



## HOKKAIDO CYCLE TOURISM



Hokkaido Cycle Tourism Promotion Liaison

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TEL: 011-241-6318

The Hokkaido Cycle Tourism Promotion Liaison was established in joint cooperation between private and public entities such as the Hokkaido Chamber of Commerce and Industry, and the Hokkaido Chamber of Commerce and Industry Liaison to promote and attract cycle tourism to Hokkaido.



NAVITIME

Cycling courses listed in the booklet correlates to the "Cycling NAVITIME," an exclusive App for cyclists, provided by NAVITIME Japan! It lists the first cycle routes in Hokkaido, allows searches for routes that combine stops and places to see, introduced in each course, and provides navigation for each course, according to your current location. Download the App from the QR Code provided on the right (some in-app purchases apply).



Issued: March, 2024



# HOKKAIDO CYCLE TOURISM

Tour Hokkaido by Bicycle

March, 2024 Version



Hokkaido Cycle Tourism Promotion Liaison

[https://www.hokkaido.cci.or.jp/cycletourism-hokkaido/guidebook/HCT\\_pamphlet\\_e.pdf](https://www.hokkaido.cci.or.jp/cycletourism-hokkaido/guidebook/HCT_pamphlet_e.pdf)



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## One of the most beautiful and beloved places in the world

With its wonderfully diverse climate, excellently paved roads, abundance of delicious cuisine and numerous natural hot springs, Hokkaido is a vast, breathtaking land that inspires and attracts cyclists from all over the world.

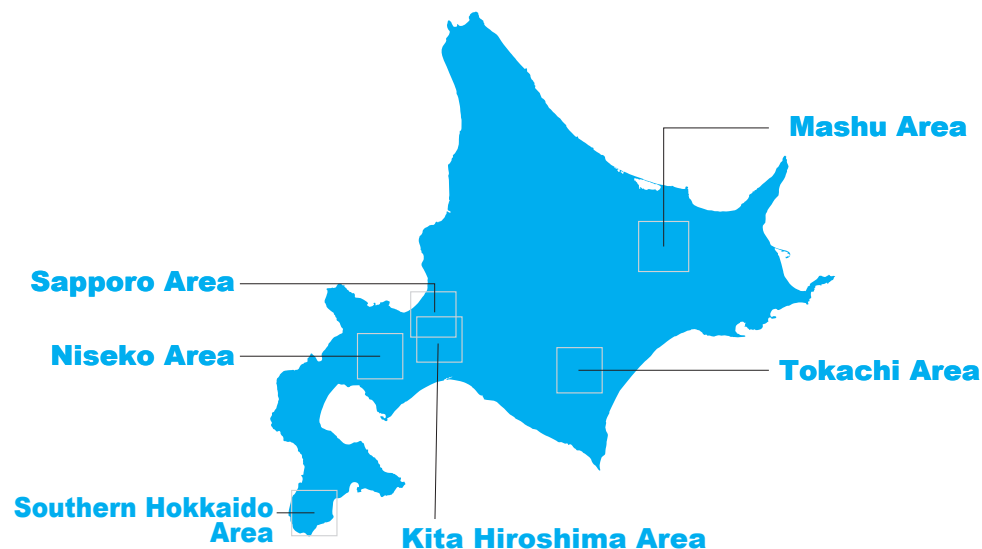


# Seven Areas of Hokkaido Introducing All 11 Courses

Ride the land loved by cyclists from around the world!

**Courses that offer maximum variety**

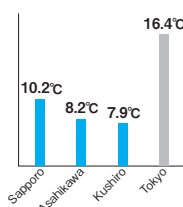
## 6 HOKKAIDO Area Course Guide



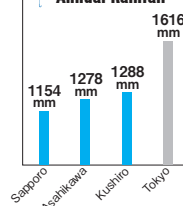
### Basic Stats on Hokkaido

Prefectural Capital: Sapporo City  
Population: 5.22 Million  
Area: 83,424km<sup>2</sup> [38 times the area of Tokyo]

Comparison of Climate Data for the  
Major Hokkaido Cities and Tokyo  
— Annual Average Temperature



Annual Rainfall



Annual Hours of Sunlight

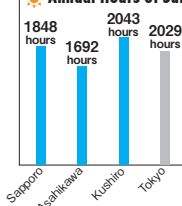


Exhibit: Hokkaido Data Book 2023 Population-Lifestyle / Ministry of Land, Infrastructure, Transport, and Tourism, Geospatial Information Authority of Japan / 2023 National Municipalities Area Statistics of Japan (Current as of October 1)

### Sapporo Area



With a population of 1.9 million, Sapporo is the largest city in Hokkaido and the capital of the prefecture. You can enjoy cycling from Sapporo to other locations like Ishikari and Sorachi.

- Ocean View Ride
- Sapporo Country Ride
- Sapporo Horizon Ride

### Niseko Area (Ezoichi)



Niseko is one of the premier ski resorts in Asia, and is an internationally known winter sports destination. Cyclists can enjoy a truly invigorating ride with captivating views of Mt. Yotei.

- Mt.Yotei Circuit Course

### Kita Hiroshima Area



The city of Kitahiroshima sits right between Sapporo and New Chitose Airport. It features a "Specialized Experience Center" that offers guided tours and a spectacular cycling road that allows for a refreshing ride through the beautiful scenery of Hokkaido.

- Hello Ambitious Ride

### Tokachi Area



Tokachi area is prosperous agriculture and dairy for its vast and rich soil plains. You can feel the extensive farm view of Hokkaido.

- TOKAPUCHI400
- Vast Plain & Garden View Ride
- Panorama & Lake View Ride
- River View Ride

### Southern Hokkaido Area



The Tsugaru Strait, Sea of Japan and Pacific Ocean comprise a vast coastline and offers a sensory ride through diverse and gorgeous scenery. Cycling allows for a more detailed experience of the rich nature in the area.

- Dounan oiwake View Ride

### Mashu Area



This area is home to Lake Mashu, the clearest lake in Japan, and Lake Kussharo, the largest caldera lake in Japan. Make Kawayu Hot Springs your basecamp for a route filled with scenic beauty.

- Hill Climb Ride

### Bicycle Transportation Information

Many Japanese transport companies will allow you to have your bicycle as luggage providing that it's less than 20kg and no one side exceeds 203cm when it's packed in a protective or storage case. Fees vary by travel provider.

#### LCC (Low Cost Carriers)[Budget Airlines]

Carrying a bicycle will usually involve an additional charge, as would any large piece of luggage. Your bicycle should be placed in a protective storage case made of a durable material like corrugated cardboard. Be advised that if you do not make a reservation to bring your bicycle on board as luggage beforehand, you may not be allowed to do so.

