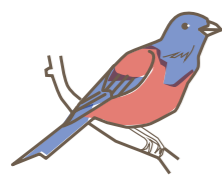
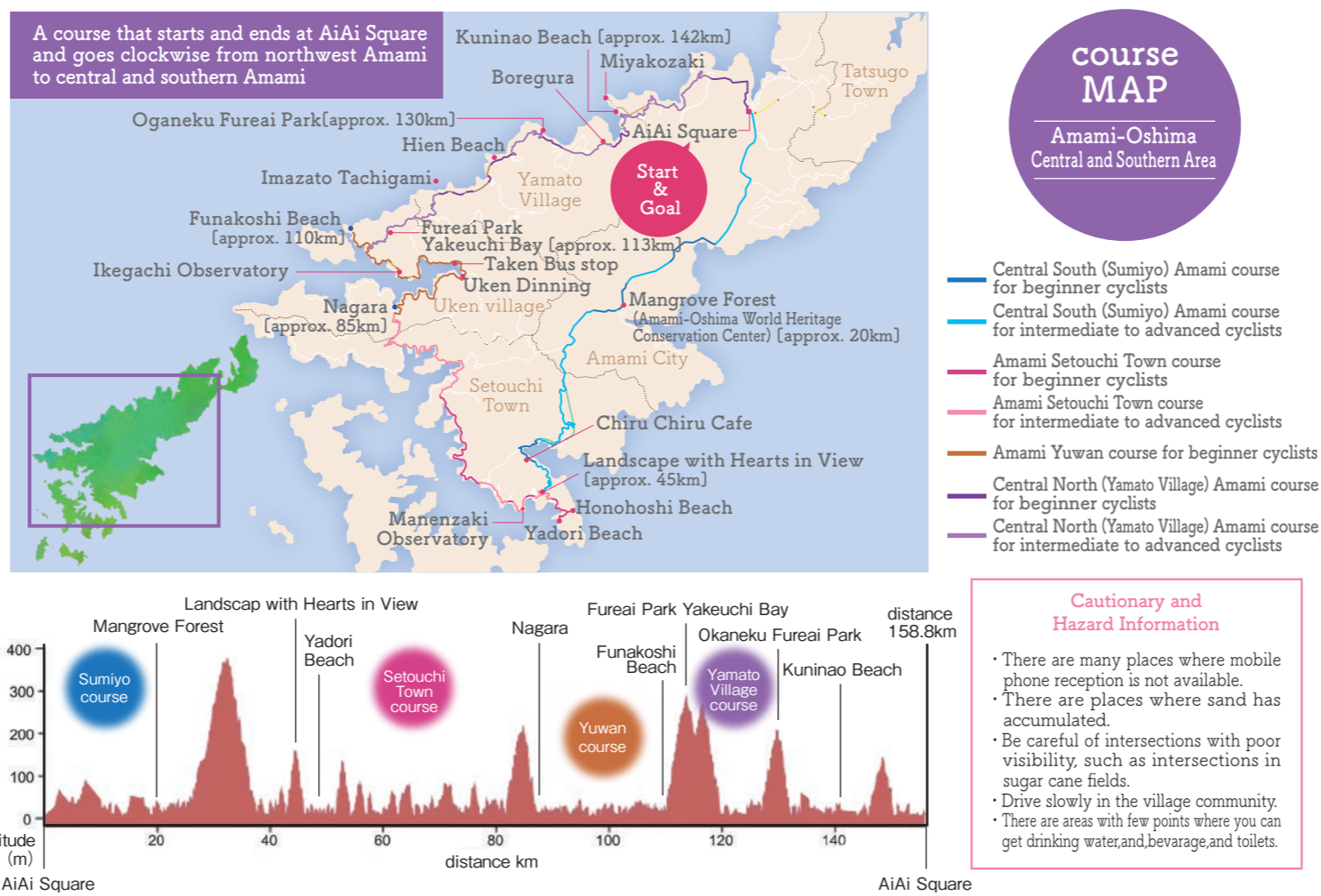


Cycling Guide MAP



Amami-Oshima Central and Southern Area



Rules & Manners

Five rules to follow to ensure safety when riding a bicycle in Kagoshima

- Bicycles are generally allowed on roadways, with exceptions on sidewalks.
- On the road, ride on the left side.
- On the sidewalk, give priority to pedestrians and ride slowly closer to the road.
- Obey safety rules.
 - Prohibition of drunk riding, double riding, and parallel riding.
 - Turn on lights at night.
 - Comply with traffic lights, stop temporarily, and check safety at intersections.
- Wear a helmet.

