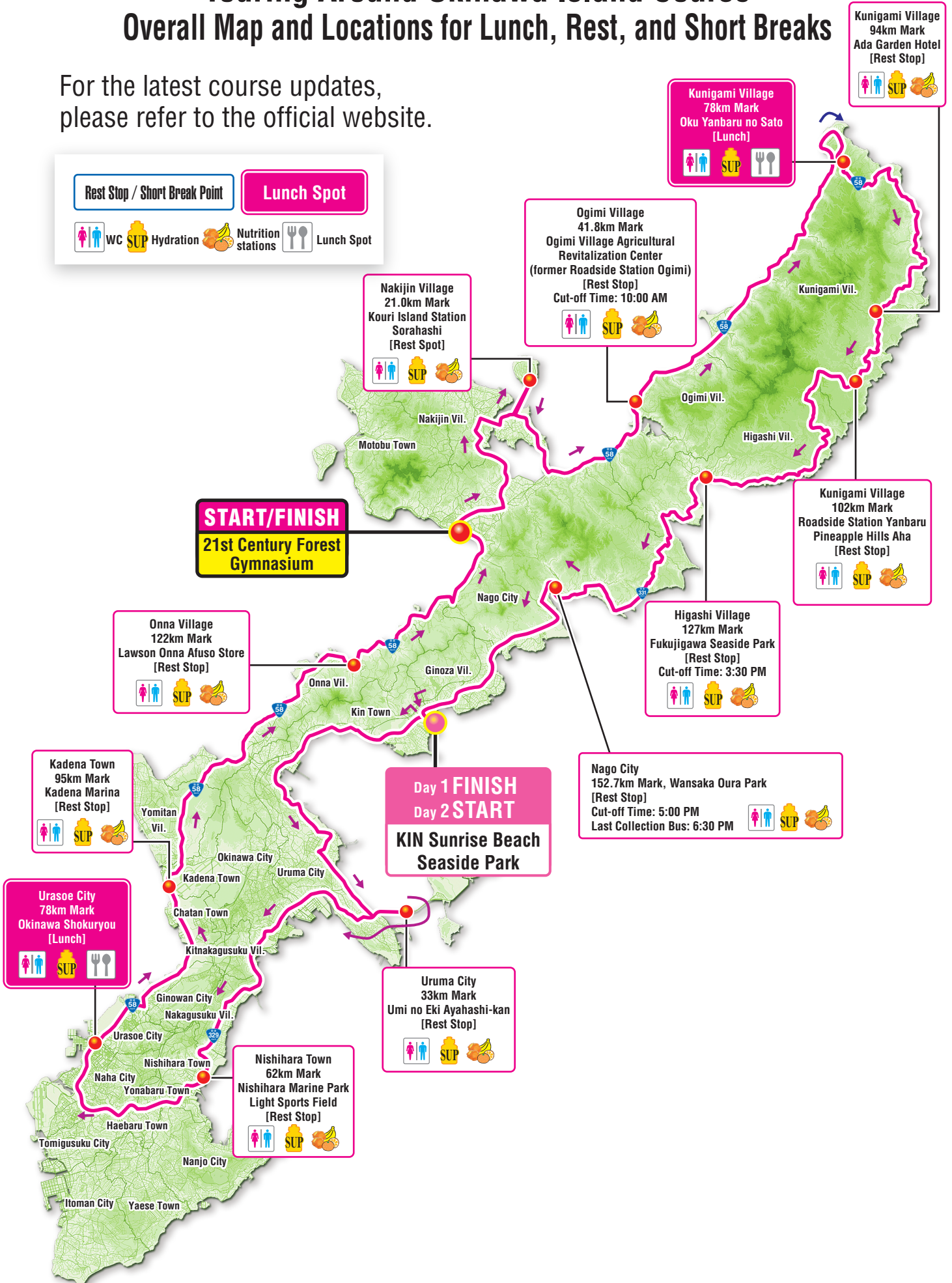


# The 36th "Tour de Okinawa 2024"

## Touring Around Okinawa Island Course

### Overall Map and Locations for Lunch, Rest, and Short Breaks

For the latest course updates, please refer to the official website.



