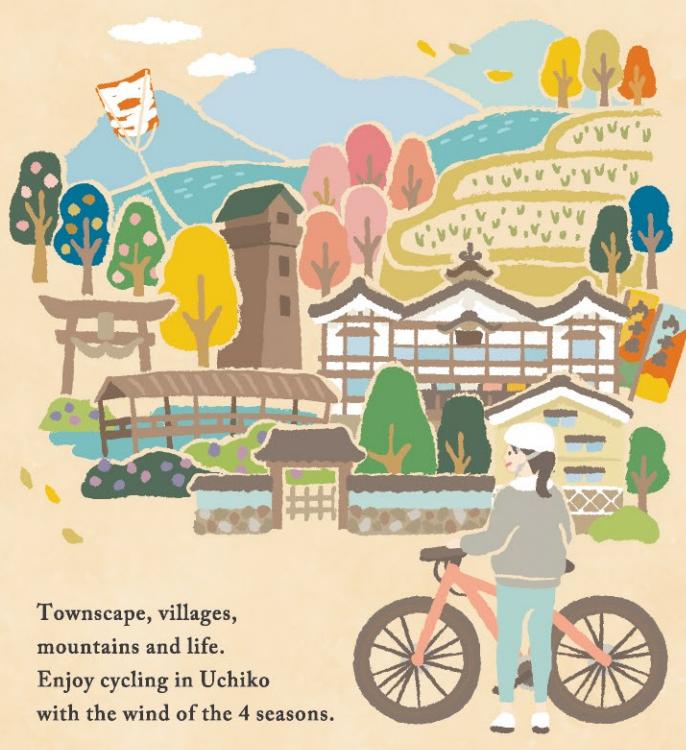


Uchiko Town

Cycling Map



Townscape, villages, mountains and life.
Enjoy cycling in Uchiko with the wind of the 4 seasons.

Published by Uchiko Tourism Association 2025
Information updated as of March 2025

Cycling around Uchiko

Historic townscape, beautiful countryside and rich nature. Cycling is the perfect way to make your visit to Uchiko town even more special. In Uchiko you can rent various types of bicycles, from basic shopping bikes to regular cross/hybrid bikes and a variety of electric bikes. Why don't you step on the pedals and experience "Uchiko you've never seen"?

Rental bicycles

	Upto 3 hours	Full day
Shopping Bicycle	500 yen	700 yen
Cross/ Hybrid Bike	1,500 yen	2,000 yen
Casual Ebike (Folding/ Shopping bike)	1,000 yen	1,500 yen
Sports Ebike (Cross/ MTB)	2,000 yen	3,000 yen

*E-bikes can only be rented at the JR Uchiko Station tourist information centre (Tabiran) and the Uchiko town visitor centre. Prices subject to change without notice. Machinami Car Park offers standard bikes only.

● **Tourist Information Centre (Tabiran)**
next to JR Uchiko Station
324 Uchiko, Uchiko (B-6-Enlarged Map) Opening hours 9:00-17:00

● **Machinami Car Park**
178-2 Shiromawari, Uchiko (C-5-Enlarged Map)
Opening hours 9:00-17:00 (7 days a week)
*Closes at 16:00 between October and March *No E-bikes are available

● **Uchiko Town Visitor Centre**
2020 Uchiko, Uchiko (C-6-Enlarged Map) Opening hours 9:00-16:30
*Closed on Thursdays

*You can also rent from Ted's. Please contact Ted's for details. ☎ 0893-23-9533
1973 Uchiko, Uchiko (C-5-Enlarged Map)

Published / Contact

Uchiko Tourism Association ☎ 0893-44-3790

2020 Uchiko, Uchiko, Kitagun, Ehime (Uchiko town visitor centre)

Please visit our website for more tourism information about Uchiko!

COURSE 1

Machinami and Ikazaki Pottering Course

Easy ★★★ START & GOAL / JR Uchiko Station
Required time/ 1-2 hours Distance / 13km return Elevation gain / 80m

This is an easy course for any level, where you can enjoy the tranquil scenery of Uchiko Town and the nearby Ikazaki district. Please enjoy cycling while experiencing the fascinating history and culture of this area and feeling the way of life. It's a short course but full of highlights. You can cycle either direction on this course, but we recommend counter-clockwise!

memo If you are looking for a longer ride, how about combining it with the Misogi/Momijigataki waterfall course? See Course 3 for details on the Misogi/Momijigataki waterfall Course.