#### Transporting your Bicycle by Package Delivery Services

Your bicycle can be moved from your home/accommodation/where you are staying to accommodation at where you intend to ride by commercial delivery companies. If you're going to use this method, it's important to get permission from the place that you will be sending your bicycle to. Not doing so could lead to a refusal to accept the delivery. Always try to inquire in advance.

#### JR (Japan Railways) train lines

You should put your bicycle away in a special bag, and providing it is less than 30kg in weight, and the length, width and height do not exceed 250 cm in total and it is less than 2 meters in length, it can be carried for free on JR train lines. Please note that no more than two pieces of luggage are allowed per passenger.

# Road Ride Wear Recommendations Based on Temperatures and Time of Year

Riding With the Best Preparations Possible!

In early spring and late autumn, be outfitted for temperatures that can be as cold as midwinter on the Japanese mainland.



5°C

A temperature similar to that of mainland Japan in the coldest part of winter.

A thick top with long sleeves and thermal leggings. Gloves for the coldest days. Shoe covers. A winter faceguard.

Even in spring and autumn, it can get cold early in the morning and around dusk.



10°C

A long-sleeved jersey and legwarmers, and a windbreaker and a vest for mornings and evenings.

Compact gloves and shoe covers.

Average Temperature by Month in Hokkaido's Major Cities

Month	Sapporo	Asahikawa	Kushiro
June	16.8°C	16.8°C	13.5°C
July	23.1°C	22.6°C	19.2°C
August	22.7°C	21.3°C	19.5°C

Source: The National Meteorological Office

Even in early summer it's still a good idea to be equipped for the possibility of slightly cold weather.



20°C

A half-sleeved jersey, thermal underwear, arm warmers and a light version of legwarmers and a thin windbreaker.

Stay comfortable and avoid heat exhaustion even in the midst of summer.



25°C

A half-sleeved jersey, and sweat absorbent underclothes.

Extra cautious cyclists may also want to bring a vest and arm warmers.

## Checklist of Recommended Items

### Essential Equipment

- ☐ Helmet
- ☐ Sunglasses
- ☐ Shoes
- ☐ Refillable Bottle(s)
- ☐ Food Supply
- ☐ Spare Inner
- ☐ Tube(s)
- ☐ Tire Lever
- ☐ Pump
- ☐ Puncture Repair Kit
- ☐ Rainingear
- ☐ Mobile Phone
- ☐ A Flashlight or similar
- ☐ Bell
- ☐ Map
- ☐ Travel Insurance
- ☐ First-aid Kit
- ☐ Recommended Equipment
- ☐ Camera
- ☐ Cycle Computer
- ☐ GPS
- ☐ Wire Lock
- ☐ Insect Repellent
- ☐ Sunscreen
- ☐ Portable Chemical Hand Warmer
- ☐ Masking Tape / Gaffer Tape
- ☐ Batteries
- ☐ Plastic Bag(s)

## Things to be aware of when cycling in Hokkaido

Even in summer the temperature can drop sharply in places like high passes in the morning and evening, or when it's raining.

The sun generally sets early, so allow some leeway in your itinerary for times you may want to stop due to noticeable drops in temperature.



There can be heavy traffic and large vehicles on the major highways.

This can lead some cyclists to try and ride only on the prefectural roads, backstreets or the wide agricultural roads that are part of the real charm of cycling Hokkaido. However, unless you have real knowledge of the area, an excellent GPS system or a guide with you, these routes can be challenging to navigate.



When riding in the least populated areas of Hokkaido, it may not be possible to buy food or other supplies for relatively long periods of time.

Bathrooms may also not be available. There can also be regions where it will not be possible to get mobile phone service. Plan your journey with these considerations in mind.



Hokkaido is a treasure trove of wildlife.

However, there can be potential hidden issues when encountering wild animals. Northern foxes carry a parasitic worm called *Echinococcus*. There are strict restrictions on feeding or touching these animals as the parasite is easily transferred to humans, so please refrain from doing so.



## Hokkaido Cycle Tourism Introducing the official website

<https://www.cycletourism-hokkaido.com/>



## Complete coverage of courses in Six Areas of Hokkaido!

You can access downloadable pamphlets and maps showing the positions of all bicycle stands, addresses and links to specialized cycling shops and a list of hotels that offer dedicated bicycle storage.





01



02



03



04



05



06

01/Mt. Yotei in Autumn 02/Mt. Showa Shinzan and the statue of Mimatsumasao  
03/'Sculpture Park' on the shores of Lake Toya 04/Spring Water from Mt. Yotei, called  
'Kamuiwakka' or 'Water of the Gods' in the indigenous Ainu language 05/Riding in the heart of  
nature 06/Enjoying extra-soft ice cream at Yamanaka farm

## Hokkaido Resort Ride

Chitose - Date - Sobetsu - Toyako - Rusutsu - Makkari - Niseko -  
Kimobetsu - Kyogoku - Kutchan - Akaigawa - Otaru - Sapporo

Central Hokkaido

### Course guide

Distance - 263km (Approx.) / Time Required - 17hrs 30mins (Approx.) / Grade - Intermediate /  
Locations with Bicycle Stands - 9 / Start Point - Shin Chitose Airport / End Point - Sapporo JR Station (Sapporo City)  
[If you experience difficulties on the final stretch from Otaru to Sapporo due to traffic volume, you can take your bike  
on the train from Otaru JR Station to Sapporo JR Station.]

### Cycling Tour Guide & Rentacycle

Cycling Frontier Hokkaido (Tel. 0120-963-776) <http://www.hokkaido-cycling.jp>  
Hero Hokkaido (Tel. 0136-55-7475) <http://hero-hokkaido.com>

### Rentacycle

North Bicycle Hokkaido (Tel. 011-532-9588) <http://www.northbicycle.co.jp>



Setting out from Shin Chitose Airport, you'll travel through the Chitose city area, head to Lake Shikotsu and pass through well-known and much-loved destinations such as Lake Toya, Rusutsu, Niseko and Kiroro. Many parts of this course have been featured in the 'Tour De Hokkaido' race, and are therefore perfect for advanced cyclists who desire the additional challenge of riding this course at a faster pace. Of course, less advanced cyclists or those who want to take things at their own pace can enjoy the wide variety of stunning natural

beauty and top quality attractions that this course offers.

Heavy traffic between Otaru and Sapporo could prove difficult for riders who are not accustomed to such conditions. Fortunately, Otaru JR Station offers regular train service to Sapporo JR Station. From Sapporo, you can ride out to other destinations such as Ishikari and Sorachi. There are many hot springs and hot spring resorts on this course. If you have enough space on your itinerary, we fully recommend visiting the Shakotan peninsula.

