### Public Transport Information

**Rent-a-cycle Terminal Information**

<table>
<thead>
<tr>
<th>Terminal</th>
<th>Location</th>
<th>Tel.</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onomichi</td>
<td>Onomichi Market</td>
<td>082-731-4201</td>
<td>Mon-Fri 9:00-6:30, Sat &amp; Sun 9:00-17:00</td>
</tr>
<tr>
<td>Imabari</td>
<td>City Center</td>
<td>088-624-3711</td>
<td>Mon-Fri 8:30-17:30, Sat &amp; Sun 9:00-17:00</td>
</tr>
<tr>
<td>Takamatsu</td>
<td>City Center</td>
<td>087-821-2001</td>
<td>Mon-Fri 8:30-17:30, Sat &amp; Sun 9:00-17:00</td>
</tr>
</tbody>
</table>

### Bike Path Map

#### Five Rules for Safe Cycling (Shimanami Kaido)

1. **Follow the rules of the road.** Be aware of and yield to other road users.
2. **Use the designated paths.** Stick to bike paths and avoid walking on roads.
3. **Wear a helmet.** Protect your head and reduce the risk of injury.
4. **Use reflective clothing.** Ensure you are visible to other road users in low light conditions.
5. **Stay alert.** Be aware of your surroundings and avoid distractions.

### Bike Rental Prices

- **Onomichi:** $20 per day
- **Imabari:** $30 per day
- **Takamatsu:** $40 per day

### Bike Repair Services

- **Onomichi:** Onomichi Bike Shop
- **Imabari:** Imabari Bike Shop
- **Takamatsu:** Takamatsu Bike Shop

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**Recommended Cycling Course**

**Onomichi**

- **Onomichi Market**
- **Takamatsu Castle**
- **Imabari City Center**

**Imabari**

- **City Center**
- **Takamatsu Port**
- **Onomichi Market**

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**Bike Rental Guide Map**

- **Shimanami Kaido:** Bike rental locations and cycling routes.
- **Onomichi:** Map of Onomichi with bike rental and cycling routes.
- **Imabari:** Map of Imabari with bike rental and cycling routes.
- **Takamatsu:** Map of Takamatsu with bike rental and cycling routes.

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**Rent-a-cycle Terminal Information**

- **Location:** Cycle Poole Rent-a-cycle Terminal
- **Tel.:** 082-731-4201
- **Hours:** Mon-Fri 9:00-6:30, Sat & Sun 9:00-17:00

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**Public Transport Information**

- **Shimanami Kaido:** A ferry that connects the islands of the Shimanami Kaido region. The ferry service operates between the islands.

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**Five Rules for Safe Cycling (Shimanami Kaido)**

- **Follow the rules of the road.**
- **Use the designated paths.**
- **Wear a helmet.**
- **Use reflective clothing.**
- **Stay alert.**