Please observe the Kagoshima Bicycle Ordinance!

- It is compulsory to enroll in bicycle liability insurance, etc.
- It is the duty of parents to ensure that children under junior high school age wear helmets.
- Bicycle users are also required to make efforts to wear helmets.



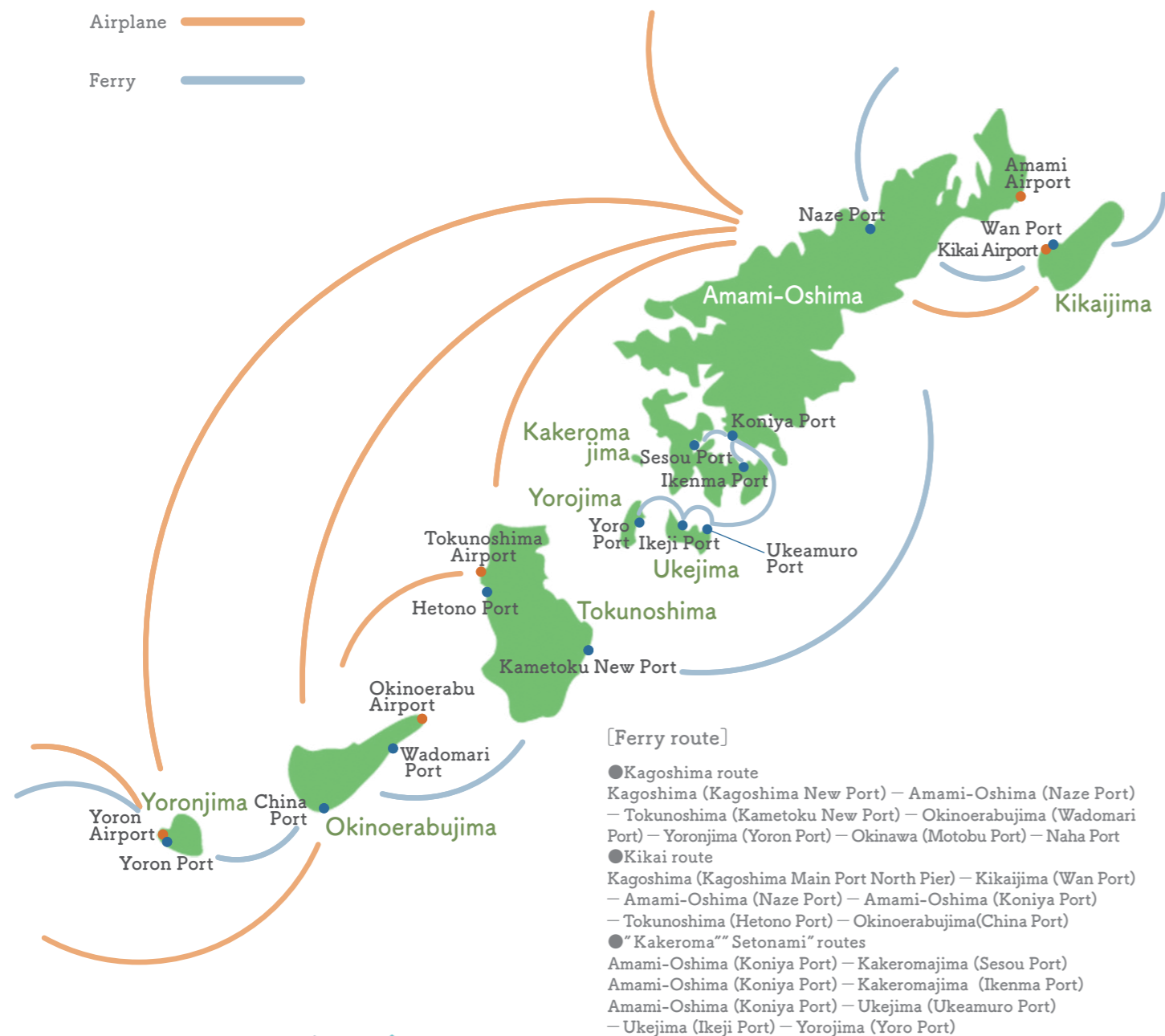
Kagoshima Prefectural Government Oshima Branch Office/Feb.2024

