

# Cycling OITA

## GUIDE BOOK



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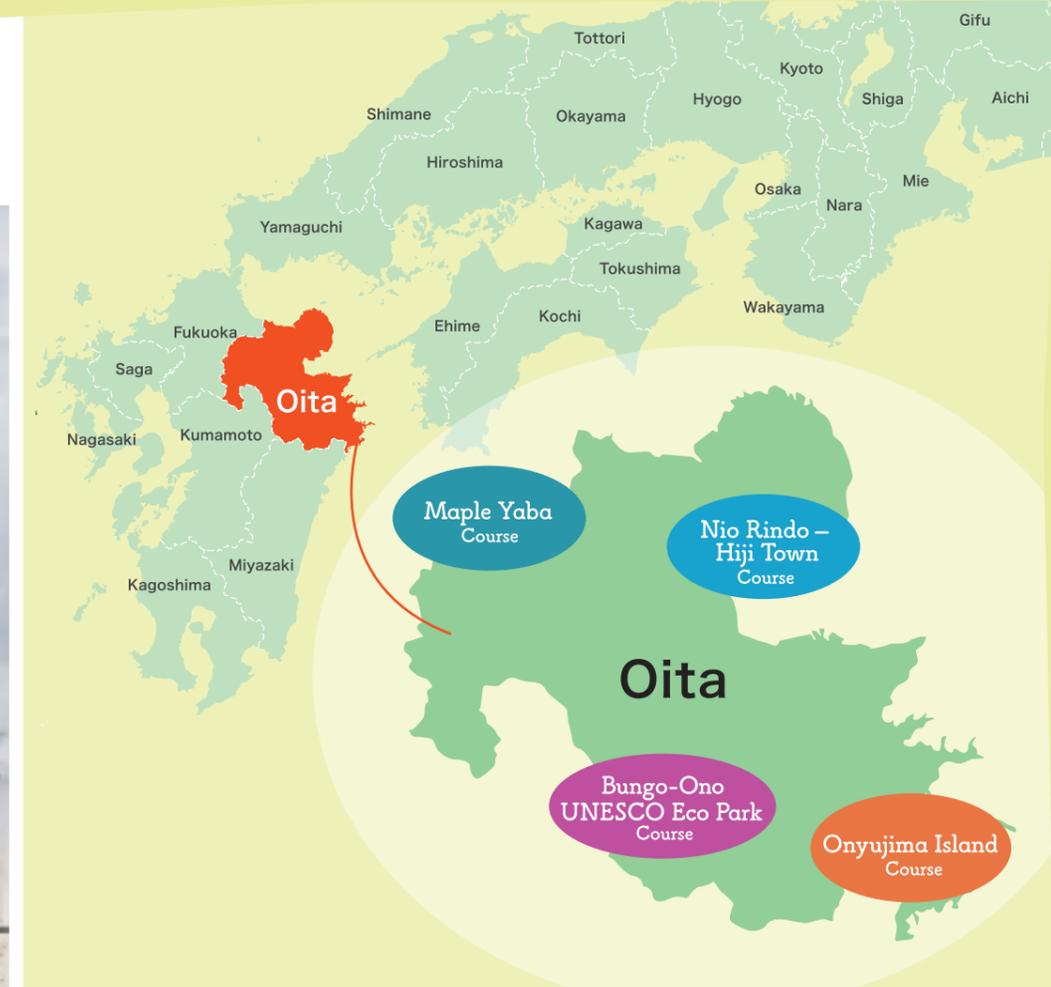
Website

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# A Ride That Grows on You

— Oita, Connected By Cycling



Discover cycling at its finest in Oita Prefecture, Japan's onsen capital, home to more natural hot springs than anywhere else in the country. Breathe in the fresh air as you ride along Beppu Bay, with the majestic Kujū mountain range rising all around, or explore 1300 years of living history on the Kunisaki Peninsula. Savor fresh mountain and ocean flavors across 18 unique towns and villages. When your legs feel the burn, there's always a relaxing hot spring nearby. The views you'll see, the people you'll meet, and the history you'll feel while cycling through Oita will undoubtedly become part of your most precious memories. A wonderful adventure awaits.