B Ikazaki Kite Museum *Closed Mondays



C Tenjin Sansi *Reservations are not required for the papermill tour. Weekdays only. Paid tour

Other points of interest

F Uchiko-za Theatre **G** Origami Vending Machine **H** Kakihara River



Recommended rental bike



A Ryu Park



D Okamori Shrine

E Machinami (Townscape) Preservation District

I Roadside Station Uchiko Fresh Park KaRaRi (farmers market)

COURSE 3

Misogi Momijigataki Waterfall and Satoyama Course

Easy ★★★ START & GOAL / JR Uchiko Station
Required time/ 2-3 hours Distance / 24km return Elevation gain / 350m

An extension to course 1 (machinami ikazaki), cycle to the picturesque village of Misogi. Nestled in a small valley surrounded by mountains, the rice fields and covered bridge give a feeling of nostalgia to Japanese visitors. Visit the beautiful Momiji ga taki waterfall, where you can practise Taki Gyo (cold water training) and visit the wonderful Misogi no Sato - an old school house that has been converted into a cafe and assortment of small shops run by local creators. (weekends only). It's fun to stop by here for lunch, enjoy a locally roasted coffee and check-out the local artisans work, such as a typography printing shop.

memo Shops in Misogi no Sato are open on different days depending on the tenant so please check in advance before going. Advance reservations are recommended for set-lunches at the cafe. If you enjoy a challenging ride, how about combining it with the Izumidani rice terraces adventure ride?



B Momijigataki Waterfall

A Tokiwa Covered Bridge

C Misogi no Sato (Old Misogi Elementary School)



Recommended rental bike



a Izumidani Terraced Rice Fields

b Darari Gongen

COURSE 5

Oda Miyama Valley Nature Course

Medium ★★★ Required time/ 1.5-3 hours *Departing from SOLFA ODA Ski gelende

START & GOAL / SOLFA ODA Ski gelende

Distance / 19km return Elevation gain / 250m

This is a loop course that starts from SOLFA ODA Ski Hill, and runs through the beautiful Odamiyama Valley. On clear days, you can see Mt. Ishizuchi in the distance. If you have time, we recommend stopping and taking a walk in the beautiful gorge.

memo Most of the course is within cell phone range, but be aware that once you get down to the gorge there is no coverage. Those looking for a challenging hard ride can also start from Uchiko Town. In that case, the round trip distance will be 85km and the elevation gain will be 1,200m.



A SOLFA ODA Ski Hill Campsite



Recommended rental bike



B Mawari Iwa Campsite



C Oda Miyama Valley

Cycling around Uchiko

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Nanyo Cycle Oasis (registered cycle friendly places)

- **Roadside Station Uchiko Fresh Park KarRaRi** 2452 Uchiko, Uchiko (C-5-Enlarged Map) ☎ 0893-43-1122
- **Ikazaki Kite Museum** 1437 Ikazaki, Uchiko (C-6-Enlarged Map) ☎ 0893-44-5200
- **Oda Roadside Station Seresari** 251-1 Teramura, Uchiko (H-5) ☎ 0892-52-3023
- **Stella Mira Lodge** 898 Ronden, Uchiko (B-8) ☎ 0893-44-5987
- **FFC sandwich & coffee** 2540 Kawanouchi, Uchiko (B-4) ☎ 0893-57-9802
- **Namihai Udon Oda** 61 Nakatado, Uchiko (G-4) ☎ 0892-52-3883
- **Uchiko Town Visitor Centre** 2020 Uchiko, Uchiko (C-6-Enlarged Map) ☎ 0893-44-3790
- **Tenjin Sanshi Papermill and Shop** 1240-1 Hiraoka, Uchiko (C-6-Enlarged Map) ☎ 0893-44-2002
- **SOLFA ODA Ski gelende** Odamiyama, Nakagawa, Uchiko (I-6) ☎ 0892-52-3232
- **Naru Café** 2885 Uchiko, Uchiko (C-5-Enlarged Map) ☎ 0893-57-6663
- **Ted's Guesthouse & Activity center** 1973 Uchiko, Uchiko (C-5-Enlarged Map) ☎ 0893-23-9533

*It is within the enlarged map.

