



# NORTH SATSUMA CYCLING MAP

North Satsuma  
Akune City  
Izumi City  
Satsumasendai City  
Satsuma Town  
Nagashima Town

## ROUTE 1 Izumi Course "Cranes" & "Old Samurai Houses"

Distance : approx. 32.5 km  
Duration : approx. 2 h 10 min



Cranes in natural environment, experience the atmosphere of an old town with a 400 year old history.

### NATURE



#### Wintering Ground of Cranes

The sight of over 10,000 cranes are incredible. (Nov. – Mar.) The vast scenery of plain rice fields spreading out is also beautiful. (May. - Oct.)



### FOOD

#### "Izumi Oyako Steak Gohan"

A local cuisine from Izumi city, one of the largest producers of chicken and eggs in Japan. This cuisine is served at 4 restaurants in this area. Enjoy the taste succulent chicken and a fresh raw egg on rice with special soy sauce.

#### Izumi Yokan

A Japanese sweet made from sweet potatoes. Good for cyclists as a snack to support energy.



### HISTORY



#### Izumi Fumoto Samurai Houses

This area is designated as the "Preservation District for Group of Traditional Buildings" in Japan. Beautiful stone walls, hedges, and stately gates of old samurai houses retain the atmosphere of Edo period. The largest area in Japan.



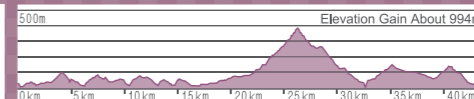
### HISTORY

#### Kanno-ji Temple

One of the oldest Zen-Temple in Japan relates to famous historical figures, Shimazu Family. Tombstones of them, from the first to the fifth-generation, are retained within the

## ROUTE 2 Nagashima area

Distance : approx. 43.7 km  
Duration : approx. 2 h 54 min



Circular tour of Nagashima. Mountainous terrain featuring beautiful ocean views. A classic ride very popular among local cyclists.

### NATURE



#### Nagasakibana Lighthouse Park

In addition to the beauty of the lighthouse a path leading to it would make you feel relaxed.



### FOOD

#### Buri-ou

The best place in Japan to eat Buri (yellowtail) – which is excellent for your health. "Buri-ou" is the pride of Nagashima. It is not "fishy" and is full of omega-3 fish oil which is good for your health. Enjoy Buri steak, Buri deep-fried filets and a variety of Buri dishes.

#### Akamaki

A local sweet from Nagashima. Mochi filled with the natural sweetness of bean paste. Popular among local people.



### NATURE



#### Gyonindake Park

A beautiful view awaits you after a 384m climb. Weather permitting, you will be able to see the Amakusa islands as well as cranes returning to siberia from Izumi (mid Feb - Mar).



### NATURE

#### Kajiorebana Park

Located in Akune just before you cross the bridge to Nagashima. From this park you can take pictures of the entire bridge. Often you can also see ocean whirlpools nearby.

### MAP



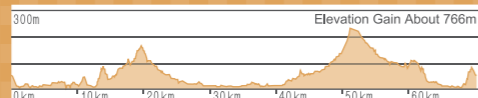
#### Cyclists!

- Please ride in single file on the left side of the road.
- For your safety, please wear a helmet.
- Please watch your speed in populated areas.
- Please greet people with a smile.

Hokusatsu Regional Promotion Bureau  
Kagoshima prefectural Office  
E-mail : kita-sochi@pref.kagoshima.lg.jp  
Supervised by  
Izumi Cycletourism Promotion Council

## ROUTE 3 Akune-Satsumasendai Course

Distance : approx. 70.3 km  
Duration : approx. 4 h 41 min



Enjoy the beautiful coastline of the East China Sea in Akune city, and fresh air of the mountainous areas in Satsuma sendai.

### HOT SPRINGS



#### Sendai Taki Hot springs

The street is a photogenic area that looks as if it had been frozen in time.

### FOOD

#### Japanese spiny lobster

There is a "Japanese spiny lobster-festival" held in the fishing season during fall. The Japanese spiny lobster from Akune City, which grows in strong tide has a great texture and a strong flavor.

#### Chinko dango (A dumpling)

A soy sauce flavoured rice dumpling that is made from fresh rice flour. It is a filling snack for a hungry cyclist.



### NATURE

#### Fujikawa Tenjin Shrine

A shrine dedicated to the god of education. The best season to see Japanese Plum Blossoms is from the mid Feb. to early Mar.

### NINGYO ROCK

Rock that looks like a mother and child on the Nishikata coast along Route3. The sunset behind the rock is a great view in Satsuma Sendai city.



### NATURE

### FOOD SHOP

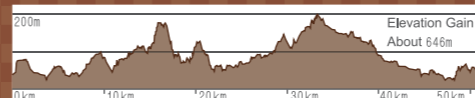


#### Akune Service Area (Michi-no-Eki)

A roadside station that is adjacent to the East China Sea. A photo spot for cyclists. The local products shop has an adjoining restaurant and is a good spot to have a break. The soft serve ice cream with "Bontan", a pomelo orange is really tasty.

## ROUTE 4 Satsuma town road course

Distance : approx. 50.8 km  
Duration : approx. 3 h 23 min



This is a course that will allow you to venture around Satsuma town and see many sights such as the dam, waterfalls, etc. You can enjoy your bike ride and stop by many hot springs and the Satsuma Kiriko shop.



### DAM

#### Tsuruda Dam (Sendai River Dam)

This is the biggest concrete dam in Kyushu. It's quite an amazing structure. You can also cycle around Lake Otsuru which hosts the Dam.

### FOOD

#### Dam Shaped Curry

This is a local cuisine from Satsuma town that is shaped like the dam. You can eat it in 16 restaurants. It is recommended that you try it out in various restaurants because the tastes differs from place to place.



### NATURE

#### Kannondaki Waterfall Park

It is a park that is fully of nature all year round. You can take in the different sights of Kannon falls throughout all four seasons.

#### Satsuma Bidoro Industrial Arts

At the Atelier in the Kannon-daki Park, Satsuma (traditional folk crafts) is produced and sold. They also provide an work shop tour and glass cutting experience.



### SHOP

#### Miyanajo Railroad Memorial Hall

A memorial hall on a discontinued railroad. A tourist information center and local products shop are inside the hall.



### SHOP

## ROUTE 5 Cyclist's recommendation "CHALLENGE COURSE"

Distance : approx. 140.3km  
Duration : approx. 9 h 21 min



It's a course for advanced cyclists which reach altitudes above 2000m. You can enjoy the beautiful landscapes around northern Kagoshima.

### NATURE



#### Lake Imuta

Lake Imuta has been registered as a sustainable wetland under the "Ramsar Convention" (Conservation of Wetlands). It is a peaceful mountain lake. The lake is lined with Japanese plum and cherry blossoms. The trees vibrant colours attract many visitors during the spring and autumn seasons. It is a popular place for local cyclists.

#### Let's take hot springs!

Kagoshima is famous for hot springs and there are many fascinating hot springs in northern part of Kagoshima.



### NATURE FOOD

#### Terayama Iko Park

A park situated on a hill. You can go go-karting and ride ponies. There is a coffee shop there which has great views and a delicious homemade cheesecake.

### SHOP FOOD

**Akune Station**  
The station was designed by Eiji Mitooka. There is a cafe where you can buy gifts inside this station.

#### Do you have a taste for Shochu?

Kagoshima is famous for Imo Shochu (sweet potato shochu distilled spirits). Each area has its own original style and flavour of Shochu. After cycling, you can take it easy and relax with Shochu. It also makes an excellent gift to bring back home.