

Features

(1) Largest cycling event in Japan taking place on an expressway

Enjoy a sense of freedom riding across the nine bridges of the Setouchi Shimanami Kaido winding through the islands of the Seto Inland Sea. All participants will be able to cycle on roads normally reserved for cars.

(2) International casual cycling event on a world-class cycling course

About 7,000 participants from around the world will ride on the world-class Setouchi Shimanami Kaido, a cycling road that has been designated as a National Cycle Route of Japan. Known as a cyclists' paradise, it runs across the calm and scenic Seto Inland Sea, where cyclists can enjoy the beauty of the archipelago.

(3) Courses that feature the beauty of the Setouchi Shimanami Kaido

Cycle through the heart of one of Japan's biggest national parks, the Setonaikai National Park, and enjoy the wonderful scenery and beautiful nature of the area. There are eight courses, each designed for different skill levels and preferences: a comprehensive, roundtrip course, a refreshing medium-level course, a course including a ferry ride, and a casual course that can be enjoyed by beginners and families.

(4) Experience Japanese omotenashi hospitality from locals

See the history, culture, and food made from local produce on each of the islands as you cycle through the rich nature of the Seto Inland Sea with unique features such as the ever-changing tide and beautiful archipelago. You will feel the warmth and hospitality of the locals as you pass aid stations and watch spectators cheer from the sides, a special welcome unique to the islands of Setouchi.



Traffic Restrictions



Sunday, October 25, 2026

Nishi-Seto Expressway(Setouchi Shimanami Kaido) inbound/outbound (All roads closed)

Imabari IC ⇄ Innoshima Kita IC 6:00 a.m. - 12:40 p.m. (about 6 hours 40 minutes)

Innoshima Kita IC ⇄ Onomichi-Ohashi Deiriguchi 6:00 a.m. - 10:00 a.m. (about 4 hours)

*No entry to Shii-Onomichi Bridge, Entry permitted to Onomichi Bridge.

Traffic restrictions will also be implemented on some streets in Imabari, Mukaishima, and Innoshima.

Check-in / Parking / Baggage Storage *Please apply when you register. Baggage storage fees are subject to the registration system usage fee.

- Check-in
 - Check in the day before the event.
 - If someone is checking in on your behalf, they must bring the required documents.
 - Check-in will be conducted at the venue selected during registration (Onomichi, Imabari, Matsuyama).
 - *Check-in will only be accepted at the venue selected during registration.
- Baggage Storage (must book in advance for this paid service)
 - Baggage will be kept at the start venue on the day of the event. *Baggage limited to items that fit in the bag distributed at check in (bag size: 460mm x 350mm x 100mm) (STC)
 - Baggage will be returned at the finish venue of each course. *Baggage may arrive late due to traffic conditions or other circumstances. *Baggage check-in on the day of the event has a closing time.
- Parking
 - Advance reservations are required for parking on the day of the event.
 - Parking permits will be sent only to those who make a reservation in advance.

Transit Information will be released on the official website at a later date. Bookings open mid-June to late July (STC).

Important ©You must book these services in advance by the specified date as you will not be able to book them on the day of the event.

Shuttle bus (must book in advance for this paid service)	Cycle train (must book in advance for this paid service)	Charter boat (must book in advance for this paid service)
Buses will run from each base to the start venue, (includes bicycle delivery service) <ul style="list-style-type: none"> ① Bicycles will be collected at a special venue the day before and stored in a box. ② Bicycles will be returned at the shuttle bus stop on the day of the event. *Routes are subject to change.	Special train that allows bicycles on board.	Charter boat running from Yuge Port in Kamijima to Imabari Port.
[Routes] Day of event: Fukuyama→Imabari Day of event: Onomichi→Imabari Day of event: Matsuyama→Imabari Day of event: Imabari→Onomichi	[Routes] Day of event: JR Matsuyama Station→JR Imabari Station Day of event: JR Fukuyama Station→JR Onomichi Station	[Route] Day of event: Kamijima→Imabari

Shuttle bus (must book in advance for this paid service)	Charter boat (must book in advance for this paid service)
Buses will run from the finish venue to each base, (includes bicycle delivery service) <ul style="list-style-type: none"> ① Bicycles will be collected at the shuttle bus stop once you finish and stored in a box. ② Bicycles will be returned when you get off the shuttle bus. *Routes are subject to change.	Charter boat running from Yuge Port in Kamijima to Imabari Port.
[Routes] Day of event: Imabari→Onomichi Day of event: Imabari→Matsuyama Day of event: Onomichi→Imabari	[Route] Day of event: Kamijima→Imabari

Important Notes

Special permission to cycle on the expressway is granted to participants of Cycling Shimanami 2026. Violation of this privilege may result in cancellation of the event. Please be sure to read and abide by the terms and conditions.

