

HITOYOSHI KUMA CYCLING MAP (English version)



人吉・球磨
風水・祈りの浄化町
HITOYOSHI KUMA

Bicycle Rentals

Name	Nearest Station	Hours	Phone
1 Kumagawa Railroad	Hitoyoshi Onsen (JR Hitoyoshi)	9:30-17:00	0966-23-5011
2 Hitoyoshi Craft Park	Higo-Nishimura	9:00-17:00	0966-22-6700
3 Nishiki Secret Base Museum	Higo-Nishimura	9:00-16:00	0966-28-8080
4 Okadome Kofuku Station Shop	Okadome Kofuku	8:30-17:00 (Closed Thurs)	0966-45-6604
5 Kuma Village Tourism Info Center	JR Isshochi	8:30-16:00	0966-32-0019
6 Yutopia Exchange Center	Yunomae	9:00-17:00	0966-43-4143
7 Blue Train Taragi	Taragi	9:00-17:00	0966-42-1120
8 Keiryu Villa Itsuki		9:00-17:00 (Closes at sundown)	0966-29-8055
9 Taragi Cultural Properties Center - Kodai no Kaze Kuro no Kura	Higashi-Taragi	9:00-17:00 (Closed Mon)	0966-42-7520

Contact each bicycle rental shop directly for details on services offered.

Cycle Stations

- 14 Kuma Village Tourism Center 379-1 Ko, Isshochi, Kuma
 - 15 Kuma Region Promotion Bureau 86-1 Nishiaida Shimomachi, Hitoyoshi
 - 16 Kumariwa Exchange Center 4-2 Sagaramachi, Hitoyoshi
 - 17 Ichibu Hiraiwa Cycling Route restrooms Ichibu, Nishiki (north of Kuma River Upstream Purification Center)
 - 18 Nishiki Secret Base Museum 2-107 Kinoo Nishi, Nishiki
 - 19 Asagiri Station (Poppo-kan) 1482-2 Menda Higashi, Asagiri
 - 20 Kuma Tourism Center Doyama, Kuma, Taragi
 - 21 Taragi Ebisu Produce Market 1534-4 Taragi, Taragi
 - 22 Fujita Shoten 63 Otsu, Mae, Yamae
 - 23 Sangaura Country Activity Center 629-3 Otsu, Sangaura, Kuma
 - 24 Akai Yane (Restaurant) 3468-1 Okobamachi, Hitoyoshi
 - 25 Kofuku Onsen 1408-1 Kobutchomachi, Hitoyoshi
 - 26 Ichifusa Dam Control Station 3-6 Iwano, Mizukami
 - 27 Kuma Cycle Center 1413-1 Kamibayashimachi, Hitoyoshi
 - 28 Familymart - Hitoyoshi Nishiki-machi Nishi 3604-130 Nishi, Nishiki
 - 29 Familymart - Hitoyoshi Interchange 611-1 Onigimachi, Hitoyoshi
 - 30 Familymart - Hitoyoshi Tsuruda 865-1 Tsurudamachi, Hitoyoshi
 - 31 Familymart - Kuma Asagiri Uekita 19-1 Uekita, Asagiri
 - 32 Familymart - Sun Road City 715-23 Uchigoshi, Oaza Nishi, Nishiki
 - 33 Familymart - Sun Road Sagara 3413-1 Yanase, Sagara
 - 34 Familymart - Sun Road Menda 1256-17 Menda Higashi, Asagiri
 - 35 Familymart - Sun Road Eki 1591-1 Taragi, Taragi
 - 36 Familymart - Sun Road Taragi 2793-7 Taragi, Taragi
 - 37 Hassenba 333-1 Shimoshinmachi, Hitoyoshi
 - 38 Mizukamiso/Cafe On The Water 1619 Yuyama, Mizukami
 - 39 Itsuki Tourist Info Center 2672-54 Ko, Itsuki
- Contact each cycle station directly for details on services offered.

Cycle Stations

Look for flags and signs with this logo!

