

## Explore the Best of Shikoku by E-bike and SUP

Shikoku is an island in southwest Japan. It's the smallest, least developed of Japan's main islands. The centre of Shikoku is dominated by Mt. Ishizuchi whose dramatic peak is the remnant of an ancient caldera. On this adventure, we travel across Shikoku from the Seto Inland Sea, passing over the Ishizuchi range by e-bike and descending the Niyodo River by SUP to the Pacific Ocean. Our tour is conceived as an introduction to the best of Shikoku.



We first get on our e-bikes to cycle the Shimanami Kaido, a chain of islands and bridges crossing the Inland Sea. It was once home to maritime clans (pirates!), who took some cargo in return for guiding ships through the racing currents and whirlpools of the hazardous sea. From the islands, we can see Mt. Ishizuchi looming ahead.

The climb up to Ishizuchi is challenging, but e-bikes make it possible for any averagely fit person. Traversing the mountain on the 'UFO Line' is quite a trip – the views over Shikoku roll on and on, blending into the distant ocean.

The pure blue Niyodo River rises on Ishizuchi and flows down to the Pacific. We ride its translucent waters on SUP boards, stopping occasionally to jump off boulders and the rustic bridges used by local people.

Along the route, we meet the ancestors of pirates, the Shinto priests whose deities watch over the mountains and seas, and the craftspeople who use the water from the mountains to make beautiful washi paper and deliciously fresh sake.

## Highlights:

- Pray for a safe trip to the gods of the sea and mountains at Shikoku's major Shinto shrines.
- Cycle the renowned Shimanami Kaido and take a boat ride into the racing currents that flow between the islands of the Seto Inland Sea.
- Climb 940 m up Mt. Ishizuchi on an e-bike and ride the loopy UFO Line along the mountain ridge.
- Paddle a SUP board down the pure, clear Niyodo River, visiting a sake brewery and a paper making atelier.

**Location:** Ehime and Kochi Prefecture, Shikoku Island

**Main Activity:** E-bike cycling and SUP

**Difficulty:** 3

**Tour Dates:** April to November

**Pax:** Minimum: 4                      Maximum: 8

**Price:** JPY 258,000 per person with 8 people inc. tax  
 JPY 320,000 per person with 6 people inc. tax  
 JPY 386,000 per person with 4 people inc. tax

