



Shimamami Kaido Cycling Tour

The Nishiseto Expressway, commonly known as the Setouchi Shimanami Kaido Expressway, links Onomichi, Hiroshima Prefecture, with Imabari, Ehime Prefecture. It's a 60 kilometer-long highway exclusively for automobiles that links the islands of the Seto Inland Sea with nine individual bridges. Each bridge consists of a roadway and a pedestrian walkway, that enables people to enjoy the sea breeze as they walk or cycle across the bridge. The area along the Shimanami Kaido is blessed with the temperate climate of the Seto Inland Sea. There is much to delight visitors, including the loveliness of nature on the islands, sites of history and culture, and a variety of activities.

(“Shimanami Kaido” Tourist Information <<http://www.go-shimanami.jp/global/english/>>)

Time table

11:35	Quick lunch	Session room
12:10		
12:20	Depart from Ehime Univ. for Sunrise Itoshima Cycling station by bus	
13:40	(Get ready for Cycling)	
14:10	Cycling Tour	
15:40	(Change clothes)	
16:10	Depart from Sunrise Itoshima Cycling station for Imabari Towel Museum by bus	
16:50		
17:30	Conference dinner	Imabari Towel Museum
20:30		
20:30	Depart from Imabari Towel Museum for Ehime Univ. by bus	
21:30		

Location



Course Map

Trip around course across the Kurushima Channel



Start & Goal: Sunrise Itoshima (cycling base), Imabari city

The turn: Yoshiumi Rest Area (Oshima Island)

Distance: Approximately 10 km (trip around)

Height: 65 m (at the middle of the bridge)

Instructions

Rental bike

We will rent sport type bikes (MTB) with 21-speed derailleur. Rental fee is included in the conference fee. If you prefer electric power assist bikes, please let us know in advance. Remember the number of e-assist bikes is limited.

Local traffic rules

In Japan, cyclists should keep left side on the road in one line. Please respect pedestrians and other cyclists.

Weather and your health conditions

It will be extremely hot and humid in August of Japan. Please get into good trim for the tour. To prevent heatstroke, we will provide a water bottle at the beginning of the tour. In case you feel bad in the tour, you can turn back halfway. In case of heavy rain, the tour will be canceled.

Clothes and your belongings

Quick-drying shirt and pants are recommended. You should bring all your valuables with you. Small knapsack or waist pouch will be convenient. You can leave your change of clothes in the bus. There are few shower rooms at the cycling base, but we will skip taking shower because of time limitation.

Disclaimer

Any risks in the tour are due to your responsibility, although some staffs will attend you to support the tour. Participants are advised to procure their own travel insurance, as the Organizing Committee will assume no responsibility for personal accidents, sickness, theft or property damage.

Tour Application Form

<https://goo.gl/forms/ug86S9mdHpWa73Vr2>

