

English

# OKINAWA × CYCLING

Cycling holiday on a tropical island



Fun for everyone,  
from beginners  
to advanced  
riders ♪

Okinawa main island pottering

Okinawa main island cycling

Pottering & Cycling in remote islands

Try cycling all the way around Okinawa main island!

A new kind of cycling holiday

Rental bike



Access to Okinawa  
Okinawa Tourist information web site



<https://www.visitokinawa.jp/>

VISIT OKINAWA JAPAN

Search



Information  
on cycling events  
in Okinawa

Okinawa Sports Tourism Information



<https://www.okinawasportsisland.jp/>

Sports Island Okinawa

Search



web



facebook



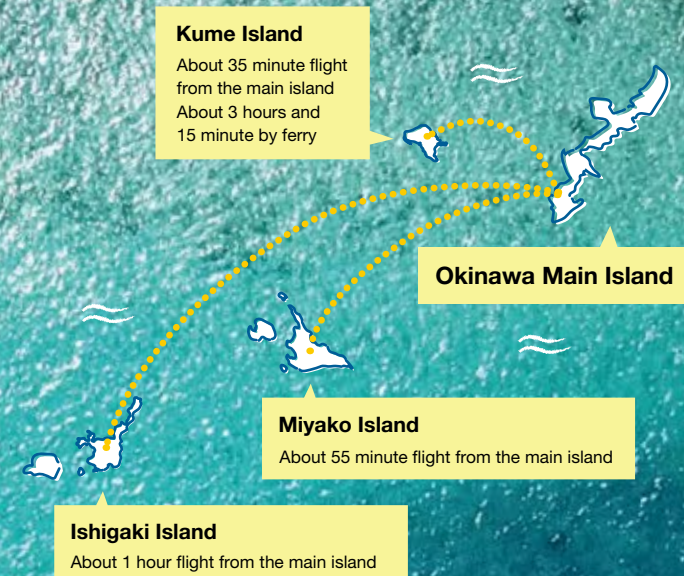
instagram





# Resorts, nature, history and culture. Experience the real Okinawa on a captivating tropical bike ride.

We invite you on a cycling holiday  
to experience with all your senses the real Okinawa,  
including the sugarcane fields  
swaying in the gentle sea breezes,  
the exotic feel of the unique towns and villages  
and historic rock walls once walked by kings.



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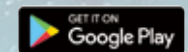


Convenient tools  
to get the most  
out of your  
cycling holiday

You can check out detailed  
information about the cycling courses  
introduced in this guidebook on  
"Google Maps" or "Velodash."

## Google Map

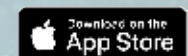
Google Maps can be used all over the  
world to search maps, for GPS  
navigation or to receive routes from  
your current location to your final  
destination. This guidebook uses  
Google My Maps to create and share  
cycling courses.



## velodash



Velodash is a  
dedicated cycling  
App. Record your  
routes or see  
where your friends  
are on group rides.  
You can also look  
for recommended  
routes or create  
routes on a map and share them  
with other riders.





You should know about cycling  
before you set out

## Basic things of cycling

### Observe cycling rules and general manners.

Safety comes first when riding. Cyclists, pedestrians and cars should respect each other while sharing the road.

- 1 Cyclists are expected to use the roads, not the sidewalk.  
\*In Japan, bicycles are left-hand traffic as cars.

- 2 Keep to the left-hand side of the road.

- 3 Pedestrians always have right of way on the sidewalk. Slow down and keep to the road-side of the sidewalk.

- 4 Always ride safely. Do not ride under the influence of alcohol, only one rider per bicycle, do not ride in parallel and use a light when riding at night. Obey traffic signals and stop when required. Look both ways before crossing.

- 5 Always wear a helmet.



### Hand signals

\*When riding in a group  
\*The hand signals shown here apply in Japan.

Hand signals not only show consideration for the safety of those around you, but also help to keep you safe. Use hand signals to others in your group and to the cars travelling behind you.

Turning  
right



Turning  
left



Obstacle  
on the road



Please  
overtake



Stopping



### Check your bike before setting out.

#### Position

(The height of your seat should be set so that your knee is slightly bent when the pedal is at its lowest point)

#### Chain

(Is the chain not too loose?)

**Make sure everything is tight**  
(Is anything loose or rattling?)

☐ Do you have a bell and does it work?