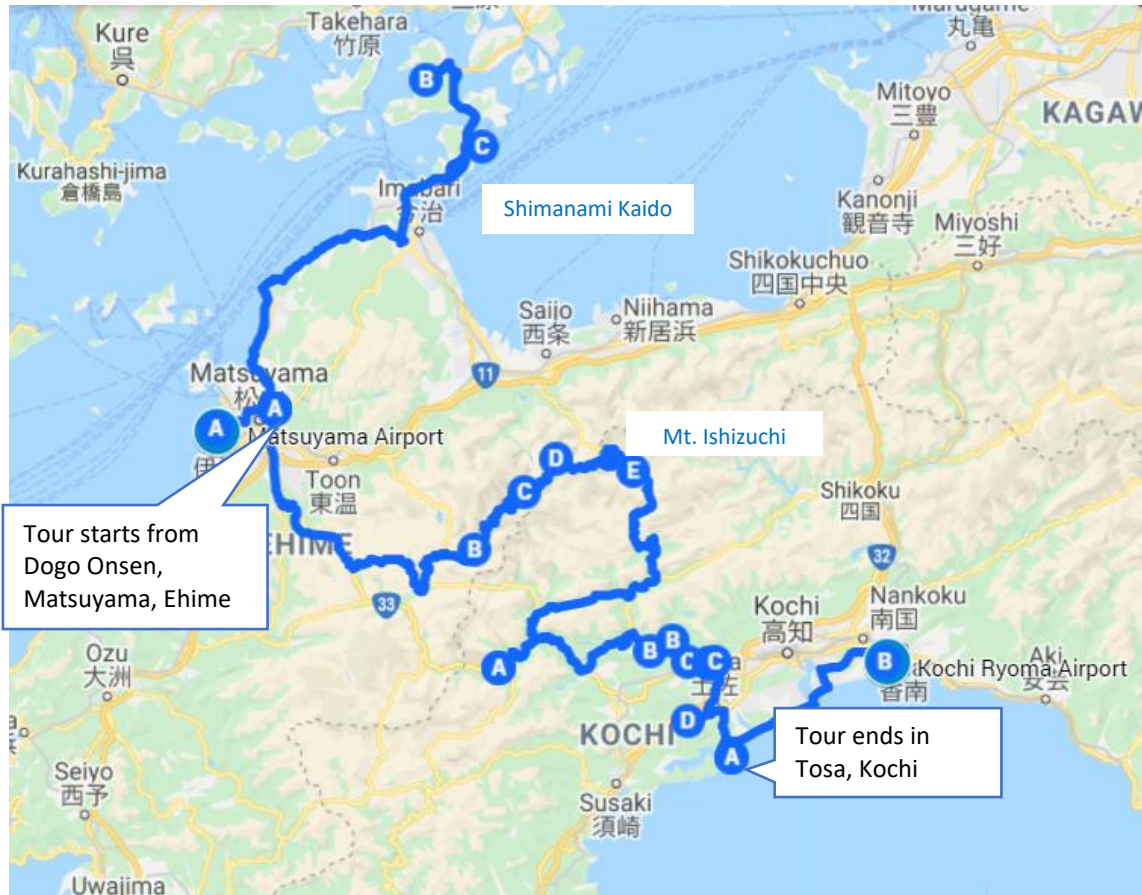
Additional  
 JPY 50,000  
 for a single  
 room



## Contents

Route map.....	3
Day-by-Day Itinerary .....	3
Day-by-Day Itinerary .....	3
We provide & What to bring.....	12
About us .....	13
Information and Requirements .....	15
Reservation & Cancellation Policy .....	15

## Route map



## Day-by-Day Itinerary

### Day 1: Arrive in Dogo, Matsuyama

You arrive in Dogo, Matsuyama, and check into your single room at the new Dogo Hakuro hotel. The hotel has its own hot spring bath, and is located close to the famous Dogo Onsen Honkan, Japan's oldest spa. After dinner, we have a short orientation covering what to expect during the adventure. Then you can have a relaxing soak at the hotel, or one of the local hot spring baths.

#### Dinner

Your guide, Rod Walters, will meet you at the hotel and take you to a local sake brewery to enjoy a sake tasting, followed by dinner featuring specialties of the Seto Inland Sea at Nikitatsu-an, the brewery restaurant.



## Day 2: Cycle the Shimanami Kaido

The local baths in Dogo are open early, so if you fancy a dip, the opportunity is there.

### Breakfast

The buffet at Hakuro offers an extensive choice of soups, breads, and salads to suit both Japanese and western palates.

A chartered bus takes us by a scenic seaside route to WAKKA on Omishima Island, a cycling base in the middle of the Shimanami Kaido, known as one of the most interesting cycling destinations. The e-bikes make it easy to explore the hilly islands and scoot up the ramps to the massive bridges. We cycle to romantic Oyamazumi Shrine, where Japanese warriors from time immemorial have dedicated their weapons and armour in thanks for victory, and we pray for a safe journey.

### E-bike from WAKKA to Oyamazumi Shrine and back

Distance: 8.2 km | Time: 1:00 | Up: 80 m, Down 70 m



▲ **Highest Point** 80 m

▼ **Lowest Point** 0 m

### Lunch

WAKKA provides a tasty boxed lunch which we can eat at some scenic spot whenever we feel like it.

At the Murakami Suigun Museum on Oshima Island, we learn about the pirates of the Inland Sea. Then we take a boat out into the fast currents and whirlpools of the Inland Sea, passing the tiny island fortress of Noshima from where the pirates conducted their operations. Finally, we cross the great Kurushima Straits Bridge and drive through the mountains back to Matsuyama, where we stay another night at Hakuro.