All cycle stations have tourist info, restrooms, vending machines, water, and bike stands.

- Bicycle rentals
- Tire pumps
- Repair tools
- Rest area

- 1 Hitoyoshi Craft Park Ishino Park/Hitoyoshi Roadside Station 1425-1 Akaikeharamachi, Hitoyoshi
- 2 Nishiki Roadside Station 1544-1 Ichibu, Nishiki
- 3 Okadome Kofuku Station Shop 1438 Menda Nishi, Asagiri
- 4 Sakura Zutsumi Park Parking Area Shimozuru, Taragi, Taragi
- 5 Hyakutaro Park Parking Area 1275 Taragi, Taragi
- 6 Yutopia Exchange Center 1822-4 Yunomae
- 7 Yunomae Green Palace 1588-1 Yunomae
- 8 Mizukami Produce Market 47-8 Yuyama, Mizukami
- 9 Sayuri - Sagara Onsen 2136 Fukami, Sagara
- 10 Yumeuta - Itsuki Onsen 2672-54 Ko, Itsuki
- 11 Hataru Onsen & Yukkuri Produce Market 423 Ko, Mae, Yamae
- 12 Maruoka Park Farm Plaza 675-3 Ko, Mae, Yamae
- 13 Kawasemi - Isshochi Onsen 39-2 Otsu, Isshochi, Kuma

Cycling Base (Route Start/Finish)
Itsuki Roadside Station
Altitude: 300.6m

Cycling Base (Route Start/Finish)
Yunomae Station
Altitude: 182.7m

Bicycle icons and arrows are painted along routes in some areas to make it easier to see where cycling routes are located.

Yunomae Route Yunomae-Hitoyoshi Cycling Road

Japan Heritage

A culture of conservation and progression born from 700 years of Sagara rule

The Hitoyoshi-Kuma region developed a unique sense of community and culture through exchange with neighboring regions centuries of leadership under the Sagara clan.

Japan Heritage sites are marked with a ●

CYCLING BASES

Cycling bases have parking and bathrooms and are located at the start, middle, or end of the cycling routes.

Supervised by: Kumamoto Prefecture Cycling Association
Hitoyoshi-Kuma Cycling Club

Contact: Hitoyoshi-Kuma Region Cycling Tourism Promotion Council
86-1 Nishiaida Shimomachi, Hitoyoshi City, Kumamoto, Japan 868-8503
General Affairs, Kuma Region Promotion Bureau
Southern Kumamoto Prefecture Head Office
Phone: 0966-24-4113 Fax: 0966-24-5781

Hitoyoshi Kuma Guide
Tons of info on sightseeing spots, food, activities, accommodations, and more, covering the entire Hitoyoshi-Kuma region!
<https://hitoyoshikumaguide.com/>
Updated 9/2023

Rules for Cycling in Japan

- Keep left** Ride with vehicular traffic, never into oncoming traffic.
- Stop at stop signs** Remember to come to a complete stop. Japanese stop sign ->
- Stay off sidewalks** Bicycles are prohibited on most sidewalks.
- Stay single-file** If riding with a friend, do not ride side-by-side.
- Park in designated areas** Park your bike in designated bicycle parking areas.
- Do not ride your bike after drinking alcohol**