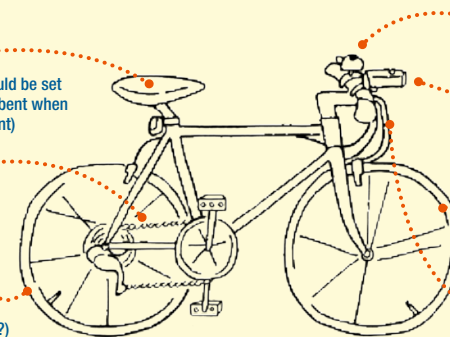
☐ Check that your lights work

☐ Is your tire pressure OK?

(The appropriate tire pressure is shown on the side of the tire)

☐ Do your brakes\* work properly?

\*In Japanese bicycles, it is common that the right lever for front wheel brake and the left lever for the rear.



### Things you might want to take with you

- |  |   |
|--|---|
| <input type="checkbox"/> Spare tube and portable bicycle pump                      | <input type="checkbox"/> Wet weather gear |
| <input type="checkbox"/> Plastic bags<br>(for your phone and wallet when it rains) | <input type="checkbox"/> Drink bottle     |
|  | <input type="checkbox"/> Sunscreen        |

### Things to be aware of when cycling around Okinawa



- 1 **Stay hydrated.**  
Drink water frequently before you start to feel thirsty. Replenish minerals with brown sugar and salt to avoid heatstroke.



- 2 **Don't forget your sunscreen and protective clothing.**  
The sun can be hot in the middle of the day. We recommend wearing arm covers and sunscreen. You may want to avoid riding in the middle of the day in the peak of summer.



- 3 **Slippery asphalt**  
Ryukyu limestone is used to make the asphalt around Okinawa, making it more slippery. Particular care should be taken when braking in wet weather.



- 4 **Cars that don't indicate when turning**  
There are drivers that do not use their indicators or check both ways before turning. Please be aware of your surroundings.

## Okinawa Main Island

### pottering

#### Recommended cycling courses



Choose from 6 carefully selected pottering courses between about 10 km to 35 km. Scan the QR code and look at the maps to check major sightseeing spots and elevation!



google

#### ★What is pottering?

Like taking a stroll, only on a bike

Difficulty ★



Zakimi-jo castle Site

Yunta farmers market /Toya fishing port/Zakimi-jo castle Site

Distance About 12 km

Elevation gain 92m

Time About 2 hrs. (includes rest time)



velodash

#### 03 Yomitan Village pottering, history and culture course

Reduce your speed on the narrower roads and areas around the local residences

Difficulty ★



#### 05 Use the bike share scheme and explore Naminoue Beach and Kokusai Street in Naha!

You can also use any of the bicycle docking stations. Use the 1 day pass for added convenience.

Palette Kumojo/Miegusuku Tower/ Naminoue Beach/Naminoue Shrine Wakasa Seaside Park Okinawa Prefectural Museum & Art Museum Shintoshin Park Saion Ufu Shisa/Kokusai St Okinawa Prefectural Office

Distance About 12 km

Elevation gain 30m

Time About 2 hrs. (includes rest time)



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\*See page 15 for more information about the bike share scheme.

Difficulty ★



Sunset in Onna Village

02

#### Onna Village pottering and sunset resort course

Don't forget to put on your lights at sunset.

Onna no Eki/Nakadomari site/ Maeda fishing port/MAEDA BREEZE

Distance About 8 km

Elevation gain 60m

Time About 2 hrs. (includes rest time)



velodash

Difficulty ★★



Haneji Inlet Photo provided by: Nago city

01

#### Cycle to Haneji Inlet, one of Okinawa's top 8 spots and other scenic areas

Don't overdo yourself on the steep hills. It's ok to get off and push.

Haneji Inlet/Warumi Ohashi Bridge/ Kouri Ohashi Bridge /Yagachi Branch, Nago City Office

Distance About 29 km

Elevation gain 170m

Time About 4 hrs. (includes rest time)



velodash

Difficulty ★



Hamahiga Beach

04

#### Power spot pottering from Kaichu Road to Hamahiga Island

Watch out for the cross wind on the bridge when the wind is strong

Kaichu Road/Amamichu/ Shirumichu/Takaesu Salt Factory in Hamahiga Island/ Ocean Culture Museum

