

Circling the Shimabara Peninsula

Distance: 106 km Elevation change: 806 m

This route consists of a full circuit around the nature-rich Shimabara Peninsula, allowing you to enjoy not only flat sections but also elevation changes. Completing the approximately 106-kilometer route is sure to bring a tremendous sense of accomplishment. Start from a location that suits your circumstances and aim to complete the entire route! * A clockwise direction is recommended. Shimabara Port → Roadside Station Himawari → Seiki no Izumi → Hara Castle Parking Lot → Kuchinotsu Port → Kazusadoro Park → Hamayurix → Obama Onsen → Midori Tunnel/Futtsu Port → Chijiwa Agricultural Products Direct Sales Store → Aino Yume Mirai Center → Mizuho Sukoyaka Land → Taira Port → Onohama Athletic Park → Shimabara Station → Shimabara Port



Obama (Unzen) sightseeing

Distance: 36.1 km Elevation change: 689 m

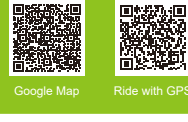
This route starts at the steamy Obama Onsen and takes you through breathtaking views of Tachibana Bay, Midori Tunnel, and popular spots such as Futtsu Port. Along the way, you can visit Tachibana Shrine and enjoy the Chijiwa and Aino areas. There are also opportunities to relax at Obama Onsen and take advantage of overnight accommodations. Hot Foot 105 → Kanahama Fault/Kanahama Megane Bridge → Obama Onsen Town → Midori Tunnel/Futtsu Port → Chijiwa Coast (seaside cycling) → Aino Observation deck → Chijiwa Observation deck → Tachibana Shrine/Tachibana Park → Hot Foot 105

Unzen City

Shimabara sightseeing

Distance: 43.9 km Elevation change: 914 m

This route allows you to experience the majestic nature of Mt. Unzen Fugen-dake, a symbol of the Shimabara Peninsula, while also enjoying popular spots such as Omisaki Station, riding parallel to the Shimabara Railway, and taking in views of the Ariake Sea. It includes Shimabara Onsen and accommodation options. Shimabara Port → Mt. Mayuyama Road (Nita Observation Area, Heisei-shinzan Nature Center, tour of a disaster-stricken area) → Hibaruyamahana Park → Ariake no Mori Flower Park → Taira Port → Omisaki Station → Shimabara Port



Shimabara City

Tachibana Bay

Minamishimabara City

Ariake Sea

Crossing the mountains of the Shimabara Peninsula

Distance: 108 km Elevation change: 2,519 m

This hill-climbing route cuts across the peninsula. You'll set out from Shimabara Port and reach a maximum elevation of 950 meters. The route passes through Unzen Onsen along the way. Enjoy a combination of relaxing hot springs and breathtaking natural scenery on this ride. Shimabara Port → Mayuyama Road Observation deck → Heisei-shinzan Nature Center → Hibaruyamahana Park → Kureishibaru Park → Ariake no Mori Flower Park → Tashirobaru Trail Center → Unzen Onsen (Unzen Visitor Center) → Eco Park Ronshobaru → Unzen Suwanoike Visitor Center → Obama Marine Park → Chijiwa Agricultural Products Direct Sales Store → Isahaya City → Nagasaki City → Megami Ohashi Bridge (Nagasaki City)



Bicycle and Pedestrian-Only Road Sections of this road remain under construction (please detour to the national highway). It's gradually being opened to shared use.

For detailed information, please visit the City of Minamishimabara's website.



Minamishimabara sightseeing

Distance: 41 km Elevation change: 774 m

This course allows you to enjoy the charm of a local geopark while feeling the refreshing sea breeze. A swing at the beach, Futagoiwa, and terraced fields offer picture-perfect scenery. With the World Heritage site "Hara Castle Ruins" along the route, you can experience a blend of nature, history, and hot springs. Kuchinotsu Port → Kazusa Maehama Beach → Futagoiwa → Minami Kushiya Terraced Field Observation Deck → Suwa-no-ike Pond → Arima Christian Heritage Museum → Hara Castle Ruins → Kuchinotsu Port



Legends

- Restrooms
- Information
- Drinks
- Bicycle rack
- Inn that welcome cyclists
- Cycle shop that can perform repairs

What's an "inn that welcomes cyclists"?

Inns that welcome cyclists meet all of the following criteria:
• Bicycle storage is available. (Bicycle parking, lockable spaces, or indoor storage)
• Maintenance tools for sport cycling are available.
(Air pumps, tools, etc.)