## Long Ride Course Hokkaido Resort Ride

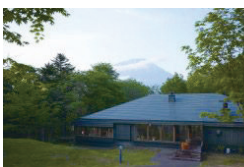
Chitose - Date - Sobetsu - Toyako - Rusutsu - Makkari - Niseko - Kimobetsu - Kyogoku - Kutchan - Akaigawa - Otaru - Sapporo

### Rest space



#### 1 Shikotsu-Ko Tsurumiya Spa Resort Mizu no Uta Shikotsu-Ko Onsen Chitose (Tel. 0123-25-2211)

A serene and restful location next to a delightful lake and surrounded by woodland, the Shikotsu-Ko Onsen spa resort offers a number of natural beauty treatments alongside fine dining and luxurious hot spring bathing.



#### 2 Restaurant Maccarina Aza Midorioka 172-3 Makkari (Tel. 0136-48-2100)

Based on the concept of a restaurant 'borne on the wind', Maccarina is well-known for its French lunch course consisting of the freshest locally-sourced produce and prepared using generous amounts of Mt. Yotei's famous 'Kamuiwakka' spring water. Enjoy true Auberger cuisine with a stunning mountain view.

3 Kinoko Okoku Otaki Main Location Sangaitaki-Cho 637-1 Otaki-ku Date (Tel. 0142-68-6270)

4 Sato No Eki Hotto Kimobetsu Kimobetsu 306-3 Kimobetsu (Tel. 0136-55-5130)

### Locations with Bicycle Stands



**Seicomart Kutchan**  
Kita 3-jo Branch Kita 3-jo  
Higashi 5-chome Kutchan



**Michi No Eki (Rest Stop)  
Niseko View Plaza**  
Aza Motomachi 77-10 Niseko Town



**Michi No Eki (Rest Stop)  
Makkari Flower Center**  
Aza Hikari 8-3 Makkari



**Michi No Eki (Rest Stop)  
230 Rusutsu**  
Aza Rusutsu 127 Rusutsu

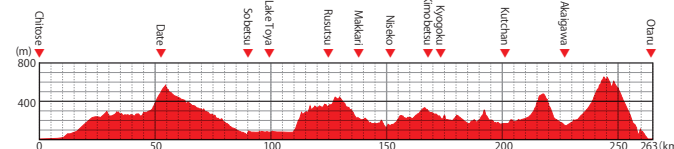
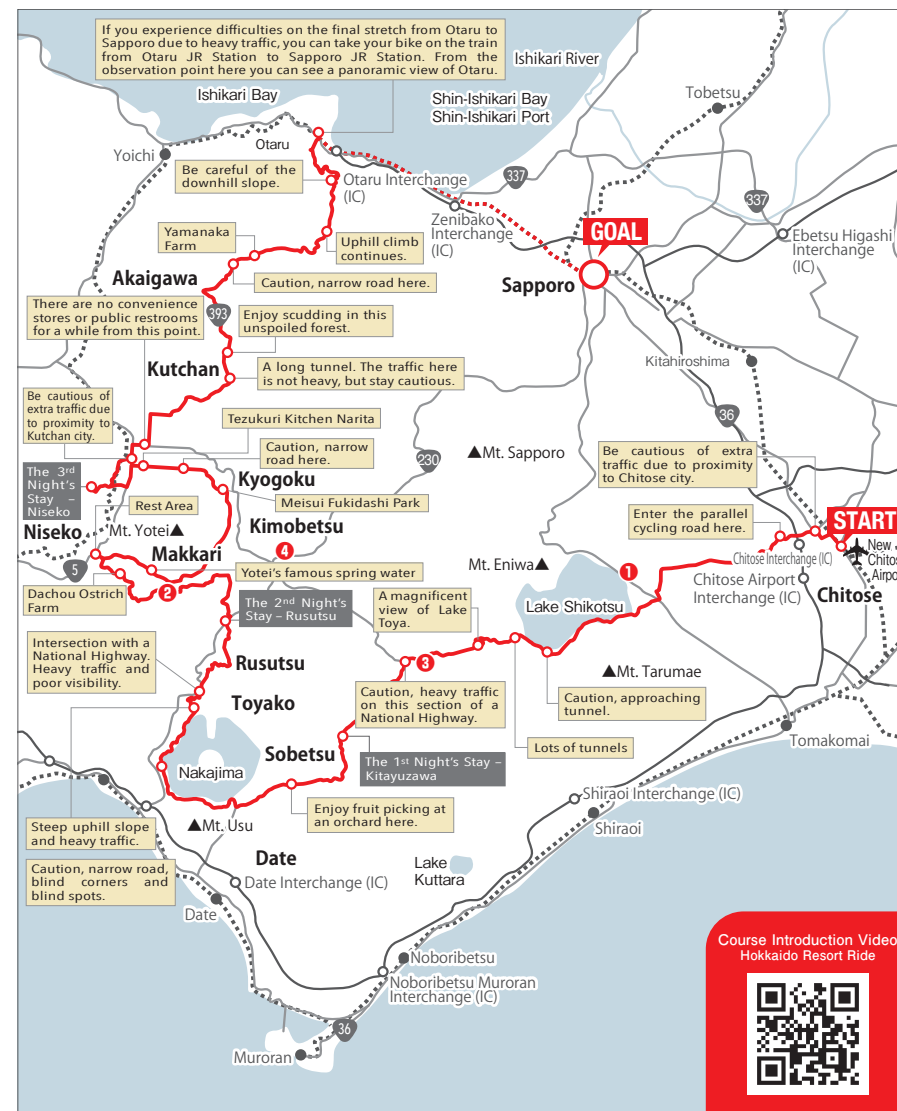
**Kutchan Station**  
**Kutchan Sun Sports Land**  
**Niseko-cho Oshiki Onsen Information Center**  
**Rankoshi-cho Konbugawa Onsenkyo Yusenkaku**  
**Shin Chitose Airport**

Kita 3-jo Nishi 4-chome Kutchan  
Aza Kabayama 41-5 Kutchan  
Aza Niseko 510 Niseko  
Konbu-cho 114-5 Rankoshi  
Bibi Chitose

© Please refer to the official Hokkaido Cycle Tourism site or contact the address below for more information on the locations offering bicycle stands along this ride or for other information that you may require.

#### Hokkaido Chamber of Commerce and Industry

Kita 1-Jo Nishi 2-Chome, Chuo-ku, Sapporo (Tel. 011-241-6308) (Fax. 011-231-0726) cycle@hokkaido.cci.or.jp



Access the site for an even more detailed road map.





01



02



03



04



05



06

01/Classic views of Hokkaido are along the whole ride 02/Lake Mashu is among the very clearest lakes in the world 03/A hot spring footbath at Kawayu Hot Spring Resort 04/The magnificent view from Bihoro Pass 05/The five lakes of Shiretoko and one of the most beautiful views in the region 06/Mt. Sharai White Potato Flowers

## Hokkaido Scenic Ride

Ozora - Bihoro - Teshikaga - Koshimizu - Kiyosato - Shari

The Eastern Area of Hokkaido, Beloved by Cyclists

### Course guide

Distance - 318km (Approx.)