Distance About 24 km

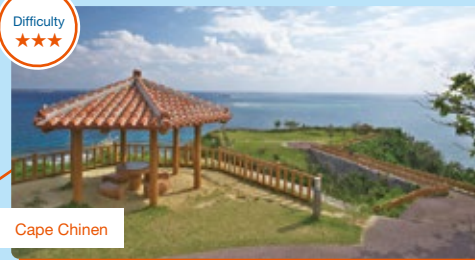
Elevation gain 65m

Time About 3 hrs. (includes rest time)



velodash

Difficulty ★★★



Cape Chinen

06

#### Explore Nanjo and sacred sites of the Ryukyu kingdom

There are a lot of ups and downs of the slope, it is recommended to enjoy with E-Bike! (Bicycle with electric assist)

Ganju-eki Nanjo/Ou island/Valley of Gangala/Gusuku Road/Tamagusuku Castle Ruins/Nirai Kanai Bridge

Distance About 31 km Elevation gain 324m

Time About 4 hrs. (includes rest time)



velodash



Before you set out

Okinawa main island course

Remote island course

Okinawa main island round trip course

A new kind of cycling holiday

Rental bike

Useful information



## Okinawa Main Island

### Cycling

#### Recommended courses

Choose from 4 carefully selected cycling courses between about 40 km to 100 km. Scan the QR code and look at the maps to check major sightseeing spots and elevation!



google



01

#### Cycle around Motobu Peninsula and enjoy the blue sea and views from the bridge.

This relatively flat course makes it ideal for your first long ride!

Nago Agripark/Bise no Fukugi Tree Road/Warumi Ohashi Bridge/Kouri Ohashi Bridge

Distance About 58 km  
Elevation gain 267m  
Time About 6 hrs. (includes rest time)



velodash



Difficulty  
★★★

Haneji Dam

02

#### Enjoy the natural beauty of Nago and challenge yourself on some hill climbs

Includes three challenging hill climbs. Watch your speed on the way down.

Ooura Bay/Wansaka Ooura Park/Haneji Dam

Distance About 42 km Elevation gain 610m  
Time About 5 hrs. (includes rest time)



velodash



Kouri Ohashi Bridge

Difficulty  
★★

01

Difficulty  
★★★★

Kaichu Road



Difficulty  
★★★



Peace Memorial Park

04

#### Spiritual ride around the southern part of the island

This course has a lot of hills so use your lower gears.

Lake Man/Seaside along Yonabaru Town/Ganju-eki Nanjo/Ou Island/South Station Yaese/Heiwa souzou no mori Park/Cape Kyan/Michi-no-eki(Roadside Station) Itoman

Distance About 68 km  
Elevation gain 443m  
Time About 7 hrs. (includes rest time)



velodash



03

#### Ride from the east coast to the west coast and the resorts in the central part of the island

Long course with ups and downs

Kaichu Road/Hamahiga Island/Katsuren Castle Site/Urumarche/Michi-no-eki(Roadside Station)/Kadena/Onna-no-eki/Shinkaiichi/Kin Bay

Distance About 95 km  
Elevation gain 418m  
Time About 9 hrs. (includes rest time)



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Along the coast of Onna Village

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## Pottering & Cycling

### Recommended courses

## The remote islands

See more of Miyako Island, Ishigaki Island and Kume Island and fall in love. Scan the QR code and look at the maps to check major sightseeing spots and elevation!

### Miyako Island

See the beautiful Miyako blue ocean and untouched natural beauty

▶ About 55 minute flight from Okinawa main island



google



Ikema Island



Cape Higashi Hennazaki

Difficulty  
★★★★

### 01 Cycle around Miyako Island

Distance About 94 km  
Elevation gain 320m  
Time About 8 hrs. (includes rest time)

Kaichu Park/Yukishio Museum/Ikema Ohashi Bridge/Shimajiri Mangrove Forest/Higa Road Park/Cape Higashi Hennazaki/Kaihoukan/Muiga/Imugya Marine Garden/Ueno German Culture Village/Shima No Eki Miyako/Painagama Beach



velodash

Imugya Marine Garden



Difficulty  
★★★★

### 02 Miyako Island Ueno/ Cape Higashi Hennazaki Cycling

German Garden Village/Uipya Road Park Imugya Marine Garden/Muiga/Kaihoukan Cape Higashi Hennazaki/Underground dam park Miyako island Mamoru

Distance About 36 km Elevation gain 256m  
Time About 5 hrs. (includes rest time)



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### 03 Miyako Island Taira/ Ikema Island Cycling

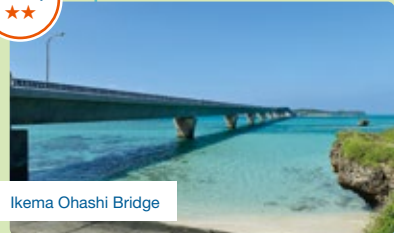
Miyako Island Marine Park/ Yukishio Museum/Ikema Ohashi Bridge

Distance About 35 km Elevation gain 55m  
Time About 4 hrs. (includes rest time)



velodash

Difficulty  
★★



Ikema Ohashi Bridge

### Ishigaki Island

Ishigaki Island is home to a variety of scenic spots, including Kabira Bay, designated as one of Japan's top 100 landscapes.

