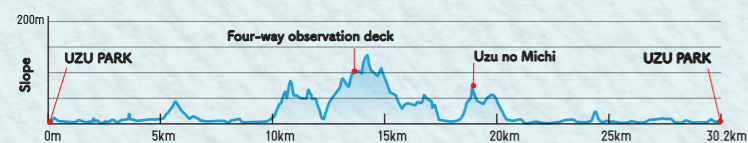


A Naruto Skyline Tour Course

This course allows you to take in the sights of the Naruto Strait while cycling. There are many great photo opportunities, such as the Uchino Sea as seen from Naruto Skyline, and the Onaruto Bridge as seen from the observatory at Naruto Park.



Base **UZU PARK cycle station (boat race Naruto)** Total Distance **30.2 km** Elevation Gain **425 m**

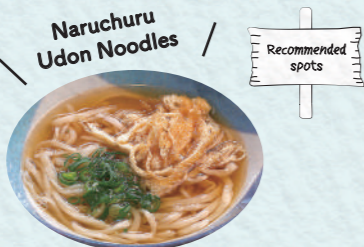
Length **About 2 hours**

Access **• 8 minutes by bicycle from Naruto Station**

Warning **• The Naruto Skyline has a lot of motor traffic and curved roads.
• Be careful not to run too fast to downhill around Naruto Park.**



Uchino Sea seen from the four-way observatory



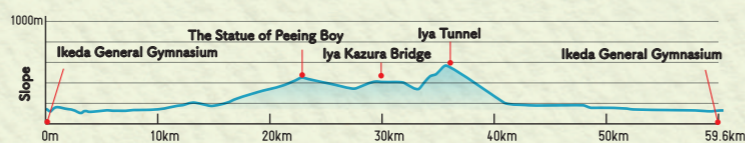
Naruto red snapper



Naruto Skyline

B Iya Valley Enjoyment Course

This western Tokushima course boasts the seasonal beauty of Iya Valley. The rapid streams and cliffs that line the Shikoku mountains on this course are a sight to see. The autumn leaves are especially stunning.



Base **Ikeda General Gymnasium** Total Distance **59.6 km** Elevation Gain **925 m**

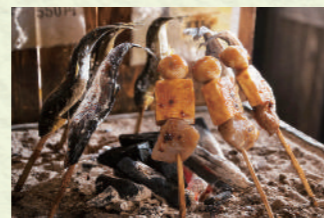
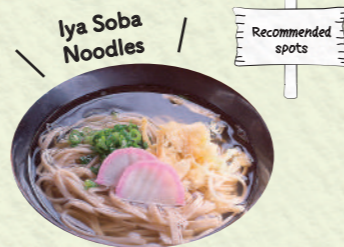
Length **About 4 hours**

Access **• About 5 minutes by bicycle from Awaikeda Station
• About 2 hours by car from Tokushima Station
• 8 minutes by car from Ikawaikeda IC**

Warning **• Be careful of the narrow area around the statue of Peeing boy.
• Be careful not to go too fast downhill from Iya tunnel.
• There are some falling rocks and grating.**



Kazura Bridge



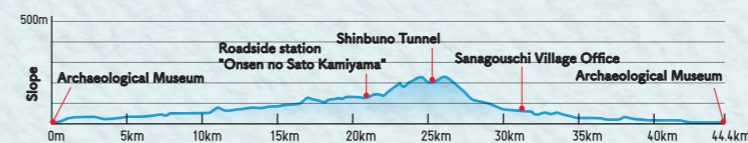
Dekomawashi (Local specialty dish)



Iya Valley (Hinoji Valley)

C Kamiyama Healing Road Course

This course brings you through the forest, alongside the Akiu river. There are a number of soothing locations such as waterfalls and plateaus on this course. With few cars and abundant scenery, it is a great course for relaxing and taking it easy.



Base **Tokushima City Archaeological Museum Roadside station "Onsen no Sato Kamiyama"** Total Distance **44.4 km** Elevation Gain **417 m**

Length **About 3 hours**

Access **• About 5 minutes by bicycle from Fuchu Station
• 20 minutes by car from Aizumi IC**

Warning **• Be careful of the curve with poor visibility at the incline.
• Shinbun tunnel has a narrow sidewalk and poor visibility, so you should turn on your light.**



Dainichi Temple



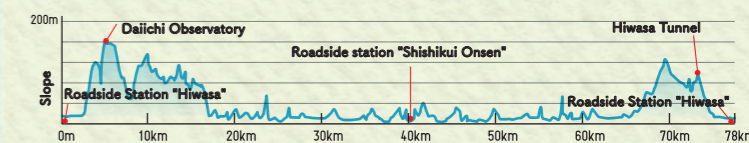
Sudachi citrus



Kamiyama cherry blossom road

D Sunline Tokushima Southern Coastline Course

On this course, you can take in the beauty of the coastline and the Pacific Ocean from the southern Awa Sunline. In addition, you can take in the atmosphere of Takegashima island, visible from Kaiyo Town on this course.



Base **Roadside Station "Hiwasa"** Total Distance **78 km** Elevation Gain **924 m**

Length **About 5 hours**

Access **• 1 minute by bicycle from Hiwasa Station
• 3 minutes by car from the Hiwasa road Exit**

Warning **• Be careful of the curves at southern Awa Sunline.
• Be careful not to go too fast downhill from Hiwasa Tunnel.**



Hiwasa Sea turtle Museum



Kaizoku Food (Local special seafood)



Tokushima Southern Coastline