

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 townscapes, 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	
	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 (Tabirian) and the Uchiko town visitor centre. Prices subject to change without notice. Machinami Car Park offers standard bikes only

- **Tourist Information Centre (Tabirian) next to JR Uchiko Station**
324 Uchiko, Uchiko (B-6-Enlarged Map) Opening hours 9:00-17:00 (7 days a week)
- **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 TEL 0893-44-3790
2020 Uchiko, Uchiko, Kitagun, Ehime (Uchiko town visitor centre)

Please visit our website for more tourism information about Uchiko!



Nanyo Cycle Oasis (registered cycle friendly places)

- **Roadside Station Uchiko Fresh Park KaRaRi**
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 Saseragi**
251-1 Teramura, Uchiko (H-5) ☎0892-52-3023
- **Stella Mira Lodge** 898 Ronden, Uchiko (B-5) ☎0893-44-5987
- **FFC sandwich & coffee**
2540 Kawanouchi, Uchiko (B-4) ☎0893-57-9802
- **Namihei 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

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

*It is within the enlarged map.

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, 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-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.

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!



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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 Sanshi

*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 Kakiyara River I Roadside Station Uchiko Fresh Park KaRaRi (farmers market)



Recommended rental bike



A Ryuo Park



D Okamori Shrine



E Machinami (Townscape) Preservation District

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.



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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.



Recommended rental bike



C Ishidatami Seiryuen Watermill Park



D Yuge Shrine



E Ishidatami Higashi Weeping Cherry Tree

Other points of interest

- F Koshoji Temple (Reclining Buddha)
- G Ishidatami no Yado Inn H Kawaji Natural Spring

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.



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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

Other points of interest

- A Tokiwa Covered Bridge

C Misogi no Sato (Old Misogi Elementary School)

COURSE 3a Terraced Rice Fields of Izumidani and Darari Gongen Adventure Course

Hard ★★★ START & GOAL / Misogi no Sato (Old Misogi elementary school)
Distance / 14km return Elevation gain / 450m
Required time/ 1-2 hours *Departing from Misogi

One of the top rice terrace examples in Japan, Izumidani rice terrace makes a great extension to the Misogi loop or an excellent ride on its own, starting from Misogi no Sato Old School House. During the early summer months the sunset is reflected in the water of the terraces creating a beautiful view. If you have time you can also make the short hike to Darari Gongen, a shrine on top of a giant rock (accessible via a steep route with chains) founded as a place of worship for Mt Ishizuchi.



A Izumidani Terraced Rice Fields



B Darari Gongen



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.



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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 Saseragi

Other points of interest

- A Roadside Station Uchiko Fresh Park KaRaRi (farmers market)
- C Ikadaya (accommodation) E Oyado Ninomiya (accommodation)



Recommended rental bike

COURSE 4a Terraced Rice Fields of Kamigawa Course

Hard ★★★ Required time/ 1-2 hours *Departing from Oda
START & GOAL / Uchiko Town Council Oda Branch
Distance / 18km return Elevation gain / 200m

Follow the old road through Oda and further up the valley to the Kamigawa district, passing a beautiful shrine with a giant tree that has a long history in the area. If you have the energy, why not climb the hill and get a view of the terraced rice fields from above?



C Kamigawa Terraced Rice Fields



B Yakushi Giant Ginkgo Tree (Yakushido)

Other points of interest

- A Chichide Giant Ginkgo Tree (Mishima Shrine)
- D Hirose Shrine

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.



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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



B Mawari Iwa Campsite



C Oda Miyama Valley



Recommended rental bike

COURSE 6 Okubi Pond and Aino no Hana Scenic Course

Hard ★★★ START & GOAL / JR Uchiko Station
Required time/ 3-4 hours Distance / 46km Elevation gain / 800m

Visit a beautiful mountainside pond while admiring the stunning countryside scenery of Uchiko. After turning off route 379, signposted for Tateishi, the road climbs steeply in places, but the breathtaking views make it worth the effort. At the end of the ride, you will pass through the Ikazaki district, known for the production of Ozu washi paper. If you have time, please drop into the gift shop at the paper factory to see the Japanese paper products.



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If you visit in the spring, don't miss the beautiful dome-shaped weeping cherry tree Aino no Hana.



A Okubi Pond



B Aino no Hana



C Ikazaki District