**access**

**Flight**

- Tokyo (Narita)→Oita Airport: Approx. 1.5 hrs
- Tokyo (Haneda)→Oita Airport: Approx. 1.5 hrs
- Itami Airport→ Oita Airport: Approx. 1 hr

**Ferry**

- Osaka South Port→Beppu Port: Approx. 12 hrs
- Kobe Port→Oita Port: Approx. 11.5 hrs
- Yawatahama Port→Beppu Port: Approx. 3 hrs

**Bus**

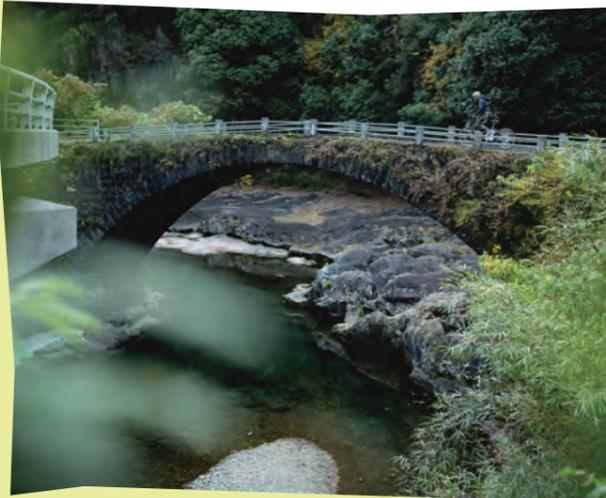
- Hakata→ Oita City: Approx. 2.5 hrs

**Airport Access Bus**

- Oita Airport→Oita City : Approx. 1 hr
- Oita Airport→Saiki City : Approx. 2 hrs

**Train**

- Hakata→ Oita Station: Approx. 2 hrs



Distance	Travel time	Elevation gain	Difficulty
About 28 km	About 4-5 hours	436 m	★★★

# Bungo-Ono UNESCO Eco Park Cycling Course

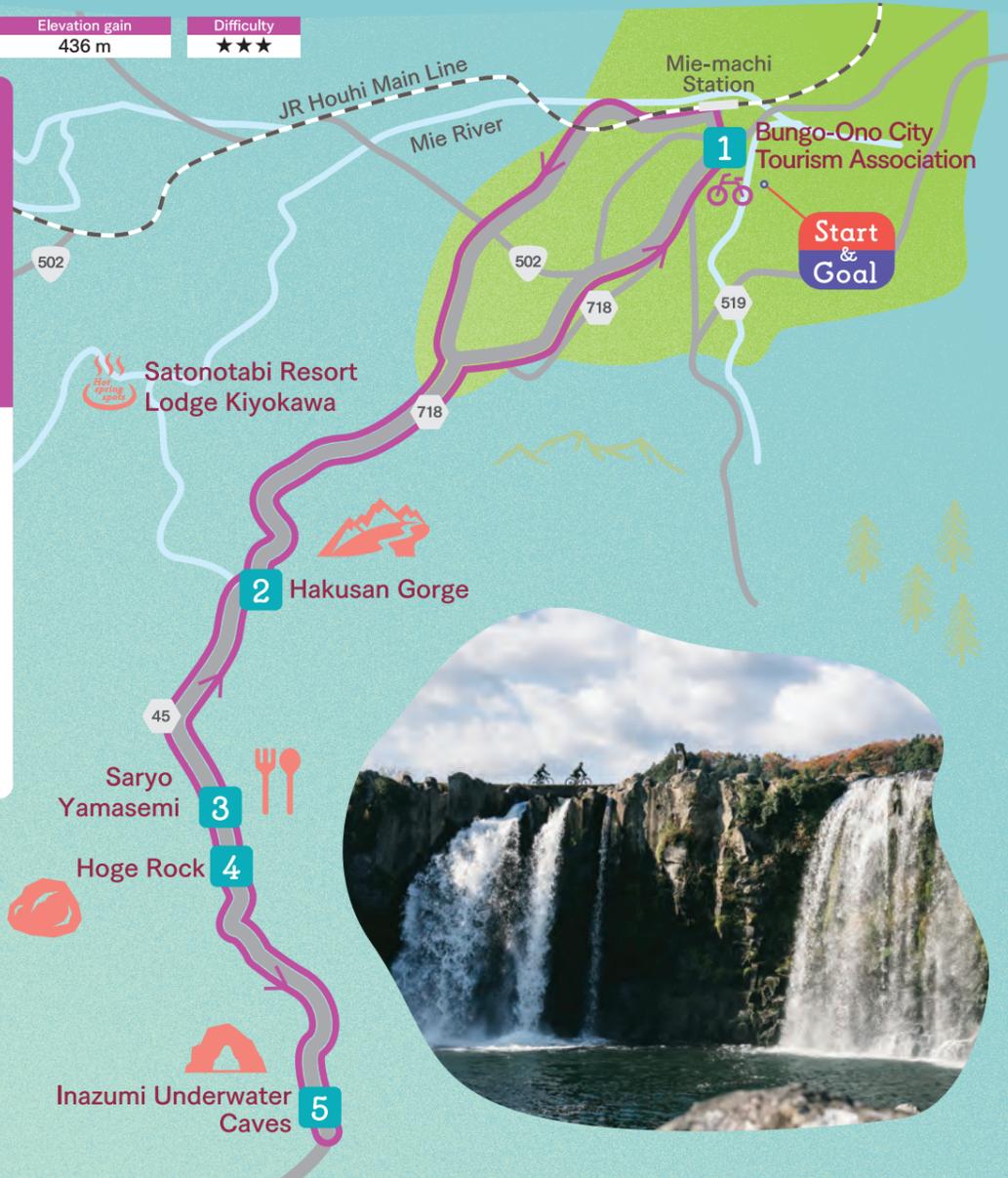
Cycling through Bungo-Ono, a UNESCO Ecopark, you are met one after another by cool clear streams, dramatic cliffs and caves shaped by ancient volcanoes, and gentle rural landscapes. With an e-bike handling the hills, you're free to absorb it all: shifting light, changing breezes, the connection between nature and history is woven into this landscape. The more you ride, the more stories of this place quietly infuse your heart.