### E-bike from WAKKA to Sunrise Itoyama

Distance: 31.4 km | Time: 1:40 | Up: 320 m, Down: 300 m



▲ **Highest Point** 80 m

▼ **Lowest Point** 0 m

#### Dinner

Seafood from the Inland Sea and local sake at an izakaya in Dogo.

**Activity:** E-bike cycling and boat cruise

**Difficulty:** 3

### Day 3: Cycle up Mt. Ishizuchi

This is your last chance for a morning bathe in the waters of Dogo.

#### Breakfast

Buffet at Hakuro.

A chartered bus takes us through the lovely scenery of Kuma Highland to the foot of Mt. Ishizuchi where we meet our e-bikes again. From the pretty Omogo River valley at 600 m, we make a long ascent by paved road that winds up through deciduous woodland before emerging above the tree line at 1,500 m. Here, weirdly shaped peaks rise above slopes cloaked in dwarf bamboo. At the Tsuchigoya rest stop, we're greeted by mountain priests blowing conch shells and receive a traditional Shinto blessing.



### E-bike from Omogo to Tsuchigoya

Distance: 22.2 km | Time: 2:00 | Up: 940 m, Down 250 m



▲ **Highest Point** 1,510 m

▼ **Lowest Point** 570 m

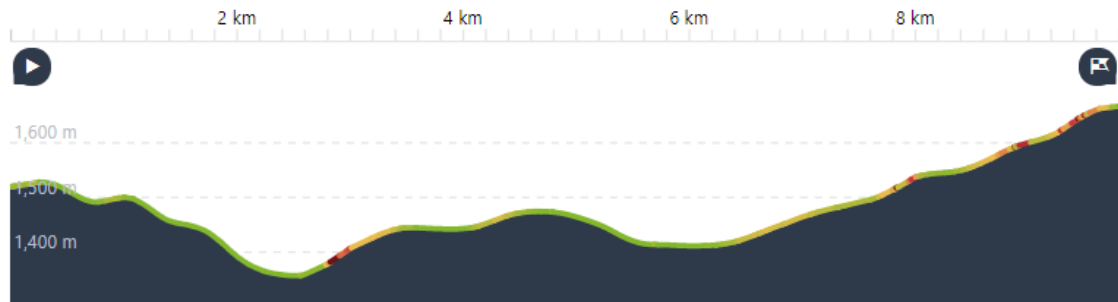
### Lunch

At Tsuchigoya Terrace, we're served a delicious pasta with locally sourced wild boar sausage.

After lunch, we cycle the dramatic UFO Line, a largely flat traverse across the shoulder of the mountain to Mt. Kamegamori, with views of Ishizuchi and vistas stretching over much of Shikoku.

### E-bike from Tsuchigoya to Mt. Kamegamori trailhead

Distance: 9.81 km | Time: 1:00 | Up: 390 m, Down: 250 m



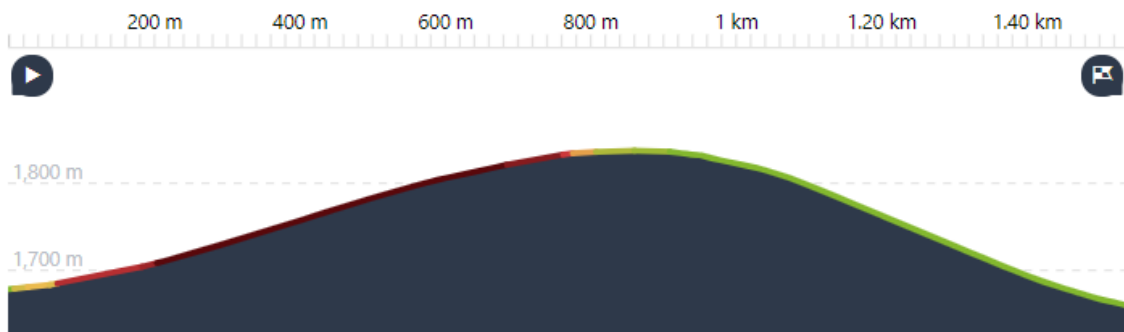
▲ **Highest Point** 1,670 m

▼ **Lowest Point** 1,360 m

We get off our bikes to hike up over and down the peak.

