

## Day 1

Last night we had a joint dinner in Osaka – very enjoyable and outlined all the expectations of the journey

In the morning we pick up our bikes and take the train from Osaka to the coastal town of Wakayama

We then ferry to Tokushima with our bags and bikes

The Bags are picked up by a courier and taken to our hotel in Minami

Meanwhile we get on our bikes and ride 50km to Minami – short ride but plenty of activity, Train, Ferry, bag shuttle and ride to Minami – and sleep on a thin mattress

## Day 2

We ride to Toyo – 40km and sight see along the way – short day but we slow down after a busy day yesterday – although it is short ride there is plenty to take in, as the next day is a bigger day.

## Day 3

Ride 71km to Aki – bigger day and plenty to do and see along the way

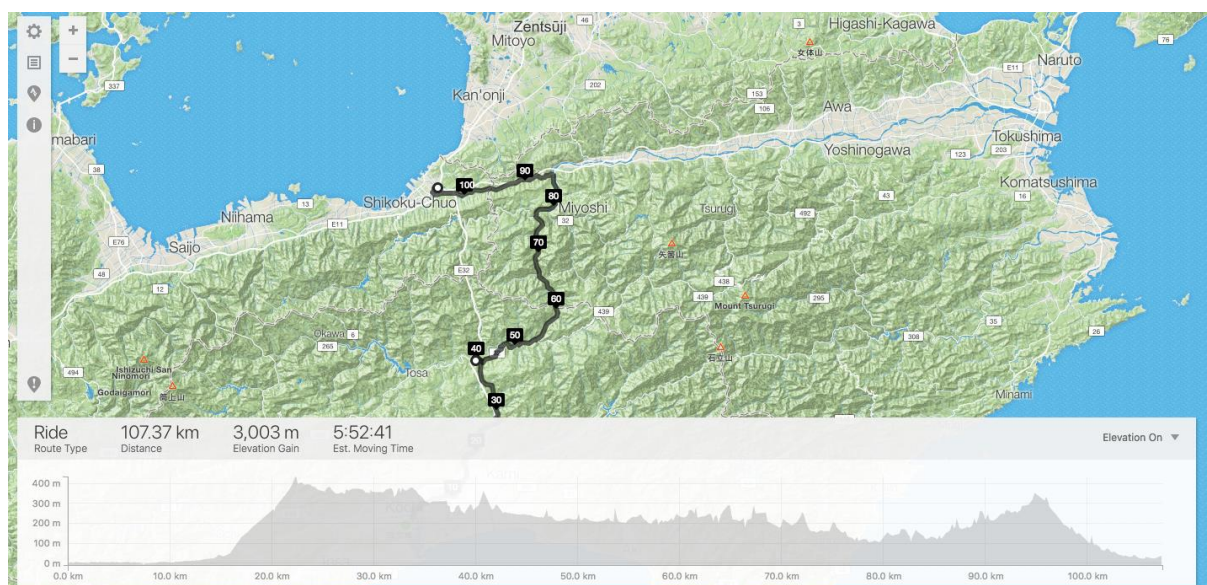
## Day 4

Ride 40km to Kochi - Slow ride today but tomorrow is a big uphill day

>>>>>>>>> May slip in a REST day at Kochi??????????

## Day 5/6

Ride through the hills 83km to Miyoshi – this is the profile



## Day 6/7

Ride 71km to Saijo – roads will be busy – be safe

**Day 7/8**

Ride 83 km to an island Ryokan Seto – sleep in the middle with all the boats about us.. A great night

**Day 8/9**

Ride 64 Km to Takehara – we are very fit by now and only one more day of riding to go

**Day 9 /10**

Ride 60km to Hiroshima - finished

**Day 10 /11**

Rest day in Hiroshima

**Day 11/12**

Triang back to Osaka and onward to your next adventure – we return bikes

**NOTES**

The days 11/12 indicate if there is a rest day in Kochi an extra day is added