- Rental cycle
- Cycling route
- Railway
- National highway
- Prefectural road



1km



## 1 Bungo-Ono City Tourism Association

- 9:00 AM - 5:00 PM closed New Year Holidays
- 2930 Akamine, Mie-machi, Bungo-Ono City (Inside JR Mie-machi Station)
- +81 974-27-4215
- @satonotabii

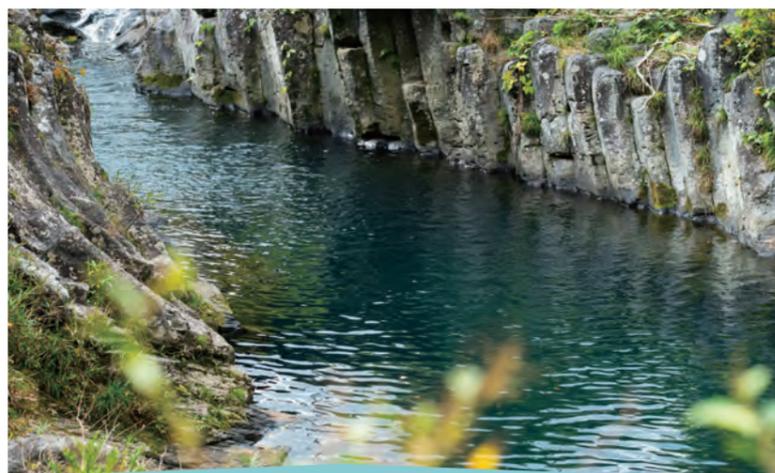
Right next to Mie-machi Station, the tourist association is your cycling gateway: e-bikes ready to rent, friendly staff ready to help. Inside, you'll find maps and information galore about Bungo-Ono. It enhances the feeling of joy to spread out a big map and plot your own route. That sense of possibility, of choosing your own adventure, adds an extra spark of excitement to the ride ahead. It's the perfect launching pad for a great day on two wheels.



