

The 37th Tour de Okinawa 2025

Okinawa Main Island Circuit Cycling

Checkpoint Time Limits and Rest Locations

Please note that each aid station (⑦, ⑪, ⑫, ⑬, ⑭, ⑮, ⑯) has designated opening and closing times.

Day 1

Checkpoint	Total Distance (km)	Section Distance	Lead	Rest	Tail	Rest	Cut-off Time	Guidance 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		8:00		Left turn
Join Route 505	8.1 km	2.6 km	7:18		7:55		8:10		Left turn
③ Turn right at Taira Motors	13.3 km	5.2 km	7:29		8:03		8:10		Right turn
④ Join Route 248	14.4 km	1.1 km	7:32		8:07		8:15		Right turn
⑤ Turn left from Route 248 onto Route 110	16.1 km	1.7 km	7:35		8:12		8:20		Left turn
⑥ Turn from Route 110 onto Route 247 (toward Kouri Bridge)	17.9 km	1.8 km	7:39		8:18		8:25		Left turn
⑦ Sorahashi, Kouri Island Station (Rest Stop) 7:30–9:00	21.0 km	3.1 km	7:46	0:05	8:28	0:10	8:30		Rest
Resume Riding	21.0 km		7:51		8:38		8:40		
⑧ Join Route 110	23.8 km	2.8 km	7:57		8:46		9:00		Left turn
⑨ Turn right at Ns Garage	24.9 km	1.1 km	8:00		8:50		9:00		Right turn
⑩ Turn left at Makiya Intersection	29.9 km	5.0 km	8:11		9:06		9:10		Left turn
⑪ Ogimi Village Rural Development Center (Rest Stop) 8:30–10:30	41.8 km	11.9 km	8:37	0:05	9:43	0:10	10:00		Rest
Resume Riding	41.8 km	0.0	8:42		9:53		10:10		
⑫ Oku Yanbaru no Sato (Lunch) 10:00–12:30	77.7 km	35.9 km	10:02	0:30	11:47	0:30	12:15		Lunch
Resume Riding	77.7 km	0.0	10:32		12:17		12:45		
⑬ Ada Garden Hotel (Rest Stop) 11:00–13:30	93.9 km	16.2 km	11:08	0:05	13:08	0:10	13:20		Rest
Resume Riding	93.9	0.0	11:13		13:18		13:30		
⑭ Pineapple Hill Ahaha (Rest Stop) 11:30–14:00	102.1 km	8.2 km	11:31	0:05	13:44	0:10	13:50		Rest
Resume Riding	102.1 km	0.0	11:36		13:54		14:00		
⑮ Fukuchi River Seaside Park (Rest Stop) 12:30–15:30	127.0 km	24.9 km	12:32	0:05	15:12	0:10	15:30		Rest
Resume Riding	127.0 km	0.0	12:37		15:22		15:40		
⑯ Wansaka Oura Park (Rest Stop) 13:30–17:00	152.4 km	25.4 km	13:33	0:05	16:43	0:10	17:00		Rest
Resume Riding	152.4 km	0.0	13:38		16:53		17:15		
⑰ Turn left above Futami Tunnel	154.7 km	2.3 km	13:43		17:00		17:20		Left turn
⑱ Turn right at Matsuda (North)	162.6 km	7.9 km	14:01		17:25		18:15		Left turn
⑲ Kanehide Kise Beach Palace (Day 1 Goal)	172.2 km	9.6 km	14:22		17:55		18:20		
			(27km/h)		(19km/h)				

