



上五島栳

サイクリングルート

cycling route

世界遺産を持つ島の歴史をめぐろう

上五島では、有川港そばにある「五島うどんの里」を基点に北へ、東へ、南へと全長49kmを走り抜けるルートを設定しました。まずは世界文化遺産の構成遺産「頭ヶ島の集落」にある「頭ヶ島天主堂」を目指して東へ。アップダウンが続きますが、高台から見える紺碧の海や、天主堂から見る穏やかな海までシーサイドロードを楽しむことができます。そのまま来たルートを戻り、次は北へ、青砂ヶ浦天主堂を経由し、夕日美しい矢堅目公園まで一気に走り抜けます。さらに、島を南下し、西海国立公園の美しい若松瀬戸が見渡せる若松大橋を目指すルートにもチャレンジしてみましょう。

Exploring the history of an island with its own World Heritage site

For going around Kamigoto Island, we have organized a route that departs from "Goto Udon-no-Sato" which is near Arikawa Port, that runs 49 kilometers and covers areas to the north, east, and south. First, we will head to the east to "Kashiragashima Church" which is located in the "Villages of Kashiragashima Island" a constituent heritage designated as a World Cultural Heritage. The ups and downs will continue, but you will be able to enjoy the view of the azure waters from the high ground and the seaside road which slopes down to the gentle sea from the church. Afterwards, we will return to the route and then continue to the north. After passing by Aosagaura Church, we will make a beeline for Yagatame Park which is known for a beautiful view of the setting sun. Additionally, we will try our best to make it to the south of the island and reach Wakamatsu Ohashi Bridge, which overlooks the beautiful Wakamatsu Strait of Saikai National Park.

※写真掲載に当たっては大可教区の許可をいただいています。



頭ヶ島天主堂
Kashiragashima Church

19世紀に潜伏キリシタンが移住し、ひそかに信仰を守り続けてきた「頭ヶ島の集落」は、世界文化遺産「長崎と天草地方の潜伏キリシタン関連遺産」の構成遺産の一つである。集落内にある頭ヶ島天主堂(国指定重要文化財)は、1919年に完成された、重厚な外観を持つ石造りの天主堂である。なお、新上五島町内には、青砂ヶ浦天主堂(国指定重要文化財)を含む計29もの教会が点在し、サイクリングコース沿いで複数の教会を見ることが出来る。

The "Villages on Kashiragashima Island" where Christians moved to in the 19th century in order to continue secretly practicing their religion, is one of the sites designated as a "Hidden Christian Site in the Nagasaki Region" World Heritage. Located in the village, Kashiragashima Church (a nationally designated culturally important property), which was built in 1919, is a stone cathedral with a profound appearance. In addition, a total of 29 churches including Aosagaura Church (a nationally designated culturally important property) are dotted throughout Shinkamigoto, and many of them can be seen from along the cycling course.



蛤浜海水浴場
Hamagurihama Beach

中通島最大の砂浜海岸。松原を抜けると、白い砂浜がどこまでも続く浅海のビーチで、海の色は透き通ったエメラルドグリーン。夏場は海水浴場としてシャワーや各種レンタル等のサービスが有料で提供されており、「快水浴場百選」に選ばれている。

The largest flat shoreline on Nakadori Island. After clearing the pine tree lined road, you will see a white sandy beach with a sprawling sea that is the color of a clear emerald before you. Selected as one of "Japan's Top 100 Comfortable Beaches," in summer, it is used as a bathing beach with showers and other for-pay rental services available.



矢堅目公園
Yagatame Park

波静かな奈摩湾を右手に見下ろしながらアップダウンの道を北上して、半島の先端に位置する公園。標高120m超の円錐形の奇岩がそびえ立つ。展望所から眺める、東シナ海の水平線に沈む夕日は絶景。また、中通島の北端である津和崎や小値賀島を望むことができる。地名の由来は、奈摩湾に侵入する外敵から、矢で堅めて守っていたからとも言われている。

After heading north while going up and down and overlooking the quiet Nama Bay on your right, you will come to a park located at the tip of the peninsula. There you will notice a peculiar cone-shaped rock protruding out at an elevation of over 120 meters. The view of the sun setting into the South China Sea from the observation deck is truly breathtaking. Additionally, Tsuwazaki at the northern tip of Nakadori Island and Ojika Island can also be seen. The origin of the area's name comes from when it was said to have securely protected the surroundings from the arrows of foreign enemies that were attacking from Nama Bay.



若松大橋
Wakamatsu Bridge

中通島と若松島をつなぐ全長522mの橋。真っ白なトラス構造が美しい。橋の下を流れる若松瀬戸は、島々が複雑に入り組んだリアス式海岸が両側に広がっている。また、中通島の南側の山あいに見える桐教会や、若松瀬戸を行きかう旅客船や漁船、養殖イカダなどの景観も楽しめる。若松島へ橋を渡った直後に位置する「潮の香薫る公園」では、階段を降りて、海岸線に整備された遊歩道を散策することができる。

A bridge running 522 meters that connects Nakadori Island and Wakamatsu Island. The pure white truss structure is stunning. Wakamatsu Strait, which runs under the bridge, spreads out to both sides of the deeply indented coastline which is intricately dotted with islands. You can also enjoy scenery such as the paulownia church that can be seen in the southern mountains of Nakadori Island, the passenger and fishing vessels crossing through Wakamatsu Strait, and also, culturing rafts. If you go up the stairs of "Shionokakaoru Park," which is located right after crossing the bridge to Wakamatsu Island, you can take a walk on the promenade along the coastline.



サイクリングルートの詳細はこちらのWEBサイトより
Scan QRcode to view cycling route website.

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