## 2 Hakusan Gorge

- Nakatsumure River, between Mie-machi and Kiyokawa-machi, Bungo-Ono City

This delightful stretch runs alongside the Hakusan River, one of Japan's top 100 pristine waters. At cycling pace, you can really appreciate the dramatic columnar jointing from ancient volcanic flows along the riverbank, and catch the play of light dancing on the water's surface. Pull over for a breather and fill your lungs with clear air that feels impossibly clean. The arched stone bridges dotting the valley connect you not just across the river, but across time, to generations who've cherished and protected this crystal-clear waterway.



## 3 Saryo Yamasemi

- 11:00 AM - 2:30 PM Reservation Only
- 3675 Fushino, Kiyokawa-machi, Bungo-Ono City
- +81 90-5029-4452
- +81 974-35-2862

Follow the sinewy road and you'll find this local favorite tucked along the gorge. The signature Yamasemi Set brings you rare treats: seasonal river fish, game meat, handmade konjac, ingredients you don't encounter every day. The menu changes with the seasons, you'll have to come back to try it all. Inside you're greeted by a homey atmosphere that invites you to slow down and savor both the food and the moment.



## 4 Hoge Rock

### Hoge Rock

- Nakatsuru, Mie-machi, Bungo-Ono City

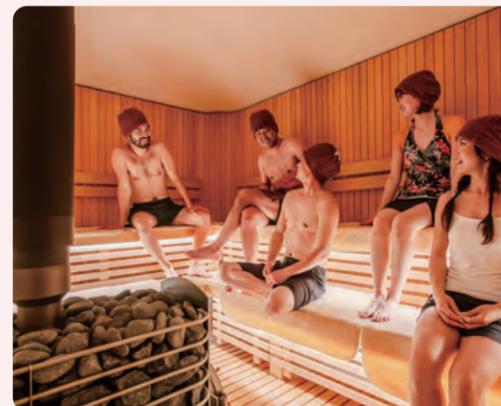
Legend says a demon punched this hole straight through the rock, and standing before Hoge Rock, you can almost believe it. The sheer presence of this formation, coupled with the gentle rush of the river echoing through the space almost imposes contemplation. Linger long enough and you'll feel wrapped in geological time, like touching something old. In summer however, locals bring their kids to splash and discover something new.



## Satonotabi Resort Lodge Kiyokawa

Bungo-Ono may lack natural hot springs, but it's made a name as a "sauna town" instead. Here you can experience the Japanese take on Finnish-style sauna, letting the steam of löyly slowly raise your body temperature before bathing into the pristine river right outside for an invigorating cool-down. The shock of crystal-clear cold water, the sound of the current, the deep breath you can't help but take, it's pure bliss. This is where sauna culture and nature fusion, and where "totonou" (that perfect post-sauna zen) takes on new meaning.

- 9:00 AM - 6:00 PM
- 158 Utaeda, Kiyokawa-machi, Bungo-Ono City
- +81 974-35-3601
- @lodgekikyokawa



Hot Springs to Visit After a Ride

## 5 Inazumi Underwater Caves

- 9:00 AM - 5:00 PM
- 300 Nakatsuru, Mie-machi, Bungo-Ono City
- +81 974-26-2468
- @inazumi\_official

This flooded limestone cave, submerged by ancient activity from the Aso Volcano, is a rarity even in Japan. Inside awaits another world: cool air, the quiet drip and trickle of water, time crawling still. The stalactites glowing softly through crystal-clear water create a beauty that challenges description, you simply have to see it. After hours in the saddle, this ethereal space offers something unexpected: a chance to reset, to breathe differently, to carry forward with you a profound memory.



# メイプル 耶馬サイクリングコース

かつて列車が走っていた旧耶馬溪鉄道の跡をたどるサイクリングルート。鉄橋や小さなトンネルを抜けるたび、荒々しい岩肌の山並みや季節に色づく木々、田園の広がりなど耶馬溪らしい景色が表情を変えて現れます。かつての面影と今の静けさが重なり、自然と歴史の余韻をゆっくり味わえる道です。



