

2. 17 Tokushima Temples and Amagoi-no-Taki Falls Cycling Course

	DAY 1	DAY 2	DAY 3
6:00		Ryokan Yoshino (Check out, leave baggage)	
7:00		T11 Fujiidera	Oyado Sudachian (Check out, leave baggage)
8:00	8:45 Depart Tokushima Station	Cross Nashinoki Pass (Plenty of time to get off and push your bike)	
9:00	9:05 Arrive Bando Station Monzen Ichibangai (Leave baggage, borrow bike) T1 Ryozenji	Park your bike at Amagoi-no-Taki Falls parking lot and walk	Park your bike at Oyasuminashitei pilgrim rest hut and walk
10:00	T2 Gokurakuji T3 Konsenji	Amagoi-no-Taki Falls	Konji Waterfall
11:00	T4 Dainichiji	Ride your bike Lunch: Restaurant in Kamiyama, such as Kamaya, Yorozuya Yamabiko, etc.	Lunch: On bench near Oyasuminashitei Bento box lunch from Oyado Sudachian, etc.
12:00	T5 Jizoji Lunch: Gallery Cafe Brisa, Daisen Shokudo, etc.		Ride your bike T13 Dainichiji
13:00	T6 Anrakuji	Park your bike at Oyado Sudachian and walk	T14 Jorakuji
14:00	T7 Jurakuji T8 Kumadaniji	T12 Shosanji	T15 Awa Kokubunji
15:00	T9 Horinji	Zao Daigongen, inner sanctuary of T12	T16 Kannonji
16:00	Park your bike at Sumotoriya and walk T10 Kirihataji Cycle around Zennyujito Island		T17 Idoji
17:00		Oyado Sudachian (Check in, pick-up your baggage)	Return the bike at Tokushima Station Pick up baggage (at Hostel PAQ Tokushima)
18:00	Ryokan Yoshino (Check in, pick-up your baggage)		

NOTES
<p>DAY 1</p> <p>Baggage: Leave it at the Monzen Ichibangai counter and request delivery to Ryokan Yoshino, where you will be staying.</p> <p>Bike: Borrow a bike from Norman at Cycle Shikoku at the Monzen Ichibangai parking lot.</p> <p>Park your bike under a roof when possible and lock it. Charge the battery if you use an electric bike.</p> <p>Zennyujito Island is the largest uninhabited island in a river in Japan. When rice is not grown, rape blossoms, sunflowers, cosmos, and other flowers bloom on the island.</p>
<p>DAY 2</p> <p>Baggage: Leave it at Ryokan Yoshino and request delivery to Sudachian, where you will be staying.</p> <p>There is a miniature Shikoku Pilgrimage route in the hondo of T11 Fujiidera. Check it out!</p> <p>It takes about 30 minutes from T12 Shosanji grounds to the inner sanctuary (ALT 938m).</p> <p>Kamaya in Kamiyama offers an agricultural and culinary cultural experience under the slogan "Farm Local, Eat Local".</p> <p>Yorozuya Yamabiko offers a good selection of sweets. Nice for an afternoon break!</p>
<p>DAY 3</p> <p>Baggage: Leave it at Sudachian and request delivery to Sakuraya or PAQ.</p> <p>Bike: Return it to PAQ. Discuss with Norman in advance when and how to return the bike.</p> <p>You can experience "takigyo," the ascetic practice of standing under a waterfall, at Konji Waterfall. (Reservations can be made at Konji Temple) http://www7b.biglobe.ne.jp/~konjiji/</p>