Onsen

Name	Private Baths	Phone
1 Hanamaki Onsen	○	0966-22-6981
2 Nabeya Honkan - Hitoyoshi Onsen		0966-22-3131
3 Sayuri - Sagara Onsen		0966-25-8111
4 Yurari - Yunomae Onsen	○	0966-43-4126
5 Sakura - Iwai Onsen		0966-24-8385
6 Nishiki Onsen Center		0966-38-2074
7 Hotaru - Yamae Onsen		0966-22-7171
8 Tsutsumi Onsen		0966-22-3207
9 Hana no Shou Resort Hotel	○	0966-22-1126
10 Nakagami Onsen		0966-22-5727
11 Hitoyoshi Shinjo Bunka no Mori Shinjo Onsen	○	0966-34-5757
12 Sagarahan Ganjoji Onsen		0966-24-6556
13 Kawasemi - Isshochi Onsen		0966-32-0200
14 Hotel Choyokan		0966-22-2217
15 Takarayu Ryokan (under repair)		0966-23-4951
16 Ichifusa Kanko Hotel		0966-46-0234
17 Motoyu - Hitoyoshi Onsen		0966-24-1950
18 Hitoyoshi Ryokan		0966-22-3141
19 Shimozuki-so - Hakutake Onsen		0966-24-2824
20 Ayunosato		0966-22-2171
21 Kofuku Onsen	○	0966-22-1238
22 Yumeuta - Itsuki Onsen		0966-37-2101
23 Hinokiya Business Hotel - Iwai Onsen		0966-24-8385
24 Asagiri Healthy Land		0966-47-0755
25 Suiranro		0966-23-2361
26 Motoyu - Yuyama Onsen		0966-46-0555
27 Sekitei - Tori Onsen		0966-22-3637
28 Shirasagi-so - Hitoyoshi Onsen		0966-22-3420
29 Tsuten no Yu	○	0966-22-2222

Contact each onsen directly for details on services offered.

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1 KUMA RIVER COURSE

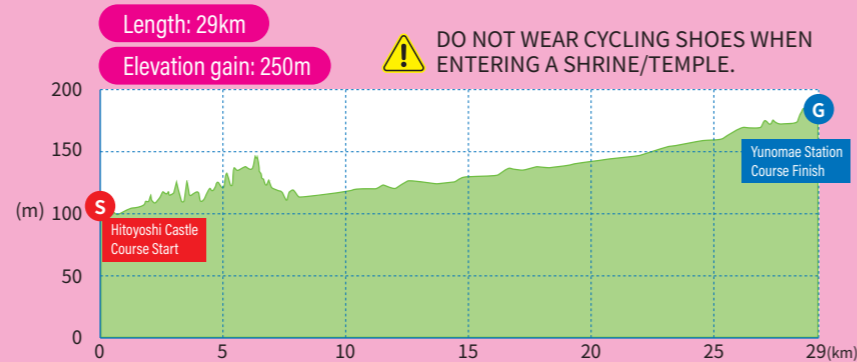
HITOYOSHI CITY, NISHIKI, TARAGI, YUNOMAE, ASAGIRI

This leisurely course follows the Kuma River Cycling Road from Hitoyoshi City to Yunomae and visits a number of the historical and cultural Japan Heritage sites that dot the landscape of the Hitoyoshi-Kuma region.



Site of Hitoyoshi Castle

Hitoyoshi Castle's stone walls are all that remain of the 700 years of Sagara family rule over the Hitoyoshi-Kuma region. The Kuma and Mune Rivers form natural protection around the castle. There is no longer a castle keep, but the castle's remaining stone walls are quite impressive and earned Hitoyoshi Castle the distinction in 2006 of being one of Japan's Top 100 Castles.



Kakui Kannondo

One of the 33 Sagara Kannon Statues, this statue is said to offer protection in childbirth and to one's family. This statue is considered the 22nd of the 33 Kannon statues, but there are actually two #22s (and two #24s as well), for a total of not 33 but 35 statues!



Shorenji Amidado Temple

The thick thatched roof of Amida Temple is a traditional architectural style that dates back nearly a millennium. The large wooden structure was renovated over three years starting in 1994. The temple and the Amida statues housed inside are all designated as National Important Cultural Properties.