Bicycle shops

- **Nishimori Bicycle Shop** 2569 Uchiko, Uchiko (C-5*) ☎ 0893-44-2237
- **Ueda Auto Bike Shop** 2290 Uchiko, Uchiko (C-5*) ☎ 0893-44-2832
- **B-SHOP Miyawaki** 63-1 Hiraoka, Uchiko (C-6*) ☎ 0893-44-4135
- **Kubo Bicycle Shop** 908 Ikazaki, Uchiko (C-6*) ☎ 0893-44-2058
- **Fukuoka Motors** 1990 Teramura, Uchiko (G-5) ☎ 0892-52-2108

Rental bicycles suitable for each course

Standard Cross Bike

A standard hybrid/cross bike. These bikes are suitable for all of our recommended cycle courses depending on the rider's fitness. For the harder courses it is only recommended for those who are confident in their physical strength and enjoy a challenge.

E-cross Bike

An electric cross bike/hybrid. These bikes are suitable for all recommended cycle courses, whether it is a longer distance cycle or a short ride around the town. The electric assist makes it easier on your body and allows you to ride up the hills with a smile on your face.

E-mountain Bike

An electric hardtail MTB. Suitable for all courses. With wider tyres and front suspension these bikes give you more confidence and stability and allow riders to get off the paved roads in search of adventure.

Folding E-bike

Compact and easy to ride, suitable for riding around town. Also possible to fold and travel in your car to the place you wish to cycle.

Difficulty of each course

Easy ★★★ Suitable for any level.

Medium ★★★ Suitable for cyclists with a reasonable level of fitness and some cycling experience.

Hard ★★★ Suitable for cyclists with very good fitness and confident on steep inclines and descents. E-bikes are recommended.

These levels are a guideline. Please consider your own personal fitness and experience.



Recommended rental bike

COURSE 2

Ishidatami and Yuge Shrine Spiritual Course

Medium ★★★ START & GOAL / JR Uchiko Station
Required time/ 2-3 hours Distance / 32km return Elevation / 420m

Pass through the townscape preservation district and head to the beautiful Ishidatami area. Cycling while enjoying the rural scenery of Japan will make you feel as if you went back in time. The route winds its way up scenic route 243 along the Fumoto River, passing the area's iconic covered bridges and watermills before arriving at the highlight of the course, Yuge Shrine. If you get thirsty, you can drink water from Kawaji Spring. It is a course that can be enjoyed all year round, but especially during the cherry blossom season when the beautiful weeping cherry trees and wild cherry blossoms are in full bloom.

memo Climb on the way there and go down on the way back! If you're worried about your physical strength, we recommend renting an electric-assisted E-bike and enjoying the uphill as much as the downhill.



A Uchiko-za Theatre

B Tamaru Covered Bridge

*The Uchiko-za Theatre, an Important Cultural Property, will be closed for approximately four years from Monday, September 2, 2024, for renovation work, including earthquake reinforcement.

C Ishidatami Seiryuen Watermill Park



Recommended rental bike

COURSE 4

Ose and Oda River Ride Course

Medium ★★★ START & GOAL / JR Uchiko Station
Required time/ 2-3 hours Distance / 42km return Elevation gain / 200m

Follow the Pilgrim route along the Oda river, you will pass through the quaint townscape of Ose before reaching the beautiful mountain town of Oda. Explore the old town with its shopping street, local food and farmers market before returning the way you came.

memo This course runs on route 379 which has more traffic than other courses. You can detour off the road in various places. Don't forget to turn on your rear light as there are a few short tunnels. If you are looking for a longer ride, why not combine this route with the Kamikawa Rice Terrace route. See course 4a for details.



B Ose Townscape

D Oda Roadside Station Seresari

Other points of interest

A Roadside Station Uchiko Fresh Park KaRaRi (farmers market)

C Ikadaya (accommodation) **E** Oyado Ninomiya (accommodation)

C Kamikawa Terraced Rice Fields



Recommended rental bike</p