Amami Islands Access MAP

[Air route]

- Tokyo (Haneda, Narita), Osaka (Itami, Kansai), Fukuoka, Okinawa – Amami-Oshima
- Kagoshima – Kikaijima, Amami Oshima, Tokunoshima, Okinoerabujima, Yoronjima
- Amami Oshima – Kikaijima, Tokunoshima, Okinoerabujima, Yoronjima
- Tokunoshima – Okinoerabujima, Okinoerabujima – Okinawa, Yoronjima – Okinawa

Airplane
Ferry



[Ferry route]

- Kagoshima route
Kagoshima (Kagoshima New Port) – Amami-Oshima (Naze Port) – Tokunoshima (Kametoku New Port) – Okinoerabujima (Wadomari Port) – Yoronjima (Yoron Port) – Okinawa (Motobu Port) – Naha Port
- Kikai route
Kagoshima (Kagoshima Main Port North Pier) – Kikaijima (Wan Port) – Amami-Oshima (Naze Port) – Amami-Oshima (Koniya Port) – Tokunoshima (Hetono Port) – Okinoerabujima (China Port)
- "Kakeroma" "Setonami" routes
Amami-Oshima (Koniya Port) – Kakeromajima (Sesou Port) – Amami-Oshima (Koniya Port) – Kakeromajima (Ikenma Port) – Amami-Oshima (Koniya Port) – Ukejima (Ukeamuro Port) – Ukejima (Ikeji Port) – Yorojima (Yoro Port)

※Ports of call on the "Kagoshima route" and "Kikai route" are subject to changing due to weather condition (except for Amami-Oshima). Please check 2 hours prior to the scheduled port of call.



Rent-a-cycle

- MAP
- Amaniko Guide Service Shop Naze Asami, Amami City TEL0997-58-7879
 - Amami Rabbit Rental Cycle Naze Yanowaki, Amami City TEL 080-4287-1132
 - Asubiya Naze Store Naze Sadaikuma, Amami City, TEL0997-57-1777
 - Amami Is.Style Tatsugoto Town, Oshima District TEL080-9834-6045
 - Kitaoshima Honda Sales Kasari, Amami City TEL 0997-63-0126
 - Amami Oshima Hotel & Resort Coral Palms Kasari, Amami City TEL 0997-63-8111
 - Amami Lucky Rental Car Airport Office Kasari Amami City TEL 0997-58-8667
 - Amami Airport General Information Center Kasari, Amami City TEL 0997-63-2295
 - Asubiya Amami Airport Store Kasari, Amami City TEL 0997-63-1651
 - Tatsugo Rental Cycle Tatsugoto Town, Oshima District TEL 0997-62-3931
 - Ueno Cycle Shokai Naze Ishibashi, Amami City TEL0997-52-3087
 - Uchiyama Shoji Naze Nagata, Amami City TEL0997-52-0211
 - Santaro no Sato Sumiyo, Amami City TEL0997-69-5077
 - Tahara Motors Setouchi Town, Oshima District TEL0997-72-0137
 - Guest House Showaso Setouchi Town, Oshima District TEL0997-72-2006
 - Setouchi Town Gurutoitabi E-bike rental Setouchi Town, Oshima District
 - Setouchi Umi no Eki Tourist Information Office TEL0997-72-1199
 - Kakeromajima TEL 0997-76-0676 · Yorojima TEL 090-8661-1065
 - Ukejima TEL 090-3799-1012 (Ukeamuro), 090-5730-7148 (Ikeji)
 - Yamato Village Entire Village Council Yamato Village, Oshima District TEL 0997-57-2828