▶ About 1 hour flight from Okinawa main island



google

### 04 Cycle around Ishigaki Island

Toujin grave/Ishigaki Yaima Village/ Kabira bay/Mangrove forest of the Fukidou River/Hirakubosaki Lighthouse/ Tamatorizaki observatory

Distance About 107 km  
Elevation gain 623m  
Time About 9 hrs. (includes rest time)



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Difficulty  
★★★★



Hirakubosaki Lighthouse

Difficulty  
★★★



Yonehara Yaeyama Palm Colony

Painushima Airport/Sokobaru Dam/Yonehara Yaeyama Palm Colony/Mangrove forest of the Fukidou River/Tamatorizaki Observation Deck

Distance About 48 km  
Elevation gain 453m  
Time About 5 hrs. (includes rest time)



velodash

### 05 Cycling in northern part of Ishigaki Island

Difficulty  
★★★



Ti-da Bridge/Tsumugi Bridge



velodash

### 06 Kume Island Cycling

Bade Haus Kume Island/Mifuga/Hiyajo Banta/Tei-da Bridge Tsumugi Bridge

Distance About 33 km Elevation gain 255m  
Time About 5 hrs. (includes rest time)



Kuma island Airport

Ou Island

Difficulty  
★



Chura Fukugi

### 07 Kume Island Pottering

Resort Hotel Kume Island/ Chura Fukugi/Tengogu/ Kumejima Tsumugi/Eef beach

Distance About 12 km  
Elevation gain 18m  
Time About 2 hrs. (includes rest time)



velodash

### Kume Island

Blessed with abundant natural beauty, all of Kume Island is designated a nature park of Okinawa prefecture

▶ About 35 minute flight  
▶ About 3 hours and 15 minutes by ferry from Okinawa main island



google

Before you set out

Okinawa main island course

Remote island course

Okinawa main island round trip course

A new kind of cycling holiday

Rental bike

Useful information



## Challenge yourself!

# Cycle all the way around Okinawa main island

Okinawa has a culture and natural beauty that you can only find on such a small island and each region has its own distinct feel. Cycle approximately 100 km a day over 4 days and experience all that Okinawa has to offer. Scan the QR code and look at the maps to check major sightseeing spots and elevation!



google



day 1

## Journey up the west coast resort

Mihama American Village/Kinabanjō/Sea Side Drive-In/ Kouki beach/Bise no Fukugi/Rikarika Warumi/ Kouri Island

Distance About 105 km

Elevation gain 462m

Time About 8 hrs. (includes rest time)



velodash



Along the coast of Onna Village

Difficulty ★★★★★

Cape Kyan



Difficulty ★★★

day 4

## Visit the sacred sites from the Ryukyu Dynasty and battlefields

Ganju-eki Nanjo/Minami-no Eki Yaese/ Himeyuri-no-to Monument/Cape Kyan/Michi-no-eki (Roadside Station) Itoman/Senaga Island

Distance About 70 km Elevation gain 372m

Time About 6 hrs. (includes rest time)



velodash

day 4

Naha Airport

Tomigusuku/ Nakachi IC

Tomigusuku City

Yonabaru Town

Nanjo City

Yaese City

Ou Island

START & GOAL

day 1

day 3

Difficulty ★★★★★

day 3

## Explore the east coast and discover the charm of Okinawa

Wansaka Oura Park/Michi-no-eki(Roadside Station) Ginoza/Kin Bay/Kaichu Road/ Katsuren Castle Site/Okinawa Comprehensive Athletic Park

Distance About 108 km

Elevation gain 722m

Time About 9 hrs. (includes rest time)



velodash



Katsuren Castle Site

day 2

## Experience the natural beauty of the Yanbaru region

Yanbaru no mori Visitor Center/Yuiyui Kunigami/ Cape Hedo /Okuyanbaru no Sato/Community store/ Sunrise Higashi

Distance About 109 km

Elevation gain 1132m

Time About 10 hrs. (includes rest time)



velodash



Okuyanbaru no Sato

Difficulty ★★★★★

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## Recommended! Guided tours



Discover areas not included in the guide books and other hidden treasures.  
Enjoy a ride with added peace of mind and discover more about the charm of Okinawa from our friendly guides.