# The 36th Tour de Okinawa 2024

## Okinawa Main Island Circuit Cycling

### Checkpoint Time Limits and Rest Locations

**DAY 1**

| Please note that each aid point (⑦, ⑪, ⑫, ⑬, ⑭, ⑮, ⑯) has designated opening and closing times. |               |                  |          |      |         |      |              |                      |            |
|---|---------------|------------------|----------|------|---------|------|--------------|----------------------|------------|
| Checkpoint  | Distance / km | Section Distance | Lead     | Rest | Tail    | Rest | Cut-off Time | Guidance Destination | Notes      |
| ○ Nago City Hall  | 0.0 km        | km               | 7:00     |      | 7:30    |      | 8:00         |                      | Start      |
| ① Isagawa West  | 5.5 km        | 5.5 km           | 7:12     |      | 7:47    |      | 8:10         |                      | Left Turn  |
| ② Merge onto Route 505  | 8.1 km        | 2.6 km           | 7:18     |      | 7:55    |      | 8:10         |                      | Left Turn  |
| ③ Turn right at Taira Motor   | 13.3 km       | 5.2 km           | 7:29     |      | 8:12    |      | 8:25         |                      | Right Turn |
| ④ Merge onto Route 248  | 14.4 km       | 1.1 km           | 7:32     |      | 8:15    |      | 8:30         |                      | Right Turn |
| ⑤ Route 248 → Turn left onto Route 110  | 16.1 km       | 1.7 km           | 7:35     |      | 8:20    |      | 8:35         |                      | Left Turn  |
| ⑥ Route 110 → Route 247 (toward Kouri Bridge)   | 18.0 km       | 1.9 km           | 7:40     |      | 8:26    |      | 8:40         |                      | Left Turn  |
| ⑦ Kouri Island Station Sorahashi<br>(Rest Spot) 8:00-12:00                                      | 21.0 km       | 3.0 km           | 7:46     | 0:05 | 8:36    | 0:10 | 9:00         |                      | Rest       |
| Resume riding   | 21.0 km       |                  | 7:51     |      | 8:46    |      | 9:05         |                      |            |
| ⑧ Merge onto Route 110  | 23.0 km       | 2.0 km           | 7:56     |      | 8:52    |      | 9:10         |                      | Left Turn  |
| ⑨ Turn right at SHIDO   | 24.9 km       | 1.9 km           | 8:00     |      | 8:58    |      | 9:15         |                      | Right Turn |
| ⑩ Turn left at Makiya Intersection  | 29.9 km       | 5.0 km           | 8:11     |      | 9:14    |      | 9:25         |                      | Left Turn  |
| ⑪ Ogimi Village Agricultural<br>Revitalization Center<br>(Rest Spot) 9:00-10:00                 | 41.8 km       | 11.9 km          | 8:37     | 0:05 | 9:52    | 0:10 | 10:00        |                      | Rest       |
| Resume riding   | 41.8 km       | 0.0              | 8:42     |      | 10:02   |      | 10:15        |                      |            |
| ⑫ Oku Yanbaru no Sato (Lunch) 10:30-12:30   | 77.7 km       | 35.9 km          | 10:02    | 0:30 | 11:55   | 0:30 | 12:15        |                      | Lunch      |
| Resume riding   | 77.7 km       | 0.0              | 10:32    |      | 12:25   |      | 12:30        |                      |            |
| ⑬ Ada Garden Hotel (Rest) 11:30-13:30   | 93.9 km       | 16.2 km          | 11:08    | 0:05 | 13:16   | 0:10 | 13:30        |                      | Rest       |
| Resume riding   | 93.9          | 0.0              | 11:13    |      | 13:26   |      | 13:30        |                      |            |
| ⑭ Pineapple Hills, Aha (Rest) 12:00-14:00   | 102.1 km      | 8.2 km           | 11:31    | 0:05 | 13:52   | 0:10 | 14:05        |                      | Rest       |
| Resume riding   | 102.1 km      | 0.0              | 11:36    |      | 14:02   |      | 14:15        |                      |            |
| ⑮ Fukujigawa Seaside Park (Rest) 13:00-15:30  | 127.0 km      | 24.9 km          | 12:32    | 0:05 | 15:21   | 0:10 | 15:30        |                      | Rest       |
| Resume riding   | 127.0 km      | 0.0              | 12:37    |      | 15:31   |      | 15:40        |                      |            |
| ⑯ Wansaka Oura Park (Rest) 14:00-16:45  | 152.6 km      | 25.6 km          | 13:34    | 0:05 | 16:51   | 0:10 | 17:00        |                      | Rest       |
| Resume riding   | 152.6 km      | 0.0              | 13:39    |      | 17:01   |      | 17:15        |                      |            |
| ⑰ Turn left at Futenma Tunnel Entrance  | 154.7 km      | 2.1 km           | 13:43    |      | 17:08   |      | 17:20        |                      | Left Turn  |
| ⑱ Turn left before Nakada Motor Service   | 171.0 km      | 16.3 km          | 14:20    |      | 18:00   |      | 18:15        |                      | Left Turn  |
| ⑲ KIN Sunrise Beach Seaside Park (End of Day 1)   | 172.0 km      | 1.0 km           | 14:22    |      | 18:03   |      | 18:20        |                      |            |
|   |               |                  | (27km/h) |      | 19km/h) |      |              |                      |            |

