

English

OKINAWA × CYCLING

Cycling holiday on a tropical island



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

Fun for everyone,
from beginners
to advanced
riders 🎵



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.

Kume Island

About 35 minute flight
from the main island
About 3 hours and
15 minute by ferry

Okinawa Main Island

Miyako Island

About 55 minute flight from the main island

Ishigaki Island

About 1 hour flight from the main island

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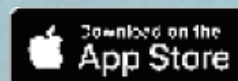


Convenient tools
to get the most
out of your
cycling holiday

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

Google Map

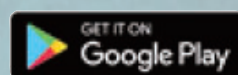
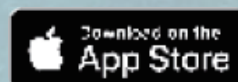
Google Maps can be used all over the
world to search maps, for GPS
navigation or to receive routes from
your current location to your final
destination. This guidebook uses
Google My Maps to create and share
cycling courses.



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.

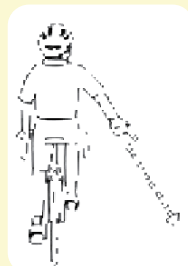
Turning
right



Turning
left



Obstacle
on the road



Please
overtake



Stopping



Check your bike before setting out.

☐ Position

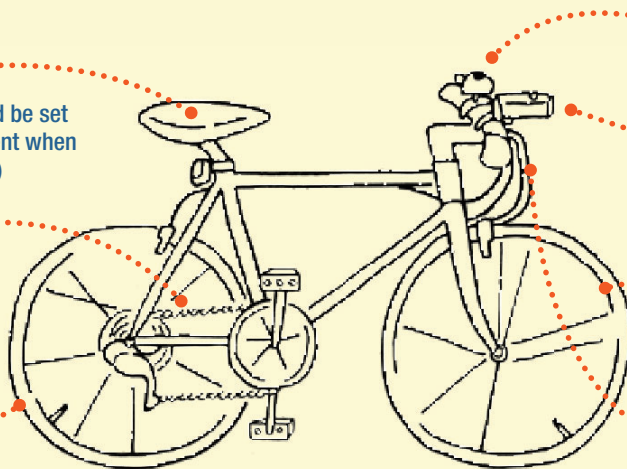
(The height of your seat should be set so that your knee is slightly bent when the pedal is at its lowest point)

☐ 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

- ☐ Spare tube and portable bicycle pump
- ☐ Plastic bags (for your phone and wallet when it rains)

- ☐ Wet weather gear
- ☐ Drink bottle
- ☐ 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



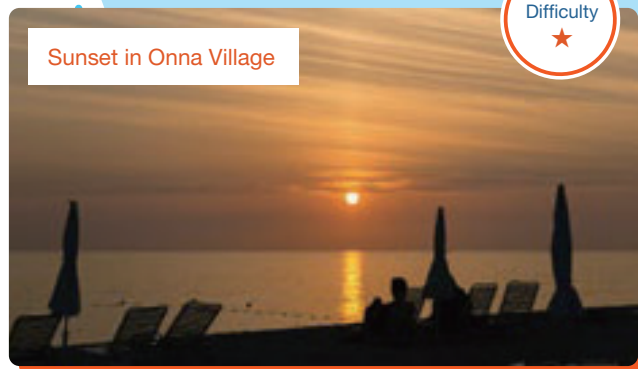
Choose from 6 carefully selected
pottering courses between
about 10 km to 35 km. Scan the
QR code and look at the maps
to check major sightseeing
spots and elevation!