Experience "slow tourism" riding at 15 km/h and "thalassotherapy" as part of a new kind of cycling holiday.



We offer a new kind of cycling holiday with a variety of tours to fully enjoy Okinawa that also include pickup and drop off services.

Naha Chatan Onna

**KARIYUSHI Hotels**  
098-866-0791  
No. of people: 2-30 people  
Languages: English, Chinese



Discover places that even the locals don't know about together with our qualified guides!



Guided tours are based primarily around Naha and will take you around the popular sightseeing spots like Kokusai St. and also introduce you to the history and culture of Okinawa. Ride on your own, as part of a group or take one of our long rides.

Naha Urasoe

**Churapota**  
098-888-0064  
No. of people: 2-6 people  
Languages: English



Riding around an unfamiliar area can be daunting. Let one of our local accredited guides show you around.



Tours cater from 1 rider and include leisurely rides around Naha and tours to the cafes in Chatan.

Naha Chatan Along the southern coast

**RUN RIDE POINT**  
098-917-6440  
No. of people: 1-5 people  
Languages: English



Guided tours around spots recommended by the owner.



No bags necessary! Take a rental bike and ride around Okinawa on your own customized tour.

Northern part of the main island Kunigami

**Okinawa Jiyujikan RIDE & STAY**  
http://ride-stay.com  
No. of people: 1 person or more  
Languages: English, Chinese



Anyone can participate!  
Regular cycling events



Cycling events you can enjoy with local riders.  
Casual riding groups.



**Monthly Ride** : Cycle around a different part of Okinawa main island each month.

[Organizer] Okinawa Cycling Association

[Date] Generally the 2nd Sunday of each month

[Time] Meet at 8:00 and finish around 14:00 [Distance] 40-70km



**Good Morning Ride** : Ideal for beginners!

[Organizer] Okinawa Ringyo Co., Ltd.

[Date] Generally the 1st Saturday of each month

[Time] Meet at 7:00 and finish around 10:00 [Distance] About 15-20km



See below for inquiries about other cycling events in Okinawa.



**Okinawa Cycle Tourism Association (OCTA)**  
info@cycletour.okinawa Please feel free to contact us for details.



facebook

## Cycle friendly area (City/Town/Village)



See below for a list of the area offering rental bike and a comprehensive range of recommended cycling courses, etc. Let them uncover the local charm.

### 1 Nanjo City Tourism Association ☎098-948-4611

541 Chinenkudeken, Nanjo City [Business hours] 9:00-18:00  
nanjo-kankou@ia8.itkeeper.ne.jp

Electric power assisted rental bikes (standard bikes) are available. Cycle around and enjoy the abundant natural beauty, history, culture and people of Nanjo.



### 2 Bicycle City planning promotion office, Commerce and Tourism Bureau, Nago City Office

2F, Nago City Industrial Support Center, ☎0980-53-7530  
1-19-24 Oonaka, Nago City [Business hours] 8:30-17:15

Nago City is the birthplace of the bicycle culture in Okinawa Prefecture. We are working to build and promote the "Cycling Golden Route".



### 3 Kumejima Town Tourist Association ☎098-851-7973

160-57 Higa, Kumejima Town (Information plaza)  
[Business hours] 8:30-17:30 kyoukai@kanko-kumejima.com

We offer rental bike and a full range of cycle-friendly hotels. "Sugar Ride Kume Island" is also a popular cycling event with a lot of repeat riders.



## Bike share



The bike share scheme allows you to rent a bike for as long as you like, when you need it. Bicycles can be rented from multiple bike stations. Check for a bike docking station near you and get on your bike!

### 1 CHURACHARI



**Main service areas**  
Naha City/Chatan Town  
**Bicycle types**  
Electric power assisted bike  
**How to Use**  
See the website for details, including prices



### 2 HELLO CYCLING

**Main service areas**  
Naha City/Urasoe City/Ginowan City/Okinawa City/Onna Village/Nago City/Motobu Town

**Bicycle types**  
Electric power assisted bike

**How to Use**  
See the website for details, including prices



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## Rental bike



See our list of recommended rental bike shops.  
All bikes are carefully maintained so that you can  
enjoy your ride in total safety.