Time Required - 21hrs 10mins (Approx.)

Grade- Advanced

Locations with Bicycle Stands - 17

Start / Goal - Memanbetsu Aiport (Ozora)



### Cycling Tour Guide & Rentacycle

Shiretoko Cycling Support (Tel. 0152-24-2380) <http://www.shiretokocycling.com/>

EZOX (Tel. 0152-23-2255) <http://www.ezox.co.jp/>

Many cyclists are drawn to this area by the outstanding natural beauty and riding it is a truly once-in-a-lifetime experience. There is relatively little traffic, the stunning landscapes are limitless, and it attracts many inbound cycling tours from overseas. The start point at Memanbetsu Airport near the Okhotsk Sea, World Heritage site of Shiretoko, Lake Mashu, Lake Kussharo, the

views from Bihiro Pass and the observation point at Mashu are all magnificent. The Koshimizu Flower Garden, Kawayu Hot Spring Resort and the local seafood are all highly recommended. If you have the time or the stamina to spare, you can visit other outstanding locations such as Shiretoko Pass, Lake Saroma and Lake Akan.

## Long Ride Course Hokkaido Scenic Ride

Ozora - Bihoro - Teshikaga - Koshimizu - Kiyosato - Shari

### Rest space



#### 1 Shiretoko Club (Gallery/hot springs/accommodations/gifts) Bunko-Cho 41-1 Shari (Tel.0152-23-1844)

Homestyle cooking made with locally-sourced ingredients by kind and friendly staff inside a charming log restaurant. Syougayaki and Hamburger steak are firm favourites and highly recommended.



#### 2 Poppo Tei Asahi 1-7-18 Teshikaga (Tel.015-482-2412)

Diner located across from Mashu Station that is highly-recommended by local cyclists. The diner is popular for its famous "Mashu Butadon (pork rice bowl)" and original ramen made with local ingredients. Its convenient location across the street from the station makes it a great place to dine when traveling by bicycle. This is one place you want to stop by when on your way to Lake Mashu or Kawayu Hot Springs.

#### 3 Michi No Eki (Rest Stop) Gurruto Panorama Bihoro Pass Aza Furuume Bihoro (Tel.0152-75-0700)

#### 4 Michi No Eki (Rest Stop) Hanayaka Koshimizu Aza Hamakoshimizu 474-7 (Tel.0152-63-4111)

### Locations with Bicycle Stands



**Michi No Eki (Rest Stop)**  
Mashu Onsen Yunoshima 3-3-5



**Mashu Station  
(Tourist Information Centre)**  
Asahi 1-7-26 Teshikaga



**Kawayu Onsen Station**  
Kawayu Onsen 1-1-18 Teshikaga



**Sunayu Rest House**  
Sunayu Teshikaga

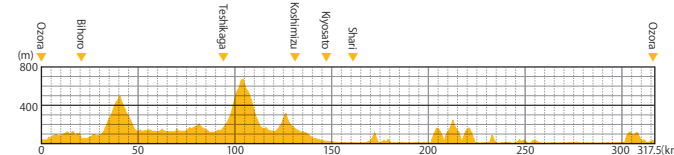
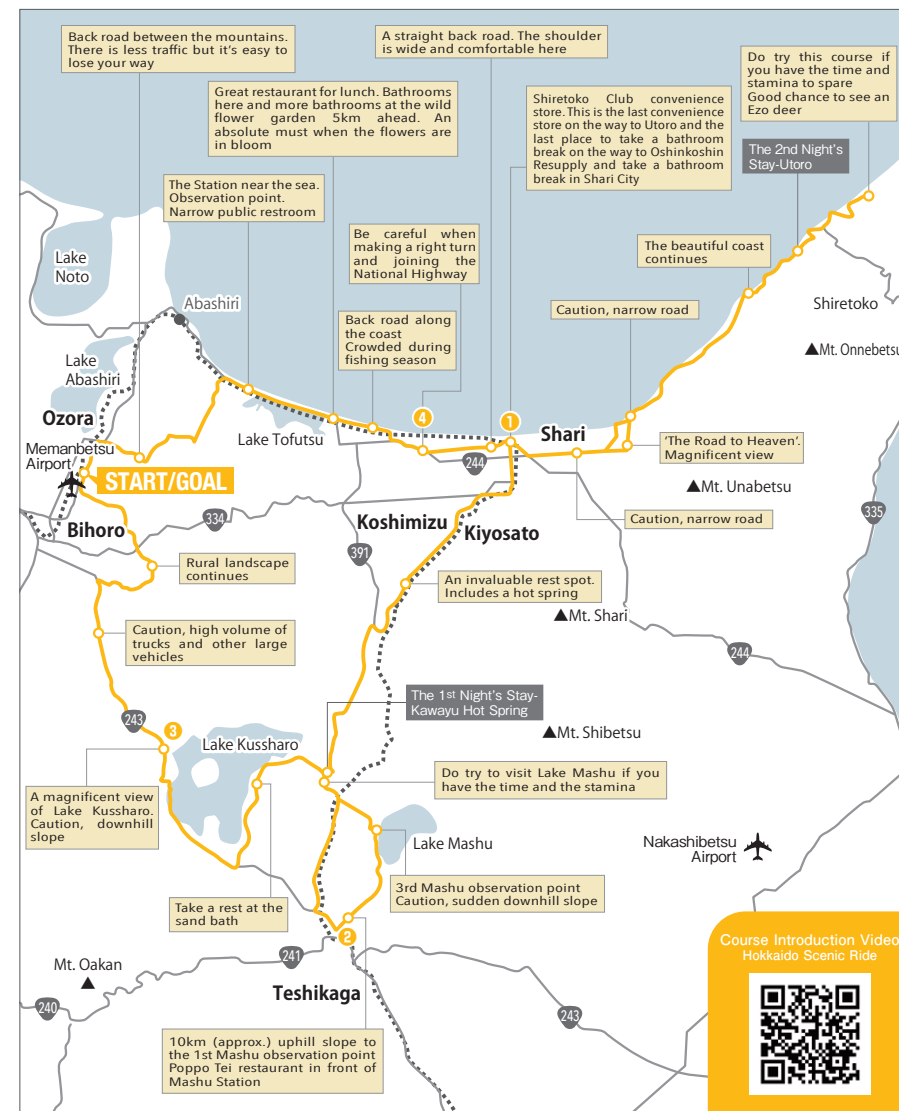
**Poppo Ya** Inside the Bihoro JR Station Building Shinmachi 3-chome Bihoro  
**Michi No Eki (Rest Stop) Meruhen no Oka Memanbetsu** Memanbetsu Showa 96-1 Ozora  
**Michi No Eki (Rest Stop) Ryuhyou Kaidou Abashiri** Minami 3-jo Higashi 4-chome Abashiri  
**Michi No Eki (Rest Stop) Hanayaka Koshimizu** Aza Hamakoshimizu 474-7  
**Kitami-Shi Hakka Kinenkan Memorial Hall** Minaminaka-cho 1-7-28 Kitami  
**Kunneppu Town Hall** Higashimachi 398 Kunneppu  
**Michi No Eki (Rest Stop) Onneyu Onsen** Rubeshibe-cho Matsuyama 1-4 Kitami

