

## 4. Cape Muroto Seaside Cycling Course

DAY 1		DAY 2		DAY 3		DAY 4		NOTES
6:00								<p><b>DAY 1</b>            Bike: Borrow a bike and panier from Norman at Cycle Shikoku at JR Hiwasa Station. Check how to put the bike in the bag, take the express bus and return the bike.            Kitchen Mitsuka: English is available. Offers home cooking using only local ingredients.            Senba Kaigai Cliff: Sheer cliffs stretching southwest from Hisawa Port. The towering rock walls offer magnificent views.            Bekkaku T4 Saba Daishi: Said to bring happiness to those who pray and eat no mackerel for three years.</p> <p>Jomanji: The oldest Zen temple in Shikoku. It was burnt down in the Sengoku period but was rebuilt in the Taisho period. On Sundays it has a Zen session, available in English.</p> <p>Nakiri Fudo: Temple with an impressive moss carpet, surrounded by tall cedar trees.</p> <p><b>DAY 2</b>            Ikumi Surfing Beach: One of the best surfing spots in Japan.            Bukkaian: Built to help, and give osettai to, pilgrims in a difficult walking area.            Muroto Haiko Aquarium: The old primary school building was renovated into an aquarium. There are fish tanks (pool) inside and outside the building.            Geopark Center: Coastal area where you can see the earth's crustal movement up close!</p> <p><b>DAY 3</b>            Kukai Pilgrim Lyceum: Learn about the history of Kukai, and pilgrim outfits and equipment.            Oka Goten: Valuable for retaining the original architectural style since its construction in 1844.            Iokido Cave: Created by wave erosion and uplift 3 million years ago. You will emerge from the cave into a fern-covered valley.</p> <p><b>DAY 4</b>            Nishijima Fruit Farm: Sells about 200 types of insectivorous plants, cacti, and other plants. You can see and eat greenhouse-grown fruits here.            Hirome Market: With about 65 stands selling meals, fish, meat, and goods, you can experience Kochi's food culture.</p>
7:00		Kitchen Mitsuka (Check out)		Ota Ryokan (Check out)		Kochinoya (Check out)		
8:00			Ikumi Surfing Beach	Leave bike at foot of mountain and walk up T26 Kongochoji		Nora Dokei (Field clock) Doi Kachu (Samurai Residences)		
9:00				Ride your bike		Akano Observatory		
9:30	Depart Tokushima Station	Bukkaian		Kukai's Pilgrimage Cultural Center				
10:00		Sakihama Fishing Port		Kiragawa Historic Streets		Tei Port Movable Bridge		
11:00	11:03 Arrive Hiwasa Station Michi-no-Eki Hiwasa (Borrow bike) T23 Yakuoji	Meotoiwa				Ekingura (warehouse of official painter of Tosa aristocracy)		
12:00	Cycle along Minamiawa Sunline Senba Kaigai Cliff Lunch: Lunch box, etc.	Haiko (abolished school) Aquarium Lunch: Lunch box, etc.		Jardin de Monet Marmottan Lunch: At Jardin Closed on Tuesdays and Fridays		T28 Dainichiji		
13:00		Muroto UNESCO Global Geopark Center		Oka Goten Garden		Lunch: At Matsumoto Daishi Hall (Get lunch box or try restaurants nearby)		
14:00						T29 Tosa Kokubunji		
14:00	Bekkaku T4 Saba Daishi Goma prayer available, advance request required	Park your bike at Muroto Tourist Information Center Walk along Hotsumisakiji road T24 Hotsumisakiji		Park your bike in front of store at foot of mountain and walk around		Nishijima Horticultural Park		
15:00		Cape Muroto Lighthouse Stroll around the cape		T27 Konomineji		T30 Zenrakuji		
16:00	Jomanji Zen meditation experience Nakiri Fudo	Ride your bike T25 Shinshoji		Ride your bike		Hirome Market		
17:00		Ota Ryokan (Check in) Kitchen Mitsuka (Check in)		Iokido Cave Kochinoya (Check in)		16:40 Depart Kochi Station with bike in cycle bag (costs additional 300yen)		
18:00						19:00 Arrive Takamatsu Station and return the bike		