**Naha** Languages English

**2 Okinawa Ringyo Maejima 2**

2-10-3 Maejima Naha City  
☎ **098-943-6768**  
cycle@okirin.com  
<https://okirin.ti-da.net/>  
[Business hours] 7:00-20:00 [Regular holiday] Open all year round

**Bike types** Cross bike, Road bike, E-Bike  
**How to make a reservation** E-mail/Phone call/Store  
**Other** Ride and drop, bike delivery, roadside service, guided tours

**Naha** Languages English, Chinese

**3 Okinawa Jiyujikan RIDE&STAY**

1-31-21 Mihara, Naha City  
☎ **098-943-2853**  
\*See the website for details.  
mk1967@me.com  
<http://ride-stay.com>

**Bike types** Cross bike, Road bike, Junior road, E-Bike  
**How to make a reservation** Reservation Form/Email/Phone call /Store  
**Other** Bookings essential

**Northern Okinawa main island** Languages English

**4 Noleggio cycle**

☎ **090-9290-4439 (Enomoto)**  
enquiry01@noleggio-cicli.blue  
<https://www.noleggio-cicli.blue/>

**Bike types** Mini velo, Cross-bike  
**How to make a reservation** Reservation Form/Phone call/E-mail  
**Other** Delivered rental bikes (bikes can be delivered to and collected from your desired location, free delivery to Nago and Nakijin), luggage storage, guided tours, cycling route information

**Chatan** Languages English

**5 SUNSET BIKES**

2-5-17 Mihama, Chatan Town  
☎ **098-955-2694**  
info@sunset-bikes.com  
<http://sunset-bikes.com/>  
[Business hours] 11:00-19:30 [Regular holiday] Open all year round

**Bike types** Cross bike, Road bike  
**How to make a reservation** E-mail/Phone call/Store  
**Other** Bike availability subject to weather

**Northern Okinawa main island** Languages English

**6 Hub Cycle Okinawa Main Store**

1-15-14-1 Minato Nago city  
☎ **0980-59-7356**  
hubcycle.okinawa@gmail.com  
<https://www.hubcycleokinawa.com/>  
[Business hours] 10:30-19:30 [Regular holiday] Wednesday

**Bike types** City bike, Road bike, Kids bike  
**How to make a reservation** Email/Phone call/Store

**Northern Okinawa main island** Languages English

**7 Hub Cycle Okinawa 2nd shop**  
(Inside Nago Bus Terminal)

422-2 Miyazato, Nago City  
☎ **0980-59-4476**  
hubcycle.okinawa@gmail.com  
<https://www.hubcycle-cafelounge.com/>  
[Business hours] 9:00-19:00 [Regular holiday] Thursday

**Bike types** City bike, Road bike, Kids bike  
**How to make a reservation** Email/Phone call/Store  
**Other** Luggage storage (no charge)

**Kume Island** Languages English

**8 RESORT HOTEL KUME ISLAND**

411 Magari, Kumejima Town  
☎ **098-985-8001**  
<https://kumeisland.com/>  
[Rental hours] 9:00-18:00 [Regular holiday] Open all year round

**Bike types** Cross bike, Road bike  
**Option** Helmet 500 yen

**Kume Island** Languages English

**10 Cypress Resort Kume Island**

803-1 Oohara Kumejima Town  
☎ **098-985-3700**  
<https://www.cypresshotels.jp/kumejima/>  
[Rental hours] 9:00-13:00, 14:00-18:00

**Bike types** Mini velo, Cross-bike, Electric assist  
**Other** Bike rental for guests only

**Ishigaki Island** Languages English

**12 Happy Pedal**

2064-470 Oohama Ishigaki City  
☎ **0980-87-0967**  
info@happy-pedal.jp  
<https://happy-pedal.jp/>

**Bike types** Road bike  
**How to make a reservation** Phone call/Reservation Form  
**Option** Riding with staff, support car  
**Other** Included (delivery to your location, pickup service, helmet, bike computer, day light, puncture repair kit, chain lock, bottled drink)

**Ishigaki Island** Languages English

**14 Ishigaki Jitensha Shoukai**

13-3 Misakicho Ishigaki City  
☎ **0980-82-3255**  
[Rental hours] 9:00-19:00  
[Regular holiday] Sunday

**Bike types** Cross bike, Road bike  
**How to make a reservation** Phone call/Store

**Kume Island** Languages English

**9 KUMEJIMA EEF BEACH HOTEL**

548 Janado, Kumejima town  
☎ **098-985-7111**  
<https://www.courthotels.co.jp/kumejima/>  
[Rental hours] 9:00-13:00, 14:00-18:00