**Tsubetsu Town Hall** Saiwai-cho 41 Tsubetsu  
**Kiyosato Town Office** Hagoromo-cho 13 Kiyosato  
**Michi No Eki (Rest Stop) Shari** Honcho 37 Shari  
**Oketocho Family Sports Center** Aza Oketo 398-14 Oketo  
**Memanbetsu Airport Building** Memanbetsu Chuo 201-3 Ozora  
**900 Sogen** Aza Tobetsu Teshikaga

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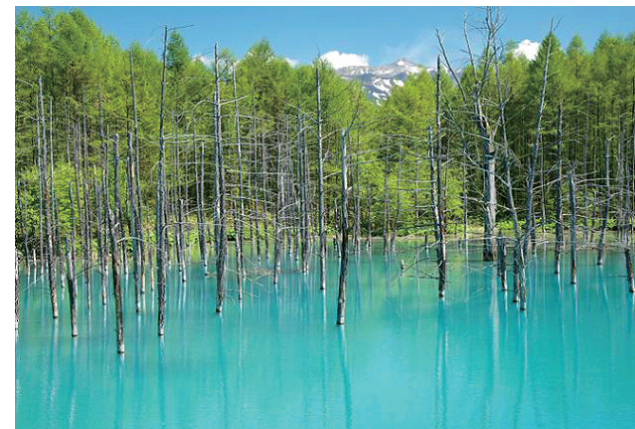
Kita 1-Jo Nishi 2-Chome, Chuo-ku, Sapporo (Tel. 011-241-6308) (Fax. 011-231-0726) cycle@hokkaido.cci.or.jp



Access the site for an even more detailed road map.



## Long Ride Course



01

02

03

01/A long straight road stretching into the horizon 02/The enchanting blue Shirogane pond in Biei 03/An uphill slope leading to Mt. Tokachi  
04/A field of lavender in Furano 05/Flowers in early summer 06/A hill in Biei

## Hokkaido Great Nature Ride

Higashikagura - Asahikawa - Biei - Kamifurano - Nakafurano - Furano - Minamifurano - Shintoku - Shimizu - Shikaoi - Memuro - Obihiro

Landscapes Full of Variety

### Course guide

Distance - 282km (Approx.)

Time Required - 18hrs 50mins (Approx.)

Grade - Intermediate / Advanced

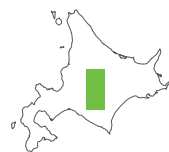
Start Point - Higashikagura (Higashikagura Town)

End Point - Tokachi-Obihiro Airport (Tokachi City)

Locations with Cycle Stands - 21

### Cycling Tour Guide & Rentacycle

Cycling Frontier Hokkaido (Tel.0120-963-776) <http://www.hokkaido-cycling.jp>



From the popular cycle event held in Furano's vibrant landscape to the must-see destinations of Biei and the charms of Lake Kanayama, Karikachi Pass, Shohoro resort and the Tokachi Plain, this area is overflowing with scenic beauty. Challenge the hills of Mt. Tokachi- one of the most difficult climbs in Hokkaido- if you have the time and the stamina to try it.

This ride offers many special goods, confec-

tionaries, and restaurants where you can try delicious local cuisine. Have a relaxing soak in a wonderful hot spring bath to recover from the fatigue of your journey and enjoy the gorgeous food served there. Road surfaces on this course are of a particularly high quality, so the only possible challenge in this area is the lack of convenience stores or similar amenities along some parts of the ride.

## Long Ride Course Hokkaido Great Nature Ride

Higashikagura - Asahikawa - Biei - Kamifurano - Nakafurano - Furano - Minamifurano - Shintoku - Shimizu - Shikaoi - Memuro - Obihiro

### Rest space



#### 1 Cake and Pastry Studio Furano Delicé Aza Shimogoryo 2156-1 (Tel.0167-22-8005)

"We only want to make the very best sweets with the very freshest materials" is the motto of the owner and head cake maker of Furano Delicé, who also happens to be a very dedicated cyclist. The Furano pudding is especially recommended. Have a look inside this stylish shop to buy delicious treats for your journey.



#### 2 Yuiga Dokuson Hinode-cho 11-8 Furano (Tel.0167-23-4784)

A very popular and welcoming curry restaurant that looks like a mountain lodge. Use the special password when asking for extra portions.

### Locations with Bicycle Stands



**Asahikawa Airport**  
Higashi 2-sen 16-go 98  
Higashikagura



**Michi No Eki (Rest Stop) Minamifurano**  
Aza Ikutara 687 Minamifurano



**Tokachi Obihiro Airport**  
Izumi-cho Nishi 9-sen Naka 8-41  
Obihiro



**Nakafurano Flower Park**  
Miyamachi 2-1 Nakafurano

Michi No Eki (Rest Stop) Biei Oka No Kura  
Frontier Franui Onsen  
Tokachidake Onsen Kamihoroso  
Furano Station  
Furano Marche  
Kanayamako Log Hotel Larch  
Michi No Eki (Rest Stop) Shizentaikan Shimukappu  
Shimukappumura Bussankan

Honcho 1-9-21 Biei  
Shinmachi 4-chome Kamaifurano  
Tokachidake Onsen Kamaifurano  
Hinode-cho 1-30 Furano  
Saiwai-cho 13-1 Furano  
Aza Higashikagura Minamifurano  
Aza Chuo Shimukappu  
Aza Shimukappu Shimukappu

Tomita Melon House Parking Lot  
Higashi Taisetsu Shizenkan  
Shikaribetsuko Nature Center  
Michi No Eki (Rest Stop) Nakasatunai  
Tokachigawa Onsen and Guide Center  
Ikeda Wine-Jo  
Kumagera House  
Shintoku Soba No Yakata

Nishi 1-Sen Kita 15-go Nakafurano  
Aza Nukabira Gensenkyo 48-2 Kamishiro  
Shikaribetsukohan Shikaoi  
Odori Minami 7-chome 14 Nakasatunai  
Tokachigawa Onsen Minami 12-chome 1-12 Otofuke  
Kiyomi 83 Ikeda  
Honcho 160 Makubetsu  
Kisen 102 Sintoku