- [General]**
- This is not a competitive race. Please obey all traffic rules and regulations, and be sure to follow instructions from staff, police officers, security guards, and other personnel.
 - Please check the route, junctions, aid station locations, checkpoints, time limits, and other important information of the course you will be cycling before the event.

- [Traffic Regulations]**
- The expressway is not specifically designed for cycling. The organizers will take measures, such as sectioning certain areas with cones, to make sure participants are safe, but it is up to you to cycle safely.
 - Please cycle close to the center of the road to avoid colliding with the exterior walls or falling off the shoulder.
 - The lane bound for Imabari is reserved for emergency vehicles. Please not cycle on this lane.
 - Once you start, please do not stop on the expressway unless it is an emergency. Stopping to take photographs or videos is strictly forbidden.

- [Bicycle Repair]**
- In most cases, you must repair your bicycle yourself if it breaks down. Repair services are available at the start venues and aid stations, but you are responsible for any costs of replacement parts.

Three Requests on the Express way



Please obey the traffic rules



Registration Related Inquiries	Cycling Shimanami 2026 Entry Center TEL: +81-570-038900 Office Hours: 10:00 - 17:00 Office Closed: Weekends and National Holidays	
Event Related Inquiries	Cycling Shimanami Executive Committee Imabari Headquarters TEL: +81-838-23-3055 Office Hours: 9:00 - 17:00 Office Closed: Every Weekends and National Holidays Email: ima-soumu@prf.ahime.lg.jp	
Official Website	Access information & locations will be updated sequentially. https://cycling-shimanami.jp/english/	



Ride across Inland Sea of Japan
Setouchi Shimanami Kaido International Cycling Event

CYCLING SHIMANAMI 2026

2026.10.25 SUN
A massive cycling event featuring a famous expressway and spectacular islands

- Date: Saturday, October 24, 2026 (check-in) Sunday, October 25, 2026 (main event)
- Location: Setouchi Shimanami Kaido and Surrounding Area / about 30km-140km (8 courses)
- [Start] Nishi-Seto Expressway Imabari IC, Kurushima Kaikyo SA (Imabari) Nishi-Seto Expressway Mukaishima IC (Onomichi)
- [Finish] Hirokaji Central Imabari Area (Imabari) Mukaishima Sports Park (Onomichi), Yuge Port (Kamijima)
- Organizer: Cycling Shimanami Executive Committee
- Registration period:
 - [Premium Entry] Mon, April 13 - Mon, May 18 (first-come, first-serve) (includes guaranteed admission, event-exclusive cycling jersey, and local specialties)
 - [General Entry] Mon, April 13 - Mon, May 18 (lucky draw)
- How to Register: On the official website
- Participants: Up to 7,000 people
- Type: Non-competitive public cycling event *This information is current as of March 2026. Please check the official website for the latest updates.



Cycling Shimanami 2026 Registration Guidelines

Start times are subject to change. Please be sure to check the latest information on the official website.

Schedule

Saturday, October 24
Check-in/Events
(Check-in is only on the day before the event.)

Imabari / Matsuyama / Onomichi
Check-in Venue
Check-in - 10:00 a.m. - 5:00 p.m.