**Bike types** Cross Bike  
**Option** Helmet is free of charge

**Kume Island** Languages English

**11 Home Plaza Yoshinaga**

188-7 Higa, Kumejima Town  
☎ **098-985-8869**  
[Rental hours] Mon-Sat 8:00-19:00  
Sun 9:00-18:00

**Bike types** Cross bike, Road bike  
**Option** Free helmet rental  
\*Overnight rentals OK

**Ishigaki Island** Languages English

**13 POTTERING OKINAWA**

519-19 Shiraho, Ishigaki City  
☎ **090-7921-7349**  
<https://pottering.okinawa/>  
[Rental hours] 8:30-18:00 [Regular holiday] None

**Bike types** Road bike  
**How to make a reservation** Reservation Form/Phone call  
**Option** Guide's support service  
**Other** Included (bike delivery/collection, helmet, front light, tail light, puncture repair kit, spare tube, pump, bike computer, etc.)

**Miyako Island** Languages English

**15 Rent cycle Plussnido**

Pottering at Miyako Island  
Please see the website for details on rental bikes.  
<http://www.plus2do.jp/index.html>

Before you set out

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## Bike repair shops



Support for when punctures and other problems happen on the road. See our list of shops that offer roadside support.  
\*Please note that a rapid response may not be possible at all times.

### 1 Okinawa Ringyo Haeburu store

517-3 Kanegusuku, Haeburu Town ☎ 098-888-0064

**Business hours** 10:00-19:00 **Regular holiday** Tuesday

<https://okirin.ti-da.net/>

**Bike types** City, Electric, Mini velo, MTB, Cross, Road, Kids

**Repairs** All adjustments, puncture repairs

**Area** All of the main island (3,000-8,000 yen)

### 2 Okinawa Ringyo Maejima 2

2-10-3 Maejima Naha City ☎ 098-943-6768

**Business hours** 7:00-20:00 **Regular holiday** Open all year round

<https://okirin.ti-da.net/>

**Languages** English

**Bike types** City, Electric, Mini velo, MTB, Cross, Road, Kids

**Repairs** All adjustments, puncture repairs

**Area** All of the main island (3,000-8,000 yen)

### 3 Hub Cycle Okinawa Main Store

1-15-14-1 Minato Nago city ☎ 0980-59-7356

**Business hours** 10:30-19:30 **Regular holiday** Wednesday

<https://www.hubcycleokinawa.com/> **Languages** English

**Bike types** City bike, Road bike, Kids bike

**Repairs** All adjustments, puncture repairs

**Area** Nago City/Nakijin Village/ Motobu Town/Ogimi Village/ Kunigami Village/Higashi Village/Ginowan Village/Onna Village

### 4 Haneji CYCLE REPAIR SERVICE

Haneji.b.r.s@gmail.com ☎ 090-9784-6074 (Nakasono)

**Hours** Weekends and weekdays (After 18:00)

<https://haneji-cycle-repair.net/> **Languages** English

**Bike types** Cross bike / Road bike

**Repairs** All adjustments, puncture repairs

**Area** Nago City/Motobu Town/Ogimi Village/Kunigami Village/ Onna Village/Ginoza Village/Kin Town

## Traveling by plane with your bike



How to travel with your bike when cycling around Okinawa.  
Moving around by plane is necessary in Okinawa, so let's look at some important points when traveling with your bike.

Ride your own bike around Okinawa!

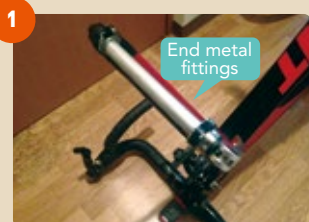


### Traveling with your bike

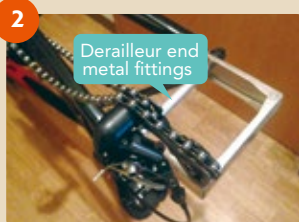
You will need a bike bag, hard case or cardboard box!!

When traveling on a plane with your bike, you will need a special bike bag in which to store your bike. Special care needs to be taken to prevent your bike being damaged while in the bag. Make sure to protect your bike using commercially available fittings and covers.

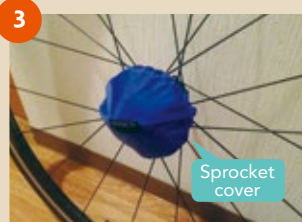
Bike bag



Use commercially available end metal fittings on your front forks to prevent damage. End metal fittings are a must-have item when traveling with your bike!