- 🚲 レンタルサイクル
- サイクリングルート
- 鉄道
- 📍 国道
- 📍 県道



1km

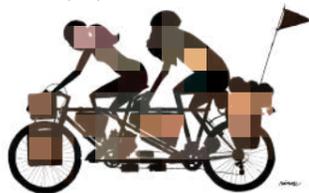


## 1 耶馬溪サイクリングターミナル

- 🕒 8:30~17:00 (🌞 火曜日(12月~2月)、水曜日)
- 📍 中津市耶馬溪町大字柿坂353
- ☎ 0979-54-2700

約220台の自転車を備えるサイクリング拠点。ロード、クロス、電動アシスト、キッズバイク、タンDEMなど多彩な種類から、自分に合う一台を選べます。初心者から上級者まで、幅広い世代にやさしいラインナップが魅力です。澄んだ空気の中、ここからペダルを踏み出す瞬間にワクワクが広がる。サイクリングの旅のスタートにふさわしい場所です。

※2027年度から、耶馬溪コミュニティセンターでレンタサイクルの利用が可能になります。(予定)



## 2 第二山国川橋

- 📍 中津市耶馬溪町大字栃木
- ☎ 0979-54-3111

大正時代に架けられた旧耶馬溪鉄道の鉄橋を、自転車でそのまま走れる貴重なスポット。かつて列車が見ていたのと同じ視線で川を見下ろすと、風が一気に頬をかすめ、胸がすっと広がる感覚に。鉄のリベットや古い桁の質感を間近に感じながら進む道は、まさに歴史の上を駆け抜ける体験です。サイクリングの気持ちよさを引き上げてくれる、このコースならではの特等席。



## 3 三福屋 台酒店

- 🕒 7:00~21:00
- 📍 中津市耶馬溪町大字三尾母4-1
- ☎ 0979-54-2117
- 📷 @daisaketen



100年以上の歴史を持つ酒屋。昔から祭りや伝統行事に欠かせないお酒を守り続け、今も地域にとって大切な存在です。店先では、自家製のうめドリンクや、ノンアルでもカクテル気分を味わえる特製ドリンク、地元で焙煎された炭火コーヒーを楽しめます。サイクリングの途中にひと息つくのにぴったり。外のカウンター席で、広がる耶馬溪の山々を眺めながら過ごせる場所です。



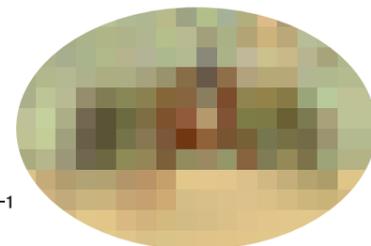
## 5 耶馬溪橋 (オランダ橋)

- 📍 中津市本耶馬溪町曾木
- ☎ 0979-52-2211

日本で唯一の8連アーチを持つ石造りの橋。大正時代に造られ、今も美しい曲線が川の上に伸び、国の重要文化財に指定されています。自転車で近づくと、重厚な石積み質感と、水面に映るアーチの影が静かに迎えてくれます。橋の上から眺める山々は開放感に満ち、ペダルを止めて深呼吸したくなる景色。歴史と自然が溶け合う瞬間を味わえる、立ち寄り価値のあるスポットです。

# 4 耶馬の森

- 🕒 9:00~18:00 (🌞 水曜日)
- 📍 中津市本耶馬溪町曾木1618-1
- ☎ 0979-52-3356
- 📷 @yabanomori



すべて職人の手で丁寧に作られたハムやソーセージが並ぶ「耶馬の森」。ふわりと広がる燻製の香りと、肉本来の旨みをしっかり感じられる味わいは格別です。その素材を使ったホットドッグは、走り続けた身体にちょうどいい満足感で、サイクリストにぴったりの一品。外のベンチで森の風を感じながらひと休みしたくなる、立ち寄り価値のあるスポットです。



## どろろ乃湯

山あいにひっそりと建つ温泉。泉質はしっかりと肌に馴染むぬる湯で、42~43度のやさしい温度が心と身体をゆるめてくれます。静寂の中、湯面のかすかな音だけが耳に届き、時間がゆっくり流れるような感覚に。道中の里山では畑や田園風景が広がり、車の行き来も少なく走りやすい道です。岩肌の景色や自然音を味わいながらたどり着く温泉。併設のお食事処で食事を楽しめます。

- 🕒 平日11時~18時(食事L.O.17時)
- 🕒 土日祝 10時~18時(食事L.O.17時)
- 📍 中津市耶馬溪町大字山移5927
- ☎ 0979-5512080
- 📷 @torononnu