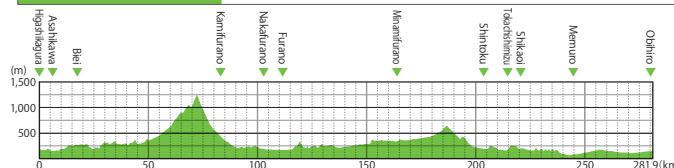
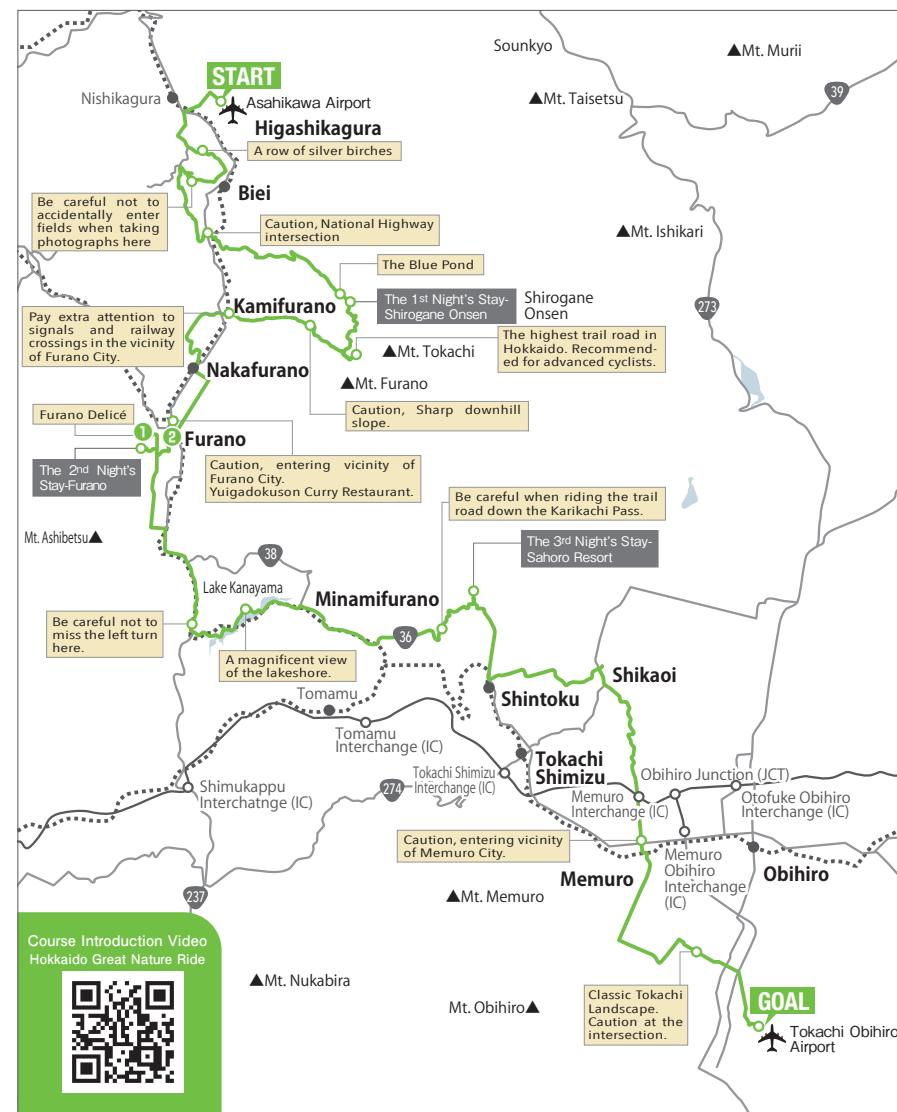
### Cycling Information

Asahi Taxi T. 0166 - 48-1151 (Transport with bicycle possible) TK Taxi T. 0155 - 33- 8515 (Transport with bicycle possible)  
Marimo Hired Car T.0155 33 8515 (Transport with bicycle possible) \*Please contact each company for more details.

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Access the site for an even more detailed road map.



## Long Ride Course Hokkaido Ocean View Ride



01



02



03



04



05



06

01/Cows resting at Shirotai Farm with a view of mountains and town  
02/Cyclers start cycling with high hopes early in the morning 03/A Cycle rack stands out in green at the observatory of Shirotai Farm 04/Treats for Cyclists  
05/Shikabe Kanketsusen (geyser) encourages cyclists 06/Flowers of the Sawara flower road welcome cyclists  
※Image of "The Start Gate" in 02 and "The Aid" in 04 are from "The Great Earth Hakodate Onuma Ride"

This is a long ride past lakes and the forest of Onuma Quasi National Park - one of the New Three Great Views of Japan - and the beautiful Hokkaido Komagatake. Cycle past refreshing lakes and forests, and then after warming up at Nanae town, go up to the Shirotai Skyline that has an average gradient of 7% and a 600m difference of elevation. Once you reach the top, a panoramic view of Mt.Hakodate and Ono plains are waiting for you. Cycle down the hill through a forest to

Shikabe town, enjoying the refreshing sea breeze. At Shikabe Kanketsusen (geyser) Park, you can relax your feet in the footbath sourced by the geyser water, which spouts every 10 minutes. As you begin pedaling again both Mt. Komagatake and Funka Bay on the coast line to Mori Machi come into view, then the view slowly transitions into the Sawara Flower Road with its colorful flowers. This course offers riders spectacular views and the charm of the "Kan Komagatake Area."

## Mt.Komagatake View Ride

### Kankomagatake

Mountain•Sea•Lake! A long ride where you can experience the great nature of Hokkaido

#### Course guide

Distance - 100 km (Approx.)

Time Required - 9hrs (Approx.)

