

8. Shimanami Cycling and Ishizuchi Climbing Course

| | DAY 1 | DAY 2 | DAY 3 |
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| 6:00 | | | Shiraishi Ryokan (Check out) |
| 7:00 | | Hotel in Iyo Saijo area (Check out, leave baggage) 7:47 Leave Saijo Ekimae Bus Stop (Setouchi Bus) | |
| 8:00 | | 8:41 Arrive Ropeway Bus Stop (Setouchi Bus) | T60 Yokomineji Betsuin |
| 9:00 | | 9:00 Depart Ishizuchi Tozan Ropeway Shimodani Station 9:08 Arrive Ishizuchi Tozan Ropeway Joju Station Shiraishi Ryokan (Leave baggage) Ishizuchi Shrine Jojusha | |
| 10:00 | Cycle Station at JR Imabari Station (Borrow bike, leave baggage) | | Hoshigamori, inner sanctuary of T60 T60 Yokomineji |
| 11:00 | Kurushima Observation Park Cross Kurushima Suspension Bridge to Oshima | | Lunch: Bento box lunch, etc. |
| 12:00 | Lunch: Michi-no-Eki Yoshiumi Iki-iki-kan | | |
| 13:00 | | Ishizuchi Shrine Chojosha (Top of Mt.Ishizuchi) Lunch: Bento box lunch, etc. Kirosan Observatory Park Mount Tengu, Ehime | |
| 14:00 | Return across Kurushima Suspension Bridge | | T61 Koonji |
| 15:00 | Cycling Terminal T55 Nankobo | | T62 Hojuji |
| 16:00 | Cycle Station (Pick up baggage) | Ishizuchi Shrine Jojusha | 16:03 Depart Iyo-Komatsu Station 16:13 Arrive Iyo-Saijo Station |
| 17:00 | Hotel in Iyo Saijo area (Check in) | Shiraishi Ryokan (Check in, pick up baggage) | Hotel in Iyo-Saijo area (Pick up baggage) |
| 18:00 | | | |

| NOTES |
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| <p>DAY 1</p> <p>Bike: Rent a bike at JR Imabari Station and leave your luggage at the station.</p> <p>Shimanami Kaido: Weaving through the islands of the Seto Inland Sea, connecting Honshu and Shikoku, Shimanami Kaido is a scenic cycling road where you can enjoy the beauty of the many islands and magnificent bridges.</p> <p>Kirosan Observatory Park is a hill climb. It is for those who are confident in their strong leg power.</p> <p>Nankobo: The only one of the 88 sacred places in Shikoku with the name "bo". It has an unusual gate guarded by Shitenno (Four Devas).</p> |
| <p>DAY 2</p> <p>To climb Mt. Ishizuchi, take the bus from Iyo Saijo Station (7:47) → Ishizuchi Ropeway-mae</p> <p>Ishizuchi Ropeway: Adults 2,000 yen round trip</p> <p>Departs every 00, 20, 40 minutes both ascending and descending</p> <p>*Operating hours vary depending on the season and day of the week.</p> <p>Baggage: Drop off luggage at Ishizuchi Shiraishi Ryokan and head for Ishizuchi Shrine on the summit.</p> <p>Mt. Tengudake: The highest peak in western Japan. Surrounded by dizzyingly precipitous cliffs, the andesite columnar joints are almost vertical. The elevation is 1982m.</p> |
| <p>DAY 3</p> <p>Yokomine Temple Annex: Zao Hall of Yokomine Temple is the dismantled and reconstructed Omineji Temple building from the Meiji period.</p> <p>Okunoin Hoshigamori: Power spot with a superb view. It is said that Kukai once held a memorial service for the stars here to pray for good luck and to ward off bad luck. Although it is a temple, the presence of a torii gate is a remnant of the fusion of Shintoism, Buddhism, and the Ishizuchi faith.</p> <p>Ishizuchi Kurocha: Kurokawa village is the main production area of kurocha (black tea), a type of fermented tea.</p> <p>Yokomineji: Also known as the Rhododendron Temple. It is located halfway up Mt. Ishizuchi and is known as "henro korogashi" because the path is so steep and difficult that pilgrims fall down.</p> <p>Koonji: A one and only temple, famous for Koyasu Daishi (Kobo Daishi holding a baby). There is a place to perform "takigyō" waterfall asceticism.</p> <p>Hojuji: In the past, this temple flourished as the family temple of Iyo-Mishima Suigun (navy) and as the temple attached to Oyamazumi Shrine.</p> |