### Hike over Mt. Kamegamori

Distance: 1.54 km | Time: 1:00 | Up: 160 m, Down: 180 m



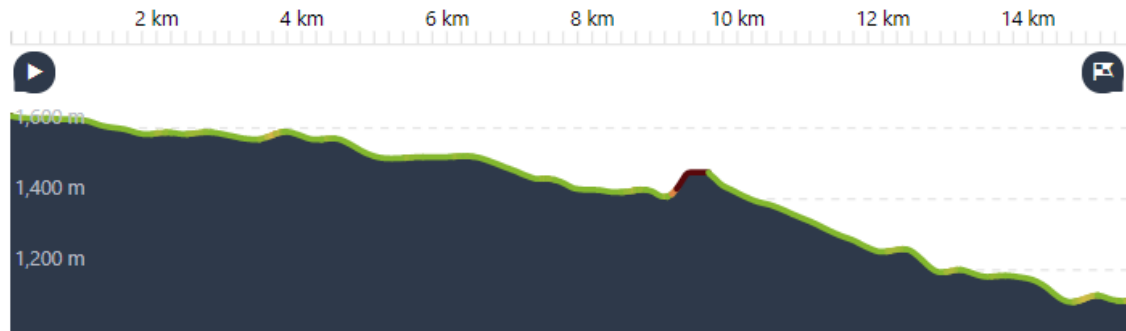
▲ **Highest Point** 1,840 m

▼ **Lowest Point** 1,660 m

The support vehicle meets us at the other end with our bikes. After the hike we cycle mostly downhill to the Kanpuzan rest stop.

### E-bike from Mt. Kamegamori to Kanpuzan

Distance: 15.4 km | Time: 01:00 | Up: 160 m, Down: 680 m



▲ **Highest Point** 1,630 m

▼ **Lowest Point** 1,110 m

At the next rest stop, we meet the bus for the drive to Akiba no Yado, an inn with Japanese-style rooms beside a reservoir on the Niyodo River.

#### Dinner

Local cuisine with ingredients sourced from the rivers, mountains, and ocean of Kochi.

**Activity:** E-bike cycling and hiking

**Difficulty:** 3

### Day 4: Descend the Niyodo River by e-bike and SUP

At breakfast time, the dawn sky is reflected on the lake below the inn. Today, we actually get into the river.

#### Breakfast

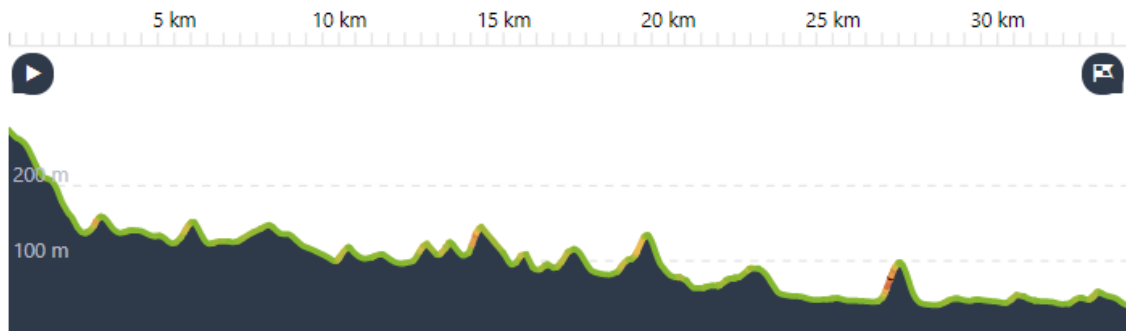
We're served a traditional Japanese breakfast of locally grown rice with fish, pickles, and miso soup.