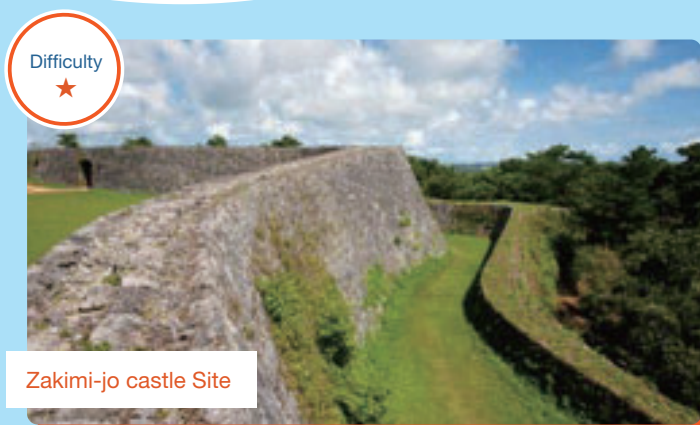
google

★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.

Paleta Kumoji/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.



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)



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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)



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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



Kouri Ohashi Bridge

Difficulty

★★

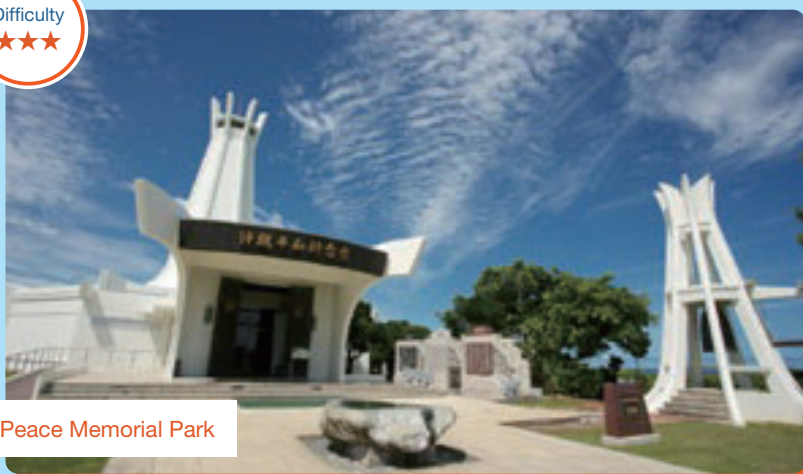
01

Nakijin

Motobu Town

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

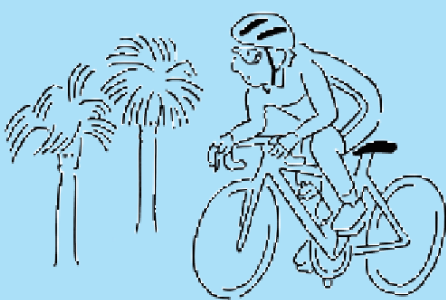
Elevation gain 443m

Time About 7 hrs. (includes rest time)



velodash





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



Kaichu Road



Along the coast of Onna Village

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/
Shinkaichi/Kin Bay

Distance About 95 km

Elevation gain 418m

Time About 9 hrs. (includes rest time)



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Before you set out

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Okinawa main island
round trip course

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Useful information

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!

