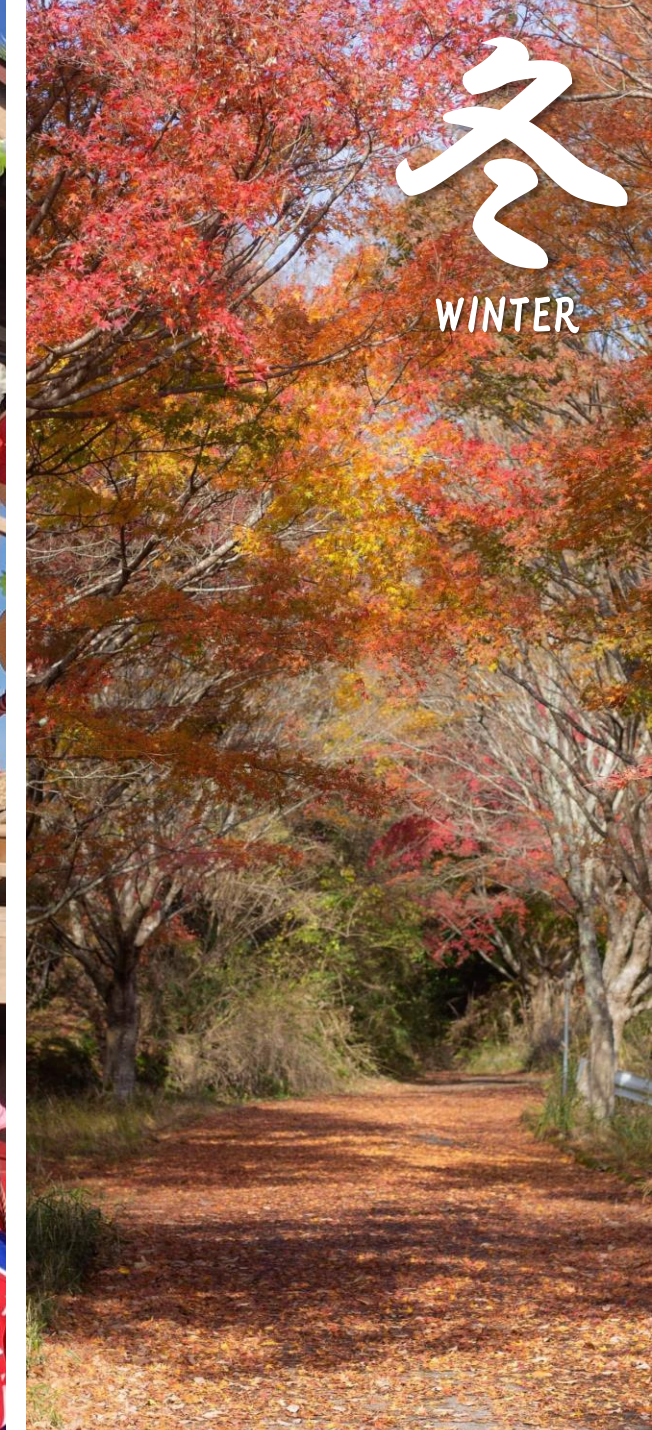
# 秋

AUTUMN



# 冬

WINTER



## STANDARD COURSES

Meet at ONJUKU Station → Gallery of Ama diver photograph and Sake brewery → Shrine → Unexplored temple → Ranch → Karaoke bar → Restaurant → Forest road → Fisherman's wharf → Beach → Mexico Monument → Private beach → Local junior high school → ONJUKU Station

### SHINTOU SHRINE

Power spot in ONJUKU! The Township Shrine. If you are lucky enough to find a shrine priest, he may be able to perform a petit purification!?



### SATOYAMA

There are original Japanese landscapes full of seasonal beauty.



### TEMPLE IN A UNEXPLORED PLACE

How about experiencing Zen meditation while listening to the sound of birds chirping and streams flowing in the silence?