Bicycle Shop

- Kitaoshima Honda Sales Kasari, Amami City TEL 0997-63-0126
- Ueno Cycle Shokai Naze Ishibashi, Amami City TEL0997-52-3087
- Ikeda Cycle Shokai Naze Inube, Amami City TEL0997-53-5311
- Nagaoka Bicycle Shop Setouchi Town, Oshima District TEL 0997-72-0696

Access

- **Airplane**
Flight schedules and routes are subject to changing depending on the season. Please check each company's website.
[Bicycle consignment contract conditions]
Conditions vary from company to company, but in the case of small aircraft, we cannot guarantee that we will be able to keep the your bicycle. Please check with each company's website.
- **Ferry**
Ferry schedules and service dates are subject to changing depending on the time of year. Please check each company's website for details.
[Bicycle baggage conditions]
Bicycles may be checked in as checked baggage for a fee. Bicycles may be treated as free baggage if they are placed in a wheeled bag. Please check with the ferry company for details on the type of baggage to be carried.
- **A'LINE**
Kagoshima route TEL099-226-4141 / Kikai route TEL099-222-2338
- **Marix Line**
Marix Line Reservation Center TEL099-225-1551
- **Setouchi Town "Kakeroma" "Setonami" route** TEL 0997-72-4560 (Ship Traffic Section, Commerce, Industry and Transportation Division)

Activities for cycling

- Amanico TEL0997-58-7879
- e-bike Ohama tour · Adventure tour by e-bike
- Water and green forest tour by e-bike · EMTB and mangrove canoe tour
- Yamato Village Entire Village Council TEL 0997-57-2828
- Miyakozaki Bike Tour

Amami Oshima Transportation (bus/taxi) information

- N-1 Taxi Naze Infune, Amami City TEL0120-322-352
- Oshima Taxi Naze kusato, Amami City TEL0997-52-2235
- Naze Taxi Naze Nagahama, Amami City TEL0120-255-263
- Mitsui Taxi Kasari, Amami City TEL0997-63-0048
- Minami Taxi Naze Hatobama, Amami City TEL0997-53-0023
- Amami Taxi Naze Office Naze Uragami, Amami City TEL 0997-52-5236
- Amami Taxi Head Office Tatsugoto Town, Oshima District TEL 0997-62-2211
- Chuo Taxi Naze Kohama, Amami City TEL 0997-52-6222
- Nishida Taxi Tatsugoto Town, Oshima District TEL 0997-62-4722
- Shima Bus Naze Itsubu, Amami City TEL 0997-52-0509
- Nambu Kotsu Setouchi Town Route Bus Setouchi Town, Oshima District TEL 0997-72-1904
- Kakeroma Bus Setouchi Town, Oshima District TEL 0997-75-0447

Amami Islands Coin Lockers

- [Amami-Oshima] Amami Airport/Naze Port Waiting Area/AiAi Square (Temporary Baggage Storage)
- [Kikaijima] Kikai Airport Terminal (Temporary Baggage Storage)
Kikai Wan Port Passenger Waiting Area (Temporary Baggage Storage)
- [Tokunoshima] Tokunoshima Airport
- [Okinoerabujima] Okinoerabu Airport/Wadomari Port Terminal Waiting Area
- [Yoronjima] Yoron Island Airport/Yoron Port Ferry Passenger Waiting Area

Kagoshima Prefecture Tourist Information Site



Amami Islands Tourist Sites



Protecting and enjoying the nature of the Amami Islands

The Amami Islands has a history of separation from the continent and the rise of coral reefs, and the climate is warm and rainy throughout the year, making it home to a diverse ecosystem of endemic species.

- Drive in a way which is kind to both people and animals of the island.**
Please be careful not to drive too fast to protect the lives of living animals. In the Amami archipelago that is rich in nature, wildlife can be seen even on the main roads. Be especially careful on roads at night where signs of living things are posted.
- Keep your distance from rare wild animals and plants.**
You may be lucky if you encounter rare animals and plants by chance, but be sure to keep your distance so you don't startle them or step on them. Just observe and take photos. There are areas and species of animals and plants for which capture or collection is prohibited by law or ordinance.
- Use reef-safe sunscreen for the beauty of our oceans.**
Make sure that it does not contain ingredients such as oxybenzone and octinoxate that are harmful to coral reefs and marine life. We recommend a completely organic mineral sunscreen that is free of all chemicals.
- Bring a reusable bag, your own bottle, and your own straw**
Marine pollution caused by plastics has a various adverse effects on animals and marine plants. Let's act so that we, as travelers, do not destroy the scenery and natural environment with plastic bags and plastic bottles.