2 NISHIKI TO YUNOMAE COURSE

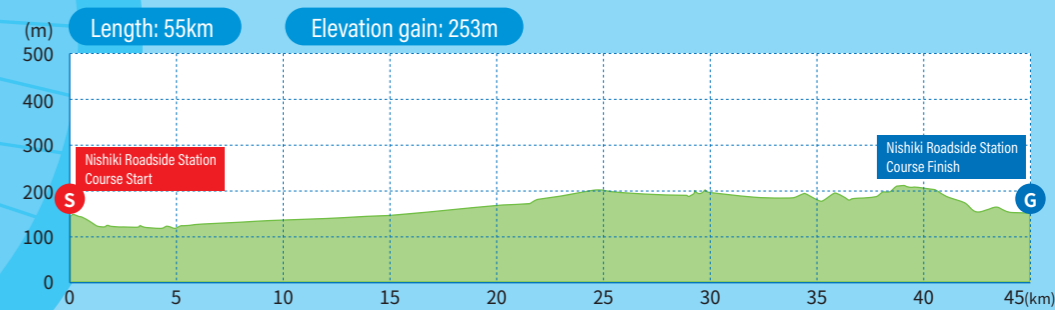
NISHIKI, TARAGI, YUNOMAE, ASAGIRI

This course takes you along the scenic Kuma River and visits a number of natural and cultural spots of interest.



Ichifusa Yama Jingu Geku (Satomiya Shrine)

Satomiya Shrine is a satellite shrine of Ichifusa Shrine and is supposed to help visitors find romance. If visiting the shrine with your partner, enter separately to the left and right of the main hall then meet together again at the rear of the temple to strengthen your relationship. The shrine is also home to a zodiac carving by world-champion chainsaw artist Keiji Kidokoro.



Tanimizu Yakushi Temple

Legend has it that if you wad up and wet a piece of paper and throw it at the Nio statue that stands at the Yamamon Gate, it will heal whatever body part the wad of paper sticks to. There is a spring behind the main hall that also supposedly has healing properties, and the shrine itself is said to bestow luck in romance. Festivals are held four times a year and draw huge crowds.



Yunomae Manga Museum

The Yunomae Manga Museum was founded as a place to exhibit and preserve the works of Ryosuke Nasu, a political cartoonist from Yunomae. There are around 7000 pieces by Nasu on permanent display, with a number of other items related to the artist in separate exhibits. The temporary exhibitions and national satirical cartoon competitions held by the museum are very popular.

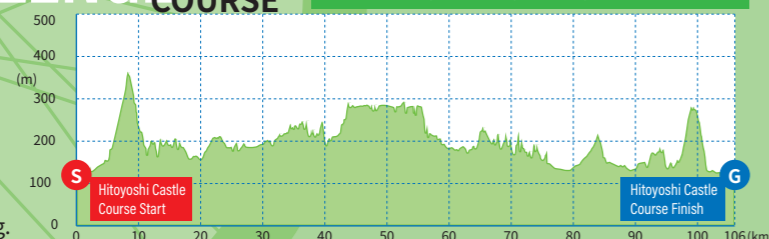


HITOYOSHI-KUMA CYCLING MAP

3 CHALLENGE COURSE

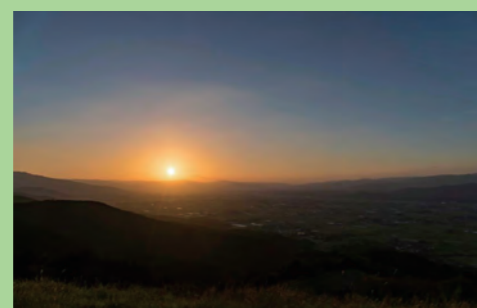
HITOYOSHI CITY, NISHIKI, TARAGI, YUNOMAE, MIZUKAMI, SAGARA, YAMAE, ASAGIRI

This lengthy course features plenty of ups and downs through the Hitoyoshi countryside. Be sure to check out the cherry blossoms around Ichifusa Dam in the spring.



Aoi Aso Shrine

Aoi Aso Shrine occupies a very important place in the hearts of the locals of Hitoyoshi-Kuma. This shrine was recognized as a National Treasure (the first in Kumamoto Prefecture) on June 9th, 2008. It is also the first religious building with a thatched roof to be designated as a National Treasure.



Myokenno Nature Forest Lookout Point

This lookout point offers a view over the entire Hitoyoshi-Kuma valley. On foggy winter days, the valley can become covered in thick, low clouds called *unkai* (most often occurring November to February). Sky sports enthusiasts flock to Myokenno each November for their paragliding festival. The park also has a grass ski slope and campsite.