### POPULAR TEISHOKU RESTAURANT

A set meal restaurant popular among locals. A wide variety of set menus, reasonable prices, fresh fish, and a perfect treat for those who are hungry after a day of cycling!



## PHOTO GALLERY OF AMA DIVERS

Why don't you learn about AMA divers who lived strongly and sturdy in ONJUKU? This is the place where you can touch the original history.



## PRIVATE BEACH

You can experience ONJUKU BLUE here!



## KARAOKE SNACK

Sing with all your passion at a karaoke snack bar filled with the Showa era's charm and melancholy! It's also a great cycling break!

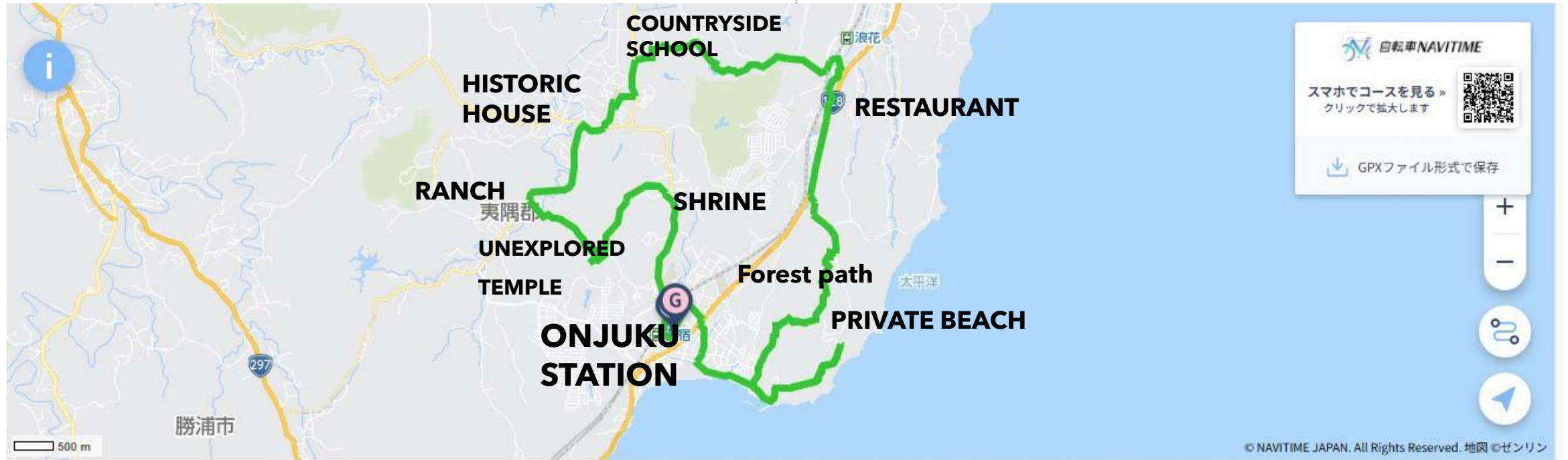


## MEXICO MONUMENT

The friendship between Mexico and ONJUKU has a history that goes back 400 years.



**STANDARD COURSE** (23KM LONG, 337M ELEVATION GAIN, 3.5-4 HOURS)  
**FEE:** 1 PERSON 8,000 YEN 2 PEOPLE 13,000 YEN 3 PEOPLE 16,500 YEN  
 (INCLUDING BIKE RENTAL, INSURANCE AND GUIDE FEE, EXCEPT LUNCH FEE)  
**CYCLISTS' CHOICE:** MOUNTAIN BIKE, CROSS BIKE, ELECTRIC BIKE  
**MEETING POINT:** ONJUKU STATION



自転車NAVITIME

スマホでコースを見る  
 クリックで拡大します

GPXファイル形式で保存



コース情報		
総走行距離	獲得標高	最大標高
22.9km	337.0m	59.0m
予想所要時間	消費カロリー	走行速度
1時間31分	519.6kcal	15km/h