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Day 2

Checkpoint	Total Distance (km)	Section Distance	Lead	Rest	Tail	Rest	Cut-off Time	Guidance Destination	Notes
○ Kouki Park (Day 2 Start)	0.0 km	km	7:00		7:15		7:20		Start
① Right turn onto Onna Sunset Kaido (Old Route 58)	9.9 km	9.9 km	7:22		7:49		8:00		Right turn (two-step right turn)
② Go straight at Unna Junior High School Intersection	15.5 km	5.6 km	7:34		8:09		8:15		Go straight
③ Right turn at Yaka Intersection	20.5 km	5.0 km	7:45		8:27		8:30		Right turn
④ Left turn at Akasaki Intersection	22.7 km	2.2 km	7:50		8:35		8:45		Left turn
⑤ Left turn at Kayou Eye Clinic	24.1 km	1.4 km	7:53		8:40		8:45		Left turn
⑥ Left turn along the base fence	30.3 km	6.2 km	8:07		9:01		9:10		Left turn
⑦ Right turn at T-junction	32.1 km	1.8 km	8:11		9:08		9:10		Left turn
⑧ Left turn to merge onto Prefectural Route 8	33.0 km	0.9 km	8:13		9:11		9:15		Left turn
⑨ Left turn at Kin Bay Entrance	33.5 km	0.5 km	8:14		9:13		9:15		Left turn
⑩ Left turn at Kaichu Road Entrance	38.7 km	5.2 km	8:26		9:31		9:40		Left turn
⑪ Henza Aid Station 8:30–10:00	43.9 km	11.8 km	8:37	0:05	9:49	0:10	10:00	Turn around	Break
Resume riding	43.9 km		8:42		9:59		10:10		
⑫ Go straight at Kaichu Road Entrance	49.2 km	5.3 km	8:54		10:18		10:20		Go straight
⑬ Kawata Intersection	54.2 km	5.0 km	9:05		10:36		10:40		Left turn
⑭ Toguchi Intersection	62.5 km	8.3 km	9:23		11:05		11:15		Left turn
⑮ Onaha Intersection	73.8 km	11.3 km	9:49		11:45		12:00		Left turn
⑯ Nishihara Agarisaki Park (Rest Stop) 9:45–12:15	76.0 km	2.2 km	9:53	0:05	11:53	0:10	12:00		Break
Resume riding	76.0 km	0.0	9:58		12:03		12:15		
⑰ Yonakohama Park (Police Box Side Intersection)	77.7 km	1.7 km	10:02		12:09		12:20		Left turn
⑱ Merge onto Route 331	78.1 km	0.4 km	10:03		12:10		12:20		Right turn
⑲ Uema Intersection	83.1 km	5.0 km	10:14		12:28		12:40		Go straight
⑳ Asahibashi Intersection	87.9 km	4.8 km	10:25		12:45		13:00		Right turn
㉑ Makiminato Intersection (under the overpass)	96.0 km	8.1 km	10:43		13:13		13:30		Left turn
㉒ Sunset Resort Mihama Intersection	104.6 km	8.6 km	11:02		13:44		14:00		Left turn
㉓ Chatan Town Fisherina Community Green Space (Lunch) 11:00–14:30	105.0 km	0.4 km	11:03	0:10	13:45	0:30	14:00		Lunch
Resume riding	105.0	0.0	11:13		14:15		14:30		
㉔ Merge onto Route 58	106.0 km	1.0 km	11:15		14:19		14:30		Left turn
㉕ Nakadomari (South) to Onna Sunset Kaido	122.2 km	17.2 km	11:53		15:19		15:30		Left turn
㉖ Route 58 (Old Road) → Route 58 (New Road)	129.1 km	6.9 km	12:09		15:44		16:00		Left turn
㉗ Route 58 (New Road) → Route 58 (Old Road)	129.8 km	0.7 km	12:10		15:46		16:00		Left turn
㉘ Seragaki Coast T-junction	135.5 km	5.7 km	12:23		16:06		16:15		Left turn
㉙ Afuso Elementary School (Rest Stop) 12:30–16:30	138.6 km	8.8 km	12:30	0:05	16:17	0:10	16:30		Break
Resume riding	138.6 km	0.0	12:35		16:27		16:30		
㉚ Kyoda Interchange – under the overpass (Bicycle Path)	147.3 km	8.7 km	12:54		16:58		17:15		Left turn
㉛ 21st Century Forest Gymnasium (Day 2 Goal)	154.6 km	7.3 km	13:10		17:24		17:45		Right turn
			(27km/h)		(17km/h)				