Secure end metal fittings to the rear too. Push the derailleur down to protect it.



A sprocket cover will help protect the frame from being scratched or getting dirty. A chain cover will also help keep your bike clean!

!! Inquire with your airline about baggage allowances.

\*Changes in air pressure can cause punctures. Let out all the air from your tires before travelling.  
\*Crowding can be expected during cycling events. There may be times you cannot load your bike on the plane you are boarding.

## Okinawa Cycling Calendar

The climate on the tropical island of Okinawa is vastly different to that of Honshu, the main island of Japan.

See below for temperature changes over the year and what to wear.  
Use this information to prepare for your travels!!

	Average temperature/ rainfall	Feels like	Recommended clothing/items
Jan.	17.0°C 107.0mm	Chilly	Temperature difference to mainland Japan is about +10°C. This time of year is characterized by strong seasonal winds and rain. In addition to inner wear, you will feel most comfortable wearing 2 long sleeve cycling shirts or 1 long sleeve shirt with a windbreaker (no sleeves OK). We recommend wearing fleece lined, long bike pants.
Feb.	17.1°C 119.7mm	Chilly	Like January, the temperature can change from being hot to cold although there are more warmer days. We recommend a raincoat in case of sudden showers. This time of year, Okinawa sees a large number of visitors including professional teams and riders from both Japan and overseas chasing the warmer weather.
Mar.	18.9°C 161.4mm	Warm	We recommend wearing inner wear and a thin, long sleeve shirt. Bring a raincoat for the rain and sudden drops in temperature. We recommend normal bike pants with removable leggings. We recommend ladies wear thin, long bike pants.
Apr.	21.4°C 165.7mm	Warm	This is the start of summer in Okinawa. If you feel the heat, you may be OK in a short sleeve shirt, but we recommend wearing a long sleeve shirt that you can remove easily or long sleeve inner wear. Short bike pants are also suitable. Ladies may want to wear thin, long bike pants that will also serve as protection against the sun.
May	24.0°C 231.6mm	Humid (rainy season)	Early May can be hot and humid with the wet season setting in around the end of golden week. You will need long sleeves and a raincoat when it starts to rain. Short bike pants will be suitable. Ladies may want to wear thin, long bike pants that will also serve as protection against the sun.
Jun.	26.8°C 247.2mm	Humid (rainy season)	Wet season continues to the end of the month. Short sleeves are fine but you may need arm covers if you are concerned about sunburn. Short bike pants are suitable however ladies may want to wear thin, long bike pants that will also serve as protection against the sun.
Jul.	28.9°C 141.4mm	Very hot	This is the peak of summer! Although it gets very hot after 10 am, the maximum temperature is not that high compared to mainland Japan. Similarly to May and June, we recommend thin clothing, however it is necessary to protect yourself against sunstroke and ultraviolet rays.
Aug.	28.7°C 240.5mm	Very hot	The sun is very hot with temperatures getting very high after 10 am. Similarly to May and June, we recommend thin clothing, however it is necessary to protect yourself against sunstroke and ultraviolet rays. Care should be taken against squalls where a lot of rain can fall in certain areas.
Sep.	27.6°C 260.5mm	Very hot	Hot temperatures continue through to the middle of the month. It gets very hot after 10 am. Similarly to May and June, we recommend thin clothing, however it is necessary to protect yourself against sunstroke and ultraviolet rays. Nightfall can appear to come quickly. You might want to check the brightness of your sunglasses.
Oct.	25.2°C 152.9mm	Cool	The sun starts to lose some of its bite. Mornings and evenings are cooler making this an ideal time of the year for training. You can wear short sleeves and pants, but it might be an idea to pack arm covers for when the temperature drops suddenly.
Nov.	22.1°C 110.2mm	Cool	Starts to feel more like autumn with comfortable weather continuing. While the mornings can be cool, by the middle of the day the temperature is the same as summer. Short sleeves and pants are suitable. Similar to October, you may want to pack arm covers, etc.
Dec.	18.7°C 102.8mm	Cold	Overcast conditions become more frequent and the days grow shorter. While a long sleeve shirt with a fleece lining will not be over the top, you may be more comfortable wearing a thin, long sleeve shirt with long sleeve inner wear. You can wear short bike pants, but it might be an idea to pack leg warmers as well.

Before you set out

Okinawa main island course

Remote island course

Okinawa main island round trip course

A new kind of cycling holiday

Rental bike

Useful information