走ったあとに寄りたいたい湯処

Distance	Travel time	Elevation gain	Difficulty
About 20 km	About 2.5-3 hours	Flat	★☆☆

# Onyujima Island Cycling Course

Just a seven-minute ferry ride from central Saiki, Onyujima Island is a small island where time moves gently. As you step off the boat, the sea breeze and quiet rhythms of daily life welcome you. Cycling around the island, you'll find warm hospitality, from cyclist-friendly lunches to hands-on plant-dyeing experiences with locals. The short boat trip itself adds to the charm, offering a relaxing insular journey.



- Rental cycle
- Cycling route
- Railway
- National highway
- Prefectural road

Yayoi no Yu Hot Spring



1km



## 1 Saiki City Tourist Information Center

- 9:00 AM - 6:00 PM Bike rentals available until 5:30 PM
- Closed New Year Holidays
- 2-6-37 Ekimae, Saiki City
- +81 972-23-3400
- @saiki\_tourism

Your cycling trip to Onyujima Island begins here. Located beside JR Saiki Station, the visitor center offers a strong lineup of about 45 rental bikes, including 30 e-bikes, the largest selection in the region, as well as cross bikes and even wheels for the little ones. The staff provide helpful local tips, making this center the perfect place to prepare before pedaling toward the seaside town. The best spot to start your journey with confidence.



## 2 Onyujima Island Ferry

- Saiki Port ↔ Onyujima Island
- 13 ferry services per day
- 18-2 Kazuraminato, Saiki City
- +81 972-23-2880

The ferry to Onyujima Island adds excitement to your cycling trip. You can bring your bike onboard, and in about ten minutes the short cruise gently carries you away from the harbor. This is a working ferry too, one the islanders rely on every day. It's a small thing, but sharing the ride with locals makes the journey feel like slipping into the rhythm of the place.



## 4

### Umi no le Ajimo

- 11:00 AM - 3:00 PM
- Weekdays only
- 860-2 Katagamiura, Saiki City
- @yamamomo\_kai

The island's traditional yamamomo juice has a delicate sweetness and a light fizz that refreshes you as you cycle. The plant-dyeing workshop (reservation-only) lets you work alongside the local "Yamamomo Mothers," offering a warm, experience of the Island life. In the laid-back atmosphere with sea breezes drifting through, even simple chats with locals become cherished travel memories.



## 5 Funakakushi

Katagamiura, Saiki City

Park your bike and walk a short path through the forest to reach Funakakushi, a quiet inlet once used to shelter boats from the wind. As you pass through the trees, the view suddenly opens to calm water shimmering softly in the light. Peer into the crystal-clear shallows and you'll spot fish gliding past, nature's own aquarium. It's one of those hidden corners where Onyujima Island reveals its true character, unhurried and unspoiled.

\*Bicycles are not permitted beyond this point.



## Yayoi no Yu Hot Spring

With indoor baths, open-air baths, and a sauna, a cold plunge, this hot spring gently relaxes your body after a long ride. Beyond the rising steam, mountain ridge lines come into view, while the wind moving through the trees invites a deep, quiet breath. The nearby market offers local specialties and a small eatery, making it an ideal place to unwind and savor the afterglow of your journey.

- 10:00 AM - 9:00 PM (Last admission 8:20 PM)
- Closed Second Tuesday of every month
- 898-1 Kamiogura, Yayoi, Saiki City
- +81 972-46-5841
- @saiki\_uminoichiba\_maru



Hot Springs to Visit After a Ride

## 3

### Onyujima Shokusai-kan

- 9:00 AM - 5:00 PM
- Closed Wed and New Year Holidays
- 1059-11 Kuboura, Saiki City
- +81 972-24-8550

This is the island's only lunch spot, an easy place to stop during your cycling trip around Onyujima Island. The menu features set meals made with seafood caught around the island. The reservation-only "Oile Set" is boasting fluffy fried horse mackerel, Saiki's local ryūkyū marinated fish, and Onyujima oysters all on one plate. With palm trees by the shore and wide ocean views, it's an ideal place to pause and enjoy the sea.