4 KUMA VILLAGE COURSE

KUMA Length (standard course): 48km

Elevation gain (standard course): 1137m

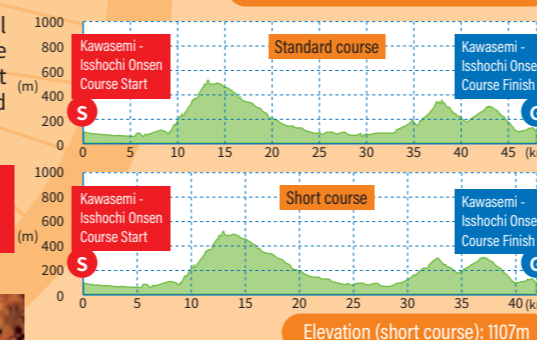
This course takes you through the natural beauty of the village of Kuma. The hilly course visits beautiful rice terraces and an ancient network of limestone caves slowly shaped over millions of years.

Certain sections of the route are closed due to the flooding of July 2020. Please check website for up-to-date info.



Kyusendo Cave

At 4800 meters long, Kyusendo is Japan's 3rd longest limestone cave. The cave's stalactites and stalagmites were formed over 300 million years ago and continue to grow. Check out the 500m-long Sightseeing Course or, for the more adventurous visitors, try the Exploration Course that goes deeper into the cave via a 40m vertical hole.



Matsutani Rice Terraces

Consisting of 43 terraces and 105 rice fields of varying sizes at altitudes from 150m to 250m above sea level, Matsutani is considered one of Japan's Top 100 rice terraces. Matsutani retains the traditional farming culture of Japan and offers beautiful natural scenery throughout the year.

5 ITSUKI COURSE

ITSUKI Length: 8km Elevation gain: 135m

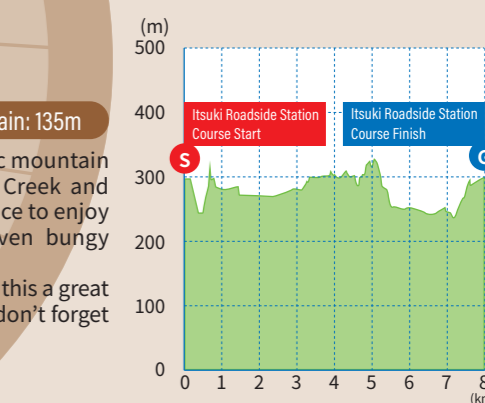
The village of Itsuki lies tucked away in the scenic mountain valley where the clear blue waters of the Itsuki Creek and Kawabe River meet. This quiet village is a great place to enjoy outdoor activities like kayaking, fishing, and even bungee jumping over the Kawabe River.

The steep ups and downs and curving roads make this a great short course for serious cyclists. After you're done, don't forget to take a relaxing bath at Yumeuta Onsen!



Itsuki Roadside Station (Komoriuta) Yama no Sachi Produce Market

This local market features all kinds of Itsuki specialties, including products made with Itsuki's special *kunebu* citrus, naturally grown *shiitake* in March and November, plus a wide variety of seasonal produce, venison, and more. Rare *shochu* made from Itsuki rice and only on sale within Itsuki is also available for purchase.



Bungy Japan: Itsuki Bungy

Itsuki Bungy is Kyushu's only bungy jump. Jumpers take the plunge from the 66m-high Kobae Bridge over the picturesque Kawabe River. Depending on river levels, jumpers can sometimes touch the water at the bottom of their jump. (Bungy season is April to November. Check Itsuki Village website, etc., for hours.)



App Store

Hitoyoshi-Kuma App

Check out the Hitoyoshi-Kuma app for info on sightseeing spots and routes, photos with Kumamon, a digital stamp collecting adventure, and more! The app also features detailed, easy-to-follow online versions of the cycling routes, making it a must for visiting cyclists!



Google Play