

Course H Inbound route

| Route No. | Transportation method | | | Fare (JPY) | Departure place / Arrival place | | Remarks |
|-----------|-----------------------|----|------|------------|---------------------------------|-----------------------|---|
| | Bus | JR | Boat | | | | |
| | | | | | JR Fukuyama Station | Imabari Cycle Station | |
| 2 | ○ | | | 4,000 | 4:30 | 6:00 | |
| | | | | | JR Onomichi Station | | |
| 4 | ○ | | | 4,000 | 4:30 | 6:00 | |
| | | | | | Yuge Port | Imabari Port | |
| 6 | | | ○ | 2,500 | 4:50 | 5:50 | Charter Boat (Early morning) Self-going by bicycle from Imabari Port to Imabari Start venue. |
| | | | | | Ehime Prefectural Office | Dogo Park | |
| 9 | ○ | | | 4,000 | 4:30~ | 5:00~ | 6:00~ |
| | | | | | JR Matsuyama Station | JR Imabari Station | |
| 10 | | ○ | | 2,000 | 5:14 | 5:56 | Cycle Train <Return ticket> → Self-going by bicycle |

Course H Return route

| Route No. | Transportation method | | | Fare (JPY) | Departure place / Arrival place | | Remarks |
|-----------|-----------------------|----|------|------------|---------------------------------|------------------------|---|
| | Bus | JR | Boat | | | | |
| | | | | | JR Imabari Station | JR Matsuyama Station | |
| 10 | | ○ | | 2,000 | 17:50 | 19:03 | Cycle Train <Return ticket> |
| | | | | | Imabari Cycle Station | Mukaishima Sports Park | |
| 13 | ○ | | | 4,000 | 12:00~ | 13:00~ | |
| | | | | | | JR Fukuyama Station | Hiroshima Prefectural Fukuyama Office |
| | | | | | | | |
| 15 | ○ | | | 4,000 | 14:15~ | 15:30~ | Only people can get off at JR Fukuyama Station. For those who do not have bicycle storage. |