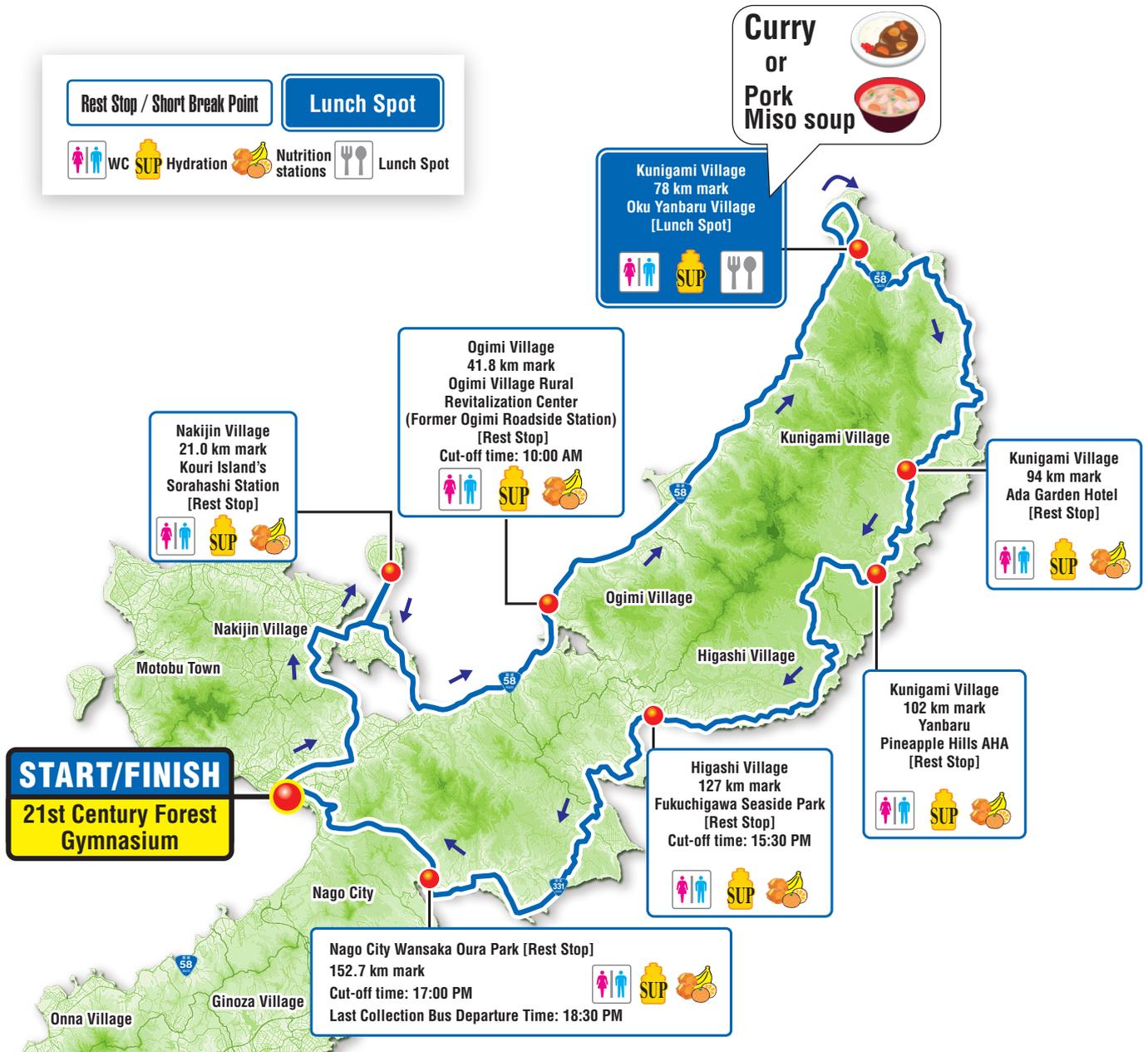


The 36th "Tour de Okinawa 2024" Yanbaru Century Ride

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

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



Lunch Information

At Oku Yanbaru Village, participants can choose between curry or pork soup for lunch. Please note that depending on the arrival time, one of the menu options may run out.

For those who cannot eat meat, a vegetarian menu with rice balls and miso soup will be prepared. If you would like to request the vegetarian option, please notify us in advance via email.

We kindly ask for your cooperation to help reduce food waste and ensure smooth operations.

Email: tdo@moriken.okinawa

※In the email, please include the name of the participant requesting the vegetarian menu and specify the request for the vegetarian option.

The 36th "Tour de Okinawa 2024"

Yanbaru Century Ride

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

Each aid station (⑦, ⑪, ⑫, ⑬, ⑭, ⑮, ⑯) has set open/close times, so please pass within the time limits.									
Passing Point	Distance (km)	Section Distance (km)	Front Rider Arrival	Break	Last Rider Arrival	Break	Cut-off Estimated Time	Next Destination	Notes
·Nago Civic 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 Route 505 Junction	8.1 km	2.6 km	7:18		7:55		8:10		Left Turn
·③ Turn Right at Taira Automobile	13.3 km	5.2 km	7:29		8:12		8:25		Right Turn
·④ Route 248 Junction	14.4 km	1.1 km	7:32		8:15		8:30		Right Turn
·⑤ Turn Left from Route 248 to Route 110	16.1 km	1.7 km	7:35		8:20		8:35		Left Turn
·⑥ Route 110 to Route 247 (toward Kouri Bridge)	18.0 km	1.9 km	7:40		8:26		8:40		Left Turn
·⑦ Kouri Island Station Sorahashi (Rest Point) 8:00-9:30	21.0 km	3.0 km	7:46	0:05	8:36	0:10	9:00		Break
Resuming Ride	21.0 km		7:51		8:46		9:05		
·⑧ Route 110 Junction	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 Rural Revitalization Center (Rest Point) 9:00-10:00	41.8 km	11.9 km	8:37	0:05	9:52	0:10	10:00		Break
Resuming Ride	41.8 km	0.0	8:42		10:02		10:15		
·⑫ Oku Yanbaru Village (Lunch) 10:30-12:30	77.7 km	35.9 km	10:02	0:30	11:55	0:30	12:15		Lunch
Resuming Ride	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		Break
Resuming Ride	93.9	0.0	11:13		13:26		13:30		
·⑭ Pineapple Hills Yambaru (Rest) 12:00-14:00	102.1 km	8.2 km	11:31	0:05	13:52	0:10	14:05		Break
Resuming Ride	102.1 km	0.0	11:36		14:02		14:15		
·⑮ Fukuji River Seaside Park (Rest) 13:00-15:30	127.0 km	24.9 km	12:32	0:05	15:21	0:10	15:30		Break
Resuming Ride	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		Break
Resuming Ride	152.6 km	0.0	13:39		17:01		17:15		
·⑰ Turn Left at Oura Joint Shop	153.0 km	0.4 km	13:40		17:03		17:20		Left Turn
·⑱ Higashi-e 1-Chome	162.4 km	9.4 km	14:00		17:32		18:15		Right Turn
·⑲ 21st Century Forest Gymnasium (Finish)	163.7 km	1.3 km	14:03		17:36		18:20		
			(27km/h)		19km/h)				