# DAY 2

| Please note that each aid point (⑧, ⑬, ⑱, ㉑, ㉕) has designated opening and closing times. |               |                  |          |      |         |      |              |  |             |
|---|---------------|------------------|----------|------|---------|------|--------------|--|-------------|
| Checkpoint  | Distance / km | Section Distance | Lead     | Rest | Tail    | Rest | Cut-off Time | Guidance Destination   | Notes       |
| ○ KIN Sunrise Beach Seaside Park (Day 2 Start)  | 0.0 km        | km               | 7:00     |      | 7:15    |      | 7:20         |  | Start       |
| ① Merge onto Route 331  | 0.8 km        | 0.8 km           | 7:01     |      | 7:17    |      | 7:25         |  | Go straight |
| ② Akasaki 1-chome (in front of Ishikawa Police Station), turn left                        | 13.7 km       | 12.9 km          | 7:30     |      | 8:03    |      | 8:05         |  | Left turn   |
| ③ Higashi Onna South  | 16.9 km       | 3.2 km           | 7:37     |      | 8:14    |      | 8:20         |  | Left turn   |
| ④ Tengan Intersection   | 21.4 km       | 4.5 km           | 7:47     |      | 8:30    |      | 8:30         |  | Left turn   |
| ⑤ Taba Intersection   | 24.2 km       | 2.8 km           | 7:53     |      | 8:40    |      | 8:45         |  | Left turn   |
| ⑥ Kin Bay Port Entrance   | 25.6 km       | 1.4 km           | 7:56     |      | 8:45    |      | 8:50         |  | Left turn   |
| ⑦ Kaichu Road (Sea Road) Entrance   | 30.9 km       | 5.3 km           | 8:08     |      | 9:04    |      | 9:10         |  | Left turn   |
| ⑧ Umi no Eki Ayahashi-kan Kaichu Road (Rest Spot) 8:00-9:30                               | 32.8 km       | 1.9 km           | 8:12     | 0:05 | 9:10    | 0:10 | 9:15         | Walk across the overpass<br>Switch to the opposite lane<br>Turn back | Rest        |
| Resume riding   | 32.8 km       |                  | 8:17     |      | 9:20    |      | 9:25         |  |             |
| ⑨ Go straight at Kaichu Road Entrance   | 34.8 km       | 2.0 km           | 8:22     |      | 9:27    |      | 9:30         |  | Go straight |
| ⑩ Kawata Intersection   | 39.8 km       | 5.0 km           | 8:33     |      | 9:45    |      | 9:50         |  | Left turn   |
| ⑪ Toguchi Intersection  | 48.1 km       | 8.3 km           | 8:51     |      | 10:14   |      | 10:15        |  | Left turn   |
| ⑫ Onaha Intersection  | 59.5 km       | 11.4 km          | 9:17     |      | 10:55   |      | 11:00        |  | Left turn   |
| ⑬ Nishihara Marine Park Light Sports Field (Rest Spot) 9:00-11:30                         | 61.6 km       | 2.1 km           | 9:21     | 0:05 | 11:02   | 0:10 | 11:10        |  | Rest        |