- Be sure to follow prohibited areas!**
To preserve the natural environment, do not enter the woods or side roads off the sidewalks and open space. There is hidden Habu that is very dangerous. The appeal of the Amami archipelago is to travel deep, but be sure to follow the guidelines and travel safely.
- Use of eco tour guide.**
In order to prevent overtourism and protect the ecosystem, we recommend the use of guides who are knowledgeable about the island's nature and culture. Also, please note that in some areas where there are many endemic animals, advance reservations may be required to pass through at night.
- Always take your trash home.**
Environmental deterioration and the impact on ecosystems have become a serious problem in a wide range of areas. Be sure to take home any trash you put out. Also, be sure to pick up any fallen trash.
- Please follow the rules specific to each area.**
Each island has its own local rules of nature observation and leisure activities. Please follow the rules and enjoy your trip.
- Do not introduce or spread alien species.**
Invasive species are a major threat to rare plants and animals. Before entering the forest, be sure to remove mud from the soles of your shoes and equipment, and use disinfectant spray. Avoid artificially introducing species, even if they are native species.

Cycling picnic

Introducing sweet recipes recommended for cyclists using special products from each island!

Brown sugar granola

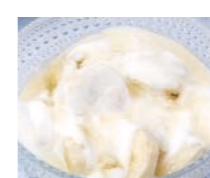
High-calorie granola is recommended when you go cycling! One bite will remind you of the sugar cane fields of the Amami islands.



- **Ingredients** 6 servings
granola 130g / sesame/mixed nuts (unsalted) 50g (A)/brown sugar 50g / (A)honey 50g / (A)unsalted butter 25g
- **How to cook**
 - Spread a parchment paper on a baking tray.
 - Put (A) in a bowl and heat it in a 600W microwave for 2 minutes.
 - Add granola, sesame seeds and mixed nuts and mix everything together.
 - After putting step 3 into the vat, use a cookie sheet to press down on the top to smooth the surface.
 - Place the cookie sheet mold from step 4 on the top of the toaster and heat it in the toaster for 3 minutes.
 - Once it has cooled down, cool it in the freezer and cut it to your desired size.

Island banana yogurt

If you find shop selling island bananas while cycling, buy some yogurt at a convenience store and give it a try. It is convenient to have a paper cup.



- **Ingredients** :for 2 people
1 island banana/yogurt 200g /brown sugar
- **How to cook**
 - Peel the banana and cut into 5mm slices.
 - Place bananas in a bowl and top with yogurt. Add brown sugar to make it look like Amami.

Passion fruit shaved ice

Make some passion fruit syrup and take it with you when you cycle. It's best if you buy crushed ice at a convenience store and eat it over it.



- **Ingredients**
passion fruit 240g /rock sugar 240g
- **How to cook**
 - Clean the jar with hot water and sterilize the spoons or knives you use.
 - Cut the passion fruit in half and scoop out the inside.
 - Pour the same amount of rock sugar as the contents of the passion fruit into the jar.
 - Wait about 2 weeks and it will be completed.

Brown sugar Serta andagi

It's the perfect snack while cycling.



- **Ingredients** (for 5-6 pieces)
1 egg/brown sugar 50g / salad oil 1/2 teaspoon /soft flour 70g / baking powder 1/4 teaspoon /fried oil appropriate amount
- **How to cook**
 - If the brown sugar is in blocks, crush it into powder.
 - Add eggs and brown sugar to a bowl and mix well.
 - Add salad oil to 2 and mix.
 - Add the flour and baking powder and mix.
 - Roll into a ball the size of a ping pong ball.
 - Add the ingredients from Step 5 to oil heated to 170°C and brown until cracks form in the dough. About 4-6 minutes.