Grade - Beginner

Start/End Point - JR Onuma Koen Station

Locations with Cycle rack - 5

#### Rest space

① Nanae Onuma International Tourism and Convention Association

② Roadside Station Shikabe Kanketsusen Koen

③ Roadside Station Tsudoru Plaza Sawara

④ Onuma Park Country Kitchen WALD

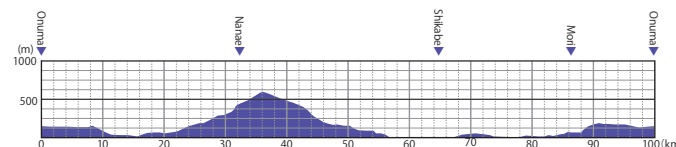
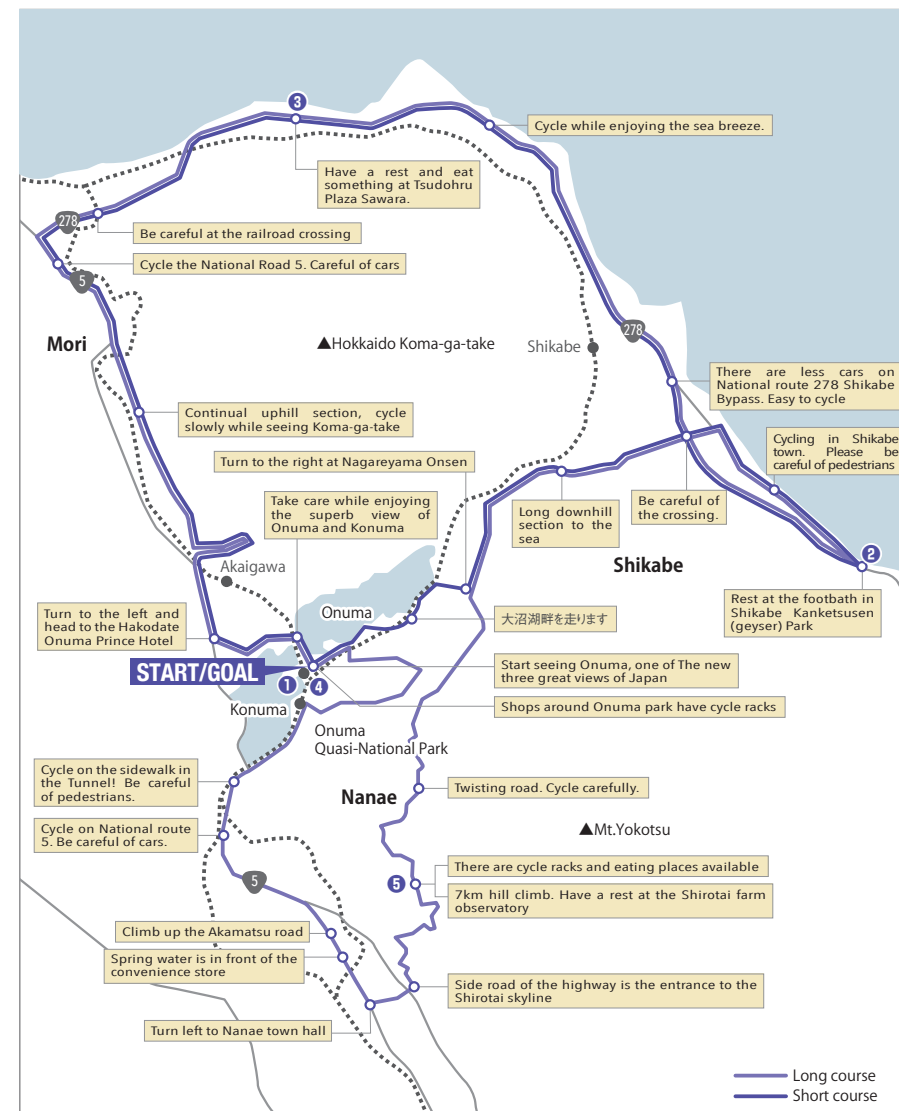
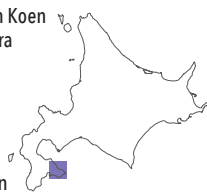
⑤ Nanae Shirotai Farm Observatory

#### Cycling tourguide & Rentacyle

Nanae Onuma International Tourism and Convention Association

Onuma International Communication Plaza, 85-15, Onuma-cho, Nanae-cho, Kameda-gun

(Tel.0138-67-3020 Fax. 0138-67-2176)



## Long Ride Course Hokkaido Ocean View Ride



01



02



03



04



05



06

01/Dynamic Hokkaido views welcome cyclists. 02/the smell of Sea salt blows across Isaribi Street. 03/Roadside station "Natowa Esan" well-known local products for its including "Kuroguchi Makonbu-Kelp". 04/"Old Toi line" an arch bridge which was never used. 05/"Ice 118" at Hakodate Milk is an ideal rest spot. 06/The Trappistine Monastery, the first female monastery in Japan where you can see an idyllic grass field.

After the city of Hakodate, head to Mt. Esan and keep cycling through Isaribi Street with its fresh breeze and smell of sea salt. The Isaribi street is a popular course not only for cyclists but also for joggers and drivers during the squid fishing season-July to September- in which you can see floating fishing lights in the Tsugaru Channel at night. The panorama view of Mt. Esan and the Sea coastline will become even grander as you approach the roadside station of "Natowa Esan". You will experience the grandness of Hokkaido by seeing this kind of magnificent view. Turn to the left at Esan Kokudo(National Road 278) over-seeing Esan where the view totally changes to a view of green. You will

gradually start smelling sea salt letting you know that the sea is close. Cycle along the seaside again to Kakkumi Touge and Kakkumi Park. The park is popular for cherry blossoms in spring and colorful leaves in autumn, also river running through the park where you can also see Japanese crayfish. Cycle over Yabetsu dam, and a little off from the course, drop by Hakodate Milk Ice 118 to have a rest and enjoy fresh Milk and Ice cream, and then return to the course and head to The Trappistine Monastery. The Monastery was the first female monastery established by French Nuns and where you can see sacred icons and the chapel. After the Monastery, you will head to the finish of the course.

## Ocean & Exoticism View Ride

### Hakodate-Esan-Kakkumi

The smell of sea and forest, the grand views and exotic moods of the Meiji-era. This variety of views will help you keep cycling through the course.

#### Course guide

Distance - 97km (Approx.)

Time Required - 7hrs (Approx.)

Grade - Beginner

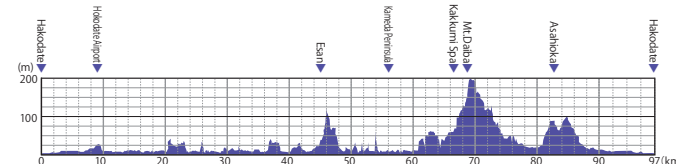
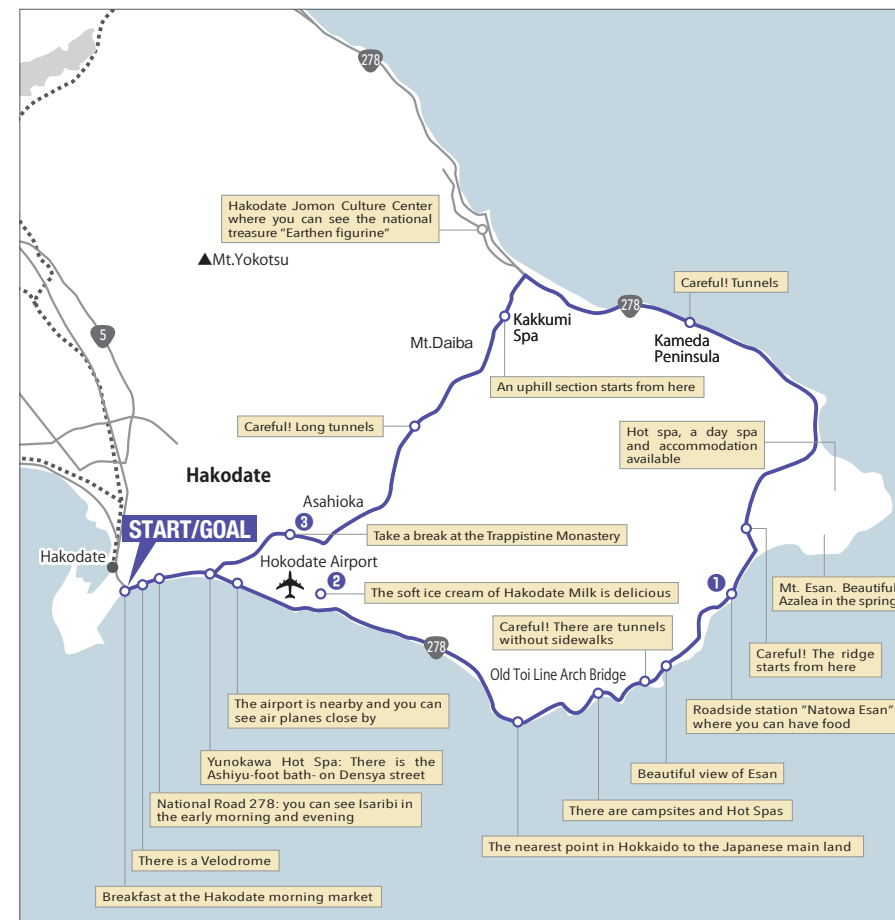
Start/End Point - JR Hakodate station