- Imabari Venue: Minato Koryu Center (Habari)
- Matsuyama Venue: Ehime Prefectural Office
- Onomichi Venue: Shimanami Koryukan (Teatro Shell-rune)

Sunday, October 25
Main Event Day

- **Course A-B** (1,500 people)
First wave start time at Mukaishima Sports Park - 6:15 (STC)
- **Course C-G** (4,500 people)
First wave start time at Imabari IC - 7:15 (STC)
- **Course H** (1,000 people)
First wave start time at Kurushima Kaikyo SA - 9:00 (STC)

Category

Course	Distance (Expressway)	Capacity (Premium Entry)	Entry Fee (Premium Entry) [15 y/o and under]	Bicycle Type	Start / Finish Venue	Number of Aid Stations	Time Limit
A One-way course across the Seto Inland Sea from Onomichi —Ride across the Setouchi Shimanami Kaido heading south— IMABARI 70 Onomichi (Mukaishima) → Imabari (One Way)	about 70km (about 23km)	1,250 people (125 people)	22,000 yen (46,000 yen)		Mukaishima IC Hirokoji	3	Within 5 hours
B Round trip from Onomichi to see five islands on the Setouchi Shimanami Kaido and Yamashima Kaido —Enjoy the beauty of the archipelago in Onomichi and Kamijima— INNOSHIMA 70 Onomichi (Mukaishima) → Kamijima (Iwajijima) (Round Trip)	about 70km (about 17km)	250 people (25 people)	19,000 yen (43,000 yen)		Mukaishima IC Mukaishima Sports Park	3	Within 6 hours
C Fulfilling long-distance course —Ride around and through the islands— AROUND OMISHIMA 100 Imabari → Omishima Loop (Round Trip)	about 100km (about 30km)	1,250 people (125 people)	20,000 yen (44,000 yen)		Imabari IC Hirokoji	4	Within 7 hours 30 minutes
D Longest course with a round trip across the Seto Inland Sea —Enjoy the charms of the Setouchi Shimanami Kaido to the fullest— COMPLETE SHIMANAMI 140 Imabari → Onomichi (Mukaishima) (Round Trip)	about 140km (about 43km)	500 people (50 people)	28,000 yen (52,000 yen)	Sports	Imabari IC Hirokoji	6	Within 8 hours
E One-way course across the Seto Inland Sea from Imabari —Ride across the Setouchi Shimanami Kaido heading north— ONOMICHI 65 Imabari → Onomichi (Mukaishima) (One Way)	about 65km (about 43km)	1,000 people (100 people)	22,000 yen (46,000 yen)		Imabari IC Mukaishima Sports Park	2	Within 4 hours 30 minutes
F The perfect intermediate course to take your cycling to the next level —Ride across the islands— OMISHIMA 70 Imabari → Return to Omishima (Round Trip)	about 70km (about 30km)	1,250 people (125 people)	18,000 yen (42,000 yen)		Imabari IC Hirokoji	3	Within 6 hours
G Course dedicated to island travel and rides across eight islands —Travel over two routes, Shimanami and Yamashima— YUMESHIMA 75 Imabari → Kamijima (Yugejima) (One Way)	about 75km (about 35km)	500 people (50 people)	19,000 yen (43,000 yen)		Imabari IC Yuge Port	3	Within 6 hours
H Casual course that can be enjoyed by beginners and families —Gaze over the scenery from the Kurushima Kaikyo Bridges— OSHIMA 30 Imabari → Oshima (Round Trip)	about 30km (about 12km)	1,000 people (100 people)	8,000 yen (32,000 yen) [4,000 yen (28,000 yen)]	Sports City Tandem	Kurushima Kaikyo SA Hirokoji	1	Within 4 hours

- * There is a separate handling fee in addition to the entry fee. The entry fee is non-refundable even if you retract your entry.
- * Participants are required to provide an estimated time you expect to complete the course by referring to your finish time in past cycling events. Please be sure to include breaks at aid stations.
- * H course participants are required to apply for a bicycle type. Please refer to the guidelines on the official website.
- * For tandem bikes (H course), you must register as a pair and pay entry fees for both participants.

Participant Eligibility

- All Courses**
 - Participants must be in good health and able to complete their selected course within the time limit.
 - Participants must acknowledge the terms and conditions and rules for each bicycle type.
- Course A B C D E F G**
 - Participants must be 15 years or older and have already completed a course of the same distance that they are registering for in a previous cycling event.
- Course H**
 - Participants must be 9 years or older and able to ride on their own. Riders under 15 must be accompanied by a parent or guardian at all times. (Written permission from a parent or guardian will be required in advance.)

Registration Period / Procedure

*Please register on the official website. There may be a second round of drawings.