| Resume riding   | 61.6 km       | 0.0              | 9:26     |      | 11:12   |      | 11:15        |  |             |
| ⑭ Farmers Agarihama Market Front Intersection   | 63.3 km       | 1.7 km           | 9:30     |      | 11:18   |      | 11:20        |  | Left turn   |
| ⑮ Merge onto Route 331  | 63.8 km       | 0.5 km           | 9:31     |      | 11:20   |      | 11:30        |  | Right turn  |
| ⑯ Uema Intersection   | 68.8 km       | 5.0 km           | 9:42     |      | 11:37   |      | 11:40        |  | Left turn   |
| ⑰ Meiji Bridge Intersection   | 74.2 km       | 5.4 km           | 9:54     |      | 11:56   |      | 12:00        |  | Right turn  |
| ⑱ Okinawa Shokuryou (Lunch) 10:00-13:00   | 78.5 km       | 4.3 km           | 10:04    | 0:30 | 12:12   | 0:30 | 12:30        |  | Lunch       |
| Resume riding   | 78.5 km       | 0.0              | 10:34    |      | 12:42   |      | 12:50        |  |             |
| ⑲ Makiminato Intersection (under the overpass)  | 83.3 km       | 4.8 km           | 10:45    |      | 12:59   |      | 13:00        |  | Left turn   |
| ⑳ Ginowan Bypass → Merge onto Route 58  | 87.8 km       | 4.5 km           | 10:55    |      | 13:14   |      | 13:15        |  | Left turn   |
| ㉑ Kadena Marina (Rest) 11:00-13:30  | 94.8 km       | 7.0 km           | 11:10    | 0:05 | 13:39   | 0:10 | 13:30        |  | Rest        |
| Resume riding   | 94.8          | 0.0              | 11:15    |      | 13:49   |      | 13:50        |  |             |
| ㉒ Nakadomari (South) to Onna Sunset Kaido   | 107.6 km      | 12.8 km          | 11:44    |      | 14:34   |      | 14:40        |  | Left turn   |
| ㉓ Route 58 (Old Road) → Route 58 (New Road)   | 114.5 km      | 6.9 km           | 11:59    |      | 14:59   |      | 15:00        |  | Left turn   |
| ㉔ Route 58 (New Road) → Route 58 (Old Road)   | 115.2 km      | 0.7 km           | 12:01    |      | 15:01   |      | 15:10        |  | Left turn   |
| ㉕ Lawson Onna Afuso Store (Rest) 11:15-14:00  | 121.6 km      | 6.4 km           | 12:15    | 0:05 | 15:24   | 0:10 | 15:30        |  | Rest        |
| Resume riding   | 121.6 km      | 0.0              | 12:20    |      | 15:34   |      | 15:40        |  |             |
| ㉖ Under the Kyoda Interchange Overpass Bike Path  | 132.3 km      | 10.7 km          | 12:44    |      | 16:11   |      | 16:30        |  | Left turn   |
| ㉗ 21st Century Forest Gymnasium (Day 2 Goal)  | 139.7 km      | 7.4 km           | 13:00    |      | 16:38   |      | 17:00        |  | Right turn  |
|   |               |                  | (27km/h) |      | 17km/h) |      |              |  |             |