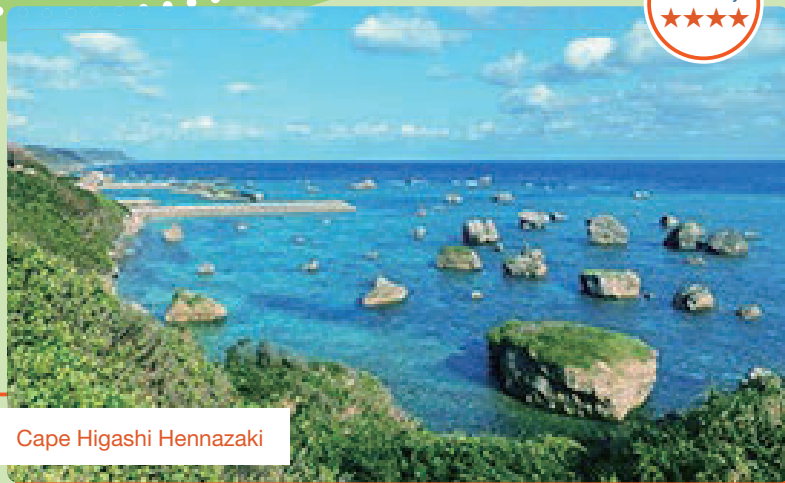
Miyako Island

See the beautiful Miyako blue ocean and untouched natural beauty



google

▶ About 55 minute flight from Okinawa main island



Cape Higashi Hennazaki

Difficulty



03

01

02

Miyako Airport

390

01

Cycle around Miyako Island

Distance About 94 km

Elevation gain 320m

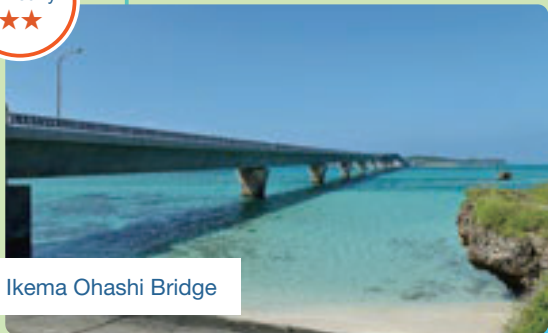
Time About 8 hrs. (includes rest time)

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

Difficulty



Ikema Ohashi Bridge

Imugya Marine Garden



Difficulty



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)



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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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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

Difficulty

★★★★

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)



velodash



Hirakubosaki Lighthouse

Difficulty

★★★



Yonehara Yaeyama Palm Colony

05 Cycling in northern part of Ishigaki Island

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

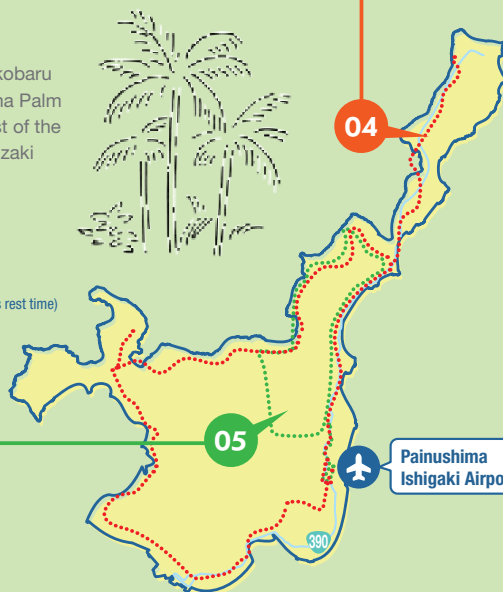
Distance About 48 km

Elevation gain 453m

Time About 5 hrs. (includes rest time)



velodash



04

05

Painushima Ishigaki Airport

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)

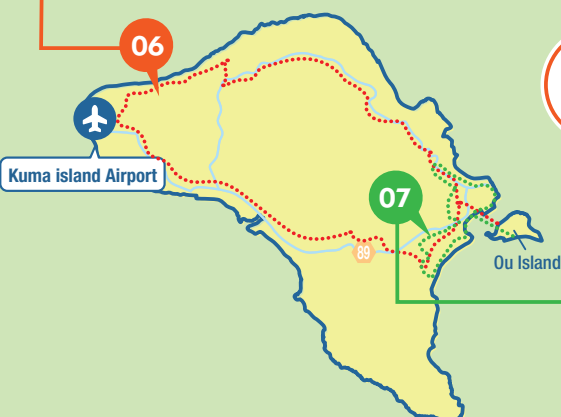
Kume Island

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



06

Kuma island Airport

07

Ou Island

Difficulty

★



Chura Fukugi

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

07 Kume Island Pottering

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/Kinabanjo/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
1