The Niyodo River is known for its translucent, turquoise blue water and the beauty of the scenery along its banks. From the inn, we cycle on a paved road beside the river to the Ainosato Waterside Station.



### E-bike from Akiba no Yado to Ainosato

Distance: 33.9 km | Time: 1:40 | Up: 410 m, Down: 650 m



▲ **Highest Point** 270 m

▼ **Lowest Point** 40 m

#### Lunch

The Waterside Station is a market for local agricultural produce, and lunch features the vegetables and traditional processed foods of the region.



At the Waterside Station, we switch to SUP boards to continue our curving descent of the river to the SUGGOI Sports base. Our route includes some highly picturesque bends in the river, with deep, calm stretches, and some shallow rapids for a bit of excitement. There are also opportunities for a refreshing leap off boulders and bridges. You're sure to see some big river fish and numerous kinds of birds.

### SUP from Ainosato to SUGGOI Sports

Distance: 10 km | Time: 4:00 | Up: 0 m, Down: 5 m

From SUGGOI Sports, the bus takes us to the nearby riverside hotel, Kanpo no Yado Ino, a modern hotel with an extensive selection of onsen baths.

### Dinner

We eat a selection of the famed dishes of Kochi such as braised tuna in the big dining room of the hotel.

**Activity:** E-bike cycling and SUP boarding

**Difficulty:** 3

## Day 5: Explore the products of the Niyodo River

The early morning view of the Niyodo River from your hotel balcony invites you to follow its course all the way to the sea.

### Breakfast

We're served a hearty Japanese breakfast of locally grown rice with tofu, fish, pickles, and soup.

The mulberry trees and glue-bearing vines that grow along the Niyodo River are essential for making traditional paper, a material of great importance in Japanese life. We cycle to the Ino Paper Museum to learn about the steps required to turn these plants into high quality paper, and we visit an atelier to try our hand at making some washi paper by the traditional method. Be prepared to be amazed by the sophisticated applications of simple paper.

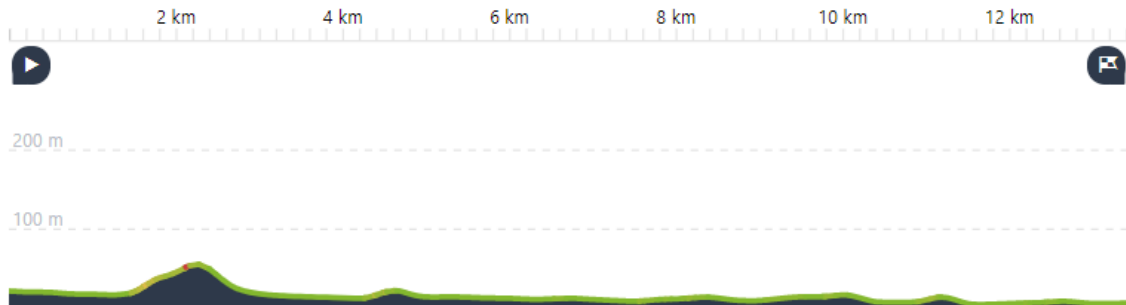
### Lunch

Uokane is a fishmonger with a focus on sustainability. Lunch features sweetfish from Uokane, caught with a rod by a local fisherman.

After lunch, we cycle from Uokane to the mouth of the Niyodo River where it flows into the Pacific Ocean.

## E-bike from Uokane to the mouth of the Niyodo River

Distance: 13.4 km | Time: 1:00 | Up: 80 m, Down: 90 m



▲ **Highest Point** 50 m

▼ **Lowest Point** 0 m

Water from the Niyodo River and its tributaries is an essential ingredient of the excellent sake brewed in Kochi. We drive to Kameizumi Brewery, whose name means ‘the spring that never dries up’, where the master brewer takes us on a tour of the facilities and serves tastings of the brewery’s extensive lineup.