Premium Entry All Courses	First-come, first-served basis	Registration period: 8 p.m. Monday, April 13 - 11:59 p.m. Monday, May 18 (Japan time) Includes guaranteed admission, event-exclusive cycling jersey, and local specialties. Entry is accepted on a first-come, first-served basis. Registrations will close when capacity is reached. Please complete your payment for your entry and handling fees when you register.
General Entry All Courses	Lucky Draw	Registration period: 8 p.m. Monday, April 13 - 11:59 p.m. Monday, May 18 (Japan time) Results of the lucky draw will be sent via email in the beginning of June. If selected, you must pay the entry and handling fees by the specified due date.

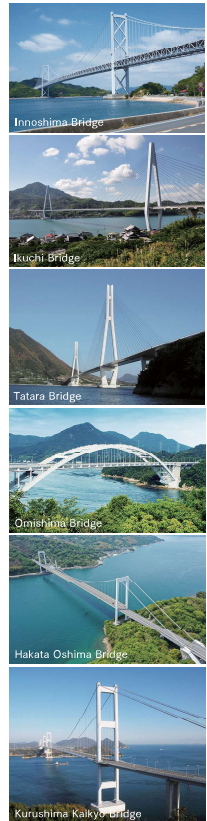
Important Notes

- Entry rights are nontransferable. You are not allowed to change any registered information, including your name, even if you made an input error.
- Registration may be delayed or unable to complete if the internet connection is poor or there are software issues.
- Even if the event is cancelled or you are not able to participate due to reasons not attributable to the event committee, such as bad weather, violation of terms and conditions, tardiness, or the spread of infection diseases, the entry fee will not be refunded.
- For terms and conditions, rules for each bicycle type, and more, check out the official website.

▶ Event Rule, Bicycle Class Rules, see our website.



Map



Start/Finish Times (STC)

If you are unable to make the checkpoints within a certain time, you will not be allowed to continue. Expressway closing times are subject to change.

Course	Starting Time	Final Checkpoint (distance from start) & Expressway Closing Time	Finish Time (Finish Venue)	Course Difficulty
A IMABARI 70 Onomichi (Mukaishima) → Imabari (One Way)	7:37~	Administrative Road to Ikuchijima Minami IC (about 17 km) 9:15 [8:55]	17:00 (Hirokoji)	Intermediate Cyclist
B INNOSHIMA 70 Onomichi (Mukaishima) → Kamijima (Iwajijima) (Round Trip)	8:02~	Administrative Road to Ikuchijima Minami IC (about 17 km) 9:15	15:45 (Mukaishima Sports Park)	Intermediate Cyclist
C AROUND OMISHIMA 100 Imabari → Omishima Loop (Round Trip) *Intensive and long	8:15~	Hakatajima IC (about 23 km) 11:00	17:00 (Hirokoji)	Advanced Cyclist *Long mileage. Checkpoint time is tough
D COMPLETE SHIMANAMI 140 Imabari → Onomichi (Mukaishima) (Round Trip) *Intensive and long	8:35~	Setoda Bus Stop (about 38 km) 11:20	17:00 (Hirokoji)	Advanced Cyclist *Long mileage. Checkpoint time is tough
E ONOMICHI 65 Imabari → Onomichi (Mukaishima) (One Way)	8:43~	Ikuchijima Minami IC (about 35 km) 11:05 Setoda Bus Stop (about 38 km) 11:20	15:45 (Mukaishima Sports Park)	Intermediate Cyclist
F OMISHIMA 70 Imabari → Return to Omishima (Round Trip)	8:59~	Hakatajima IC (about 23 km) 11:00	17:00 (Hirokoji)	Intermediate Cyclist
G YUMESHIMA 75 Imabari → Kamijima (Yugejima) (One Way)	9:19~	Setoda PA (about 33 km) 11:35	16:00 (Yuge Port)	Intermediate Cyclist
H OSHIMA 30 Imabari → Oshima (Round Trip)	9:57~		17:00 (Hirokoji)	Beginner Cyclist

(*1) A course participants who arrive at the administrative road leading to Ikuchijima-Minami IC/exit after 8:55am, will be permitted to continue if they get off from the expressway and take the local streets.
(*2) E course participants who arrive at Ikuchijima-Minami IC/exit after 11:05am, will be permitted to continue if they get off from the expressway and take the local streets.