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

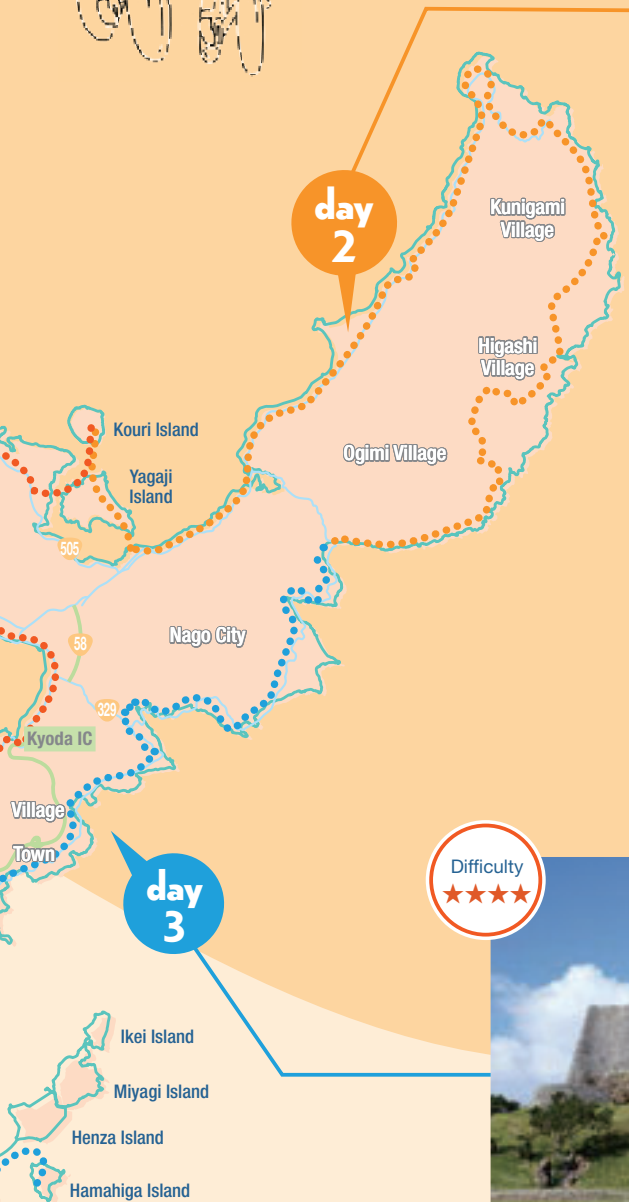
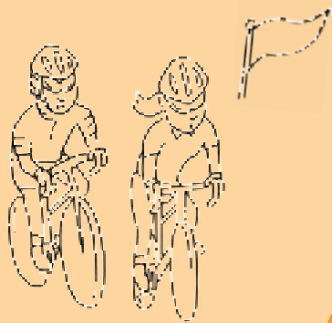
Time About 6 hrs. (includes rest time)



