

## **Cycling in Munakata**

The cycle path in Munakata allows visitors to explore the area at their own pace. The path is clearly marked, with a blue-painted lane denoting car-free sections. It passes through historical and nature sites, including parts of the Genkai Quasi National Park. Most of the course is flat and suitable for all fitness levels, though there are some steeper sections near the mountains. Electric bicycles are available on a first come, first served basis at bicycle rental spots.

There are several places to rent bicycles in the Munakata area. The main facility is the Michino Eki Munakata Roadside Station, where visitors can get maps and information about the area. Rental bikes are also available at Togo Station, Akama Station, and the Akamakan tourist information center, among others. The Munakata area has many roadside restaurants and cafes with ample bicycle parking.

One of the highlights of the route is the seaside path from the Satsuki Matsubara Promenade through a grove of black pine trees, to Kanazaki Fishing Port. Further inland, the course winds through the forested slopes of Mt. Yugawa (471 m), part of the Yotsuka-renzan mountain range. Much of the course runs through rural areas, past farms and rice fields. As the course passes Yoshida Dam near Munakata Taisha, riders can enjoy a long straight road through fields with mountains in the distance.