From the brewery, we drive to Tosa Ryu Onsen Sanyo-so, a spa ryokan on a peninsula jutting into the Pacific Ocean near the mouth of the Niyodo River. There’s time to visit nearby Shoryu-ji, one of Shikoku’s eighty-eight pilgrimage temples.

### Dinner

We’re joined again by the master brewer of Kameizumi for our last meal together, a luxurious ryokan dinner paired with select sake from Shikoku’s eternal spring.

## Day 6: Onward travel

The morning finds you on the southern edge of Shikoku beside the vast Pacific Ocean. You can see the great curve of Kochi stretching away into the distance.

### Breakfast

Befitting the location, breakfast features locally caught fish with rice.

Now it's time to say goodbye to your guide and travel to your next destination. You've seen some of the best of Shikoku and learned about the history and traditions that set the island apart from other regions of Japan. We hope you've enjoyed the expansive scenery, the delicious food and sake, and the simple hospitality of the people. And we hope you'll be back some day to experience some of the many other adventures that remain to be discovered here.

### Accommodation:

Days 1 and 2: Dogo Hakuro, hotel, double room with shower + toilet, onsen

Day 3: Akiba no Yado, Japanese-style futon room, shared bath + toilets

Day 4: Kanpo no Yado Ino, single room with shower + toilet, onsen

Day 5: Tosa Ryu Onsen Sanyo-so, twin room with shower + toilet, onsen

All accommodation is non-smoking, with free Wi-Fi and coin laundry.

## What's included

- A professional tour guide for the duration of the trip, and qualified, experienced activity guides.
- All accommodation, meals, and drinks, including alcoholic drinks.
- All cycling and SUP equipment.

## We provide & What to bring

### We provide

For cycling:

- Rental e-bike (tell us your height in advance)
- Helmet (2 sizes)
- Spare parts and tools
- Saddle cover if desired
- First aid kit
- Support car

For SUP:

- Life jacket and helmet
- Necessary equipment such as paddles and boards
- Wet suit (3L and 2L sizes available)

## What to bring

For cycling:

- Clothing suitable for cycling, change of clothes (quick-drying, highly visible)
- Cycle pants and fingerless gloves
- Shoes suitable for both cycling and light hiking
- Breathable rainwear (upper and lower)
- Water bottle
- Sunscreen, sunglasses
- Knapsack or rucksack

For SUP:

- Swimsuit for under wetsuit
- Sports sandals or water shoes (sizes 22-28 cm available to borrow)
- Towels
- Sunscreen
- Goggles or spare lenses if you use contact lenses
- A strap or string if you wear glasses

Nice to have:

- A compact, waterproof camera with a robust strap for attaching to a life jacket. This could be a smartphone with a suitable case.
- A map app that works in Japan.

## About us

Shikoku Tours was established with the goal of introducing adventurous people to the wonders of the smallest of Japan's main islands, and to help preserve its unique heritage and culture. We work closely with local stakeholders to craft tours that satisfy our international customers while contributing to regional economies.

We're constantly learning, from our partners and friends in Shikoku, and from the feedback that we receive from our customers. Our website is the most comprehensive library of Shikoku travel content, reflecting our decade-long effort to document and promote the island we call home.

[ShikokuTours.com](http://ShikokuTours.com)

## Guides

### Rod Walters – Tour guide

Rod has spent 30 years in Japan, 20 of those in Shikoku. A regular outdoorsman, he loves cycling, hiking, and just about anything involving water. He's scared of heights but likes to jump off high places nonetheless.

Rod regularly travels all over Shikoku, consulting to local government on inbound tourism, researching and planning tours, and of course guiding visitors. His interests include history and culture, the natural sciences, and food. He's qualified as a Sake Sommelier and Educator by the Sake Sommelier Academy.

Having developed a particular affinity with the heroic maritime clans of the Inland Sea, he could be accused of a bit of regional nationalism.



### Aboshi Yuji – Cycling guide

Yuji is a cycling guide from Hiroshima. He's a licensed interpreter-guide and tour conductor. He's cycled around Japan three times, and around Taiwan once, among many other cycling and backpacking trips in Japan and overseas.