velodash



day
4



day
2

Difficulty



Okuyanbaru no Sato

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

Before you set out

Okinawa main
island course

Remote island course

Okinawa main island
round trip course

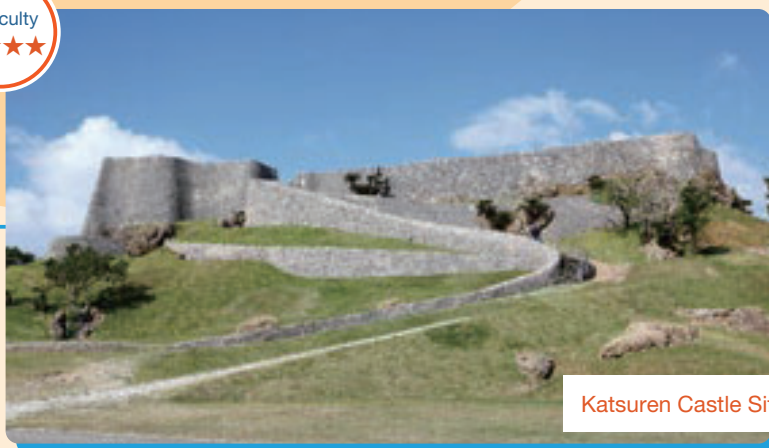
A new kind of
cycling holiday

Rental bike

Useful information

day
3

Difficulty



Katsuren Castle Site

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

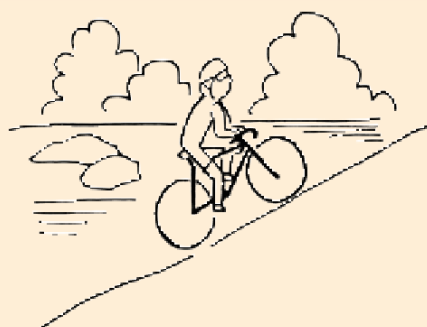
Distance About 108 km

Elevation gain 722m

Time About 9 hrs. (includes rest time)



velodash



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.

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



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



Free photographs, guides can speak English and Chinese. Enjoy a leisurely cycling tour along the beautiful oceanside.



Cycling courses can be arranged to suit individual riding ability. Customers can receive photos taken during the tour for free.

Tomigusuku City Itoman City Naha Chatan

OKK Diving & Cycling

098-943-1161

No. of people: 1 person or more

Languages: English, Chinese



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 to you 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



Before you set out

Okinawa main
island course

Remote island course

Okinawa main island
round trip course

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Rental bike

Useful information

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.

Southern Okinawa main island

Languages English

1 Okinawa Ringyo Haeburu store

517-3 Kanegusuku, Haeburu Town

☎ **098-888-0064**

cycle@okirin.com

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

[Business hours] 10:00-19:00 [Regular holiday] Tuesday

Bike types Cross bike, Road bike, E-Bike

How to make a reservation E-mail/Phone call/Store

Other Drop offs, deliveries, on-site repairs, guided tours



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

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

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

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

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

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.)

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

Miyako Island

Languages English

15 Rent cycle Plusnido

Pottering at Miyako Island

Please see the website for details on rental bikes.

<http://www.plus2do.jp/index.html>

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

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**
(Nakasone)

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!

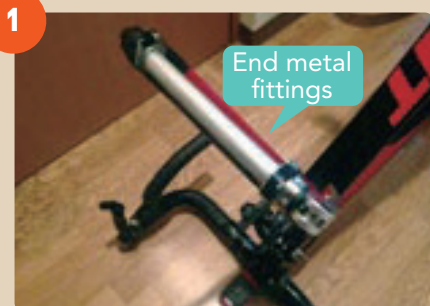


Traveling with your bike

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

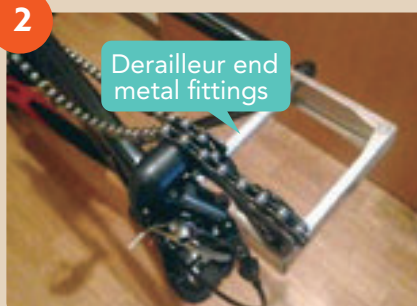
When traveling on a plane with your bike, you will need a special bike bag in which to store your bike. Special care needs to be taken to prevent your bike being damaged while in the bag. Make sure to protect your bike using commercially available fittings and covers.

Bike bag



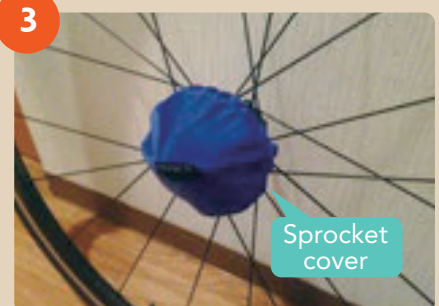
End metal fittings

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!



Derailleur end metal fittings

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



Sprocket cover

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.

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Useful information

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



Sports Islands
OKINAWA

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

Sports Island Okinawa

Search



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