\*Oile is a Korean-born trekking trail focused on nature and culture, with Onyujima Island included as one of its routes.



Distance	Travel time	Elevation gain	Difficulty
About 10 km	About 4–5 hours	125 m	★☆☆

# Nio Rindo – Hiji Town Course

Hiji, a former castle town shaped by the shimmering light of Beppu Bay and its abundant spring water, offers gentle moments to those who explore it by bicycle. As you ride through quiet backstreets, the warmth of daily life, preserved culture, and subtle breath of nature draw near. It is a place where refined simplicity lives quietly. Pedaling through scenery that captivates both locals and visitors, you can slowly melt into the town's peaceful rhythm.



- Rental cycle
- Cycling route
- Railway
- National highway
- Prefectural road



1km



## 1 Ninomaru-kan (Tourist Information Center)

- 8:30 AM – 5:00 PM
- New Year Holidays
- 2612-1 Hiji Town
- +81 977-72-4255
- @hiji\_tourism

Ninomaru-kan serves as the gateway to cycling in Hiji. You can rent a bicycle, gather local travel information, and browse regional specialties before setting off. Inside the former castle-town building, you'll immediately feel the warm spirit and dedication of the local community. And, once you're ready to ride, the gentle sea breeze may give you a quiet push forward, it's a perfect place to begin your journey.



## 2 Hiji Castle Ruins

- 2610-1 Hiji Town
- +81 977-73-3222
- (Hiji Town Board of Education – Cultural Properties Section)

The stone walls of Hiji Castle rise before you, built over 400 years ago, they've stood watch over this town through the centuries. From the castle park's pavilion, sweeping views open up: Beppu Bay glittering below and the elegant ridge of Mount Takasaki beyond. Today, an elementary school occupies the former castle grounds, and you might catch the faint sound of its bell on the breeze. Here, the sea wind blows open a window into Hiji's living, breathing everyday life.



## 3 nico Donuts Hiji

- 10:00 AM – 5:00 PM Thu
- 782 Toyooka, Hiji Town
- +81 80-3378-4125
- @nico.oita.hiji

On your ride, nico Donuts is the perfect stop when you're craving something sweet. Created from the owner's wish to make treats that are both tasty and gentle on the body, their treats use soy paste giving them a mild sweetness and pleasantly chewy texture. Simple classics or seasonal flavors, choosing is part of the fun. If your timing is right, you may even enjoy one freshly made at the Hiji shop.



## 4 Yatsushima Shrine

- 5414 Toyooka, Hiji Town
- +81 977-72-3168 (Priest's residence)

Through narrow backstreets and gentle slopes, pedal to find this quietly hidden shrine with over 1290 years of history. Stone pathways lead you into an atmosphere filled with deep stillness of tradition. A second approach on the west side offers a different view, adding to its charm. Listening to the wind through the trees, your mind naturally settles in this peaceful corner of Hiji.



## Costa del Sol Hiji

This quiet hot spring sits at the edge of town, offering an unforgettable view from its private open-air baths. Beppu Bay below, Mount Takasaki across the water, a painting spread before you. The only sound is the soft rhythm of waves reaching the shore. As you soak, both body and mind slowly unwind. It is a serene place to savor the final moments of your journey, a perfect ending to a day of cycling in Hiji.

- 11:00 AM – 9:00 PM (Weekends & Holidays only)
- 4144-1 Kawasaki, Hiji Town
- +81 977-28-0220
- @costa\_delsolhiji



Hot Springs to Visit After a Ride

## 5 Curry & Omrice MIND'S

- Lunch: 11:30 AM – 3:00 PM (L.O. 2:00 PM)
- Dinner: 5:30 PM – 9:00 PM (L.O. 8:00 PM)

- Tue
- 2701-1 Hiji Town
- +81 977-73-2379
- @minds\_hiji

A long-loved local restaurant offering hearty Western-inspired dishes, perfect for recharging during your ride. It began as a humble curry shop, but its signature plates now include omelets and Salisbury steak. The house specialty, a Salisbury steak served with white wine sauce, blends the sweetness of simmered vegetables, gentle acidity, and a hint of spice, creating a flavor found only here. A satisfying meal that sends you back on the road with renewed energy.