Yuji has worked with national and local government to design cycling tours and has served as guide to overseas media and VIPs for Shimanami Kaido cycling events.



### Ochi Kenji – Cycling guide

Kenji owns a popular bicycle shop in Saijo and is certified as a guide by the Ehime Cycling Guide Association.

Based on the experience of attending cycling events for 35 years as a bike shop owner, he started developing guided cycling tours around the Ishizuchi mountain range. Although the slopes are many and steep, using e-bikes allows you to enjoy dynamic cycling in nature regardless of your physical fitness level.



### Hiromichi Sasaki – SUP guide

Hiromichi, nicknamed Rangi, was originally from Tokyo, but he became the first professional Japanese lifeguard in New Zealand, and today, he speaks perfect NZ English.

Based on the Niyodo River in Kochi at his company SUGGOI Sports, he maintains contacts with water and MTB adventure professionals worldwide.



We look forward to seeing you in Shikoku!

## Information and Requirements

### Dietary Restrictions

We may be able to accommodate allergies to specific foods, but we're unable to accommodate vegans and vegetarians on this tour. Please note that uncooked fish is a major element of Shikoku eating and it features in many of the planned meals. It's a taste that most people acquire very quickly.

### Emergency Response Plan

The tour activities are conducted in areas with road access and cell phone reception. Support vehicles are also on hand. The guides are trained to handle rescue and emergency medical situations, and they can respond to any equipment issues that may occur.

### Information about you required in advance

Please provide us with the following information when you book.

- Level of experience with cycling and SUP
- Nationality, passport number, date of birth
- Height, weight
- Emergency contact information
- Chronic conditions, medications taken, allergies, dietary restrictions, etc.

## Reservation & Cancellation Policy

### Payment Methods

We will send a booking confirmation by email with an invoice for full payment by 30 days before the start of the tour. If we do not receive the payment by the due date, the booking will be cancelled. We accept payment by all major credit cards and by TransferWise.

### Cancellation

If you must cancel, please let us know by email. In case of cancellation, the following fees apply.

- 20 days before the day of the start of the tour: 20% of the total fee
- 7 days before the day of the start of the tour: 30% of the total fee
- The day before the day of the start of the tour: 40% of the total fee
- The day of the start of the tour: 50% of the total fee
- After the start of the tour or no-show without notice: 100% of the total fee

### Disclaimer

Shikoku Tours reserves the right to cancel or change the itinerary of a tour. In the event of the tour being cancelled due to exceptional or unavoidable circumstances, we will refund all your costs. Shikoku Tours is not responsible for compensating any additional costs such as flights.

## Our liability, and compensation for damages

In the performance of the travel contract, we will compensate you for any damage caused to you intentionally, or due to a mistake by us or our agents. However, you must notify us of the damage within two years from the day after the damage occurs. Regarding damage to baggage, if you notify us within 14 days from the day after the damage occurs, we will pay compensation with a limit of JPY 150,000 per traveller (except in cases of damage caused intentionally or due to serious negligence by us).

We are not liable for compensation if you suffer damage due to the following reasons.

- i. Damage caused by natural disasters, wars, riots, government decrees, fires, and suspension of accommodation services
- ii. Food poisoning
- iii. Damage caused by your own wilfulness or negligence
- iv. Damage due to other reasons beyond our control or of our agents

## Tour Operator / Contact

Shikoku Tours, Co., Ltd.

License No. 2-217 Ehime Prefecture

12-23-1202 Dogo Yunomachi, Matsuyama, Ehime 790-0842, Japan  
[info@shikokutours.com](mailto:info@shikokutours.com)

Please address enquiries to Rod Walters, CEO.

## Partner Companies

WAKKA Corp.

Bicycle rental, support vehicles and staff, catering. [Website](#)

B-Shop OCHI

Bicycle rental, support vehicles and staff. [Website](#)

SUGGOI Sports

SUP rental and staff. [Website](#)