#### Rest stops

1. Roadside Station Natowa - Esan 2. Hakodate Milk Ice 118 3. Trappist Monastery

#### Cycling Information

Hakodate Bus T. 0138-54-4471 (Rental cycle buses available) \*Please contact the company for details.



©Please refer to the official Hokkaido Cycle Tourism site or contact the address below for more information on the locations offering bicycle stands along this ride or for other information that you may require.

#### Hokkaido Chamber of Commerce and Industry

Kita 1-Jo Nishi 2-Chome, Chuo-ku, Sapporo (Tel. 011-241-6308) (Fax. 011-231-0726) cycle@hokkaido.cci.or.jp

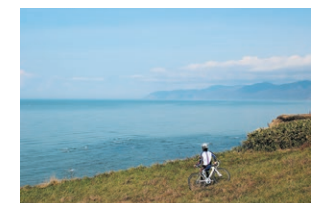




01



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06

01/Ishikari Atsuta-Morai offers wonderful views of the Sea of Japan  
 02/A cycling event at Moerenuma Park 03/The great beauty of the Sea of Japan  
 04/Canoeing on the Barato River 05/Sunflowers can be found at many points on this ride 06/Toubetsu town's "Sweden Hills"

## Ocean View Ride

### Sapporo - Ishikari - Tobetsu

Cycling the Roads Less Travelled Towards the Ishikari Coast.



#### Course guide

Distance - 86km (Approx.) / Time Required - 5hrs 45mins / Grade - Intermediate /  
 Start Point - Sapporo TV Tower (Sapporo City)  
 End Point - Moerenuma Park (Sapporo City)

#### Rest space

##### Ripple

Morai 338-30 (Tel.0133-77-2288)

##### Nakamura Honke

Futomi-Cho 1499-7 Tobetsu (Tel.01332-6-2039)



#### Cycling Tour Guide & Rentacyle

Cycling Frontier Hokkaido (Tel. 0120-963-776) <http://www.hokkaido-cycling.jp>

North Bicycle Hokkaido (Tel. 011-532-9588) <http://www.northbicycle.co.jp>

Matsuda Bicycle and Wheelchair Repair and Sales (Tel. 011-555-2107) <http://jintensya-matsuda>

This 86km (Approx) course begins at Sapporo's famous TV Tower and heads towards the Ishikari seashore. A straight road into the horizon, green rolling hills and the magnificence of the ocean are some of the key aspects of a ride that is filled with variety. Enjoy superb cuisine and the simple beauty of time passing serenely in landscapes filled with rapeseed flowers, potato flowers, and sunflowers. Moere-

numa Park, one of the great cultural treasures of Hokkaido, was designed by the world-renowned sculptor, Isamu Noguchi. This course has lots of back roads with relatively few traffic signs, so you're strongly advised to bring GPS or something similar and make sure to have a map so you don't lose your way. A cycling tour guide is also strongly recommended.

© Please refer to the official Hokkaido Cycle Tourism site or contact the address below for more information on the locations offering bicycle stands along this ride or for other information that you may require.

#### The Sapporo Chamber of Commerce

Kita 1-jo Nishi 2-chome Chuo-ku Sapporo (Tel. 011-231-1330) (Fax. 011-222-5215) [intl@sapporo-cci.or.jp](mailto:intl@sapporo-cci.or.jp)





01



02



03



04

01/The restful and relaxing Makomanai being enjoyed by some local residents 02/A country garden in Takino Suzuran Kyuryo Park 03/A view of Takino 04/A cycling road from Makomanai Park

This course through the suburbs of Sapporo has always been a favourite among locals, who flock the route on national holidays. It starts and ends at Makomanai Park, a former event site of the 1972 Winter Olympics and about 8km away from the very centre of Sapporo. Areas of great natural beauty along this route include Takino Suzuran Kyuryo Park and the base of Mt. Moiwa. You may find it hard to believe that such rich nature can be found in a bustling city, but you'll be delighted when you see it for yourself. Moderate ups-and-downs and delicious cuisine are also there to be enjoyed.

## Sapporo Country Ride

### Sapporo - Sapporo

The Classic and Ever-popular Course for Sapporo Cyclists



#### Course guide

Distance - 44km (Approx.) / Time Required - 3hrs  
Grade - Beginner / Start and End Point - Makomanai Park (Sapporo City)

#### Rest space

##### Takino Suzuran Kyuryo Park

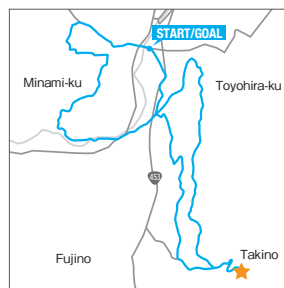
Takino 247 Minami-ku Sapporo (Tel.011-592-3333)

##### Benizakura Koen (Park)

Sumikawa 389 Minami-ku Sapporo

#### Cycling Tour Guide & Rentacyle

Cycling Frontier Hokkaido (Tel. 0120-963-776) <http://www.hokkaido-cycling.jp>  
North Bicycle Hokkaido (Tel. 011-532-9588) <http://www.northbicycle.co.jp>  
Matsuda Bicycle and Wheelchair Repair and Sales (Tel. 011-555-2107) <http://jitensya-matsuda>



Please see 43P (Takino Suzuran Hillside National Government Park)



01



02



03



04



05

01/Shinshinotsu Koen Park. Michi No Eki (Rest Stop) and hot springs are in the area 02/Ebetsu Tonden Farm 03/The ruins of a silo in front of the Hokkaido Prefectural Library 04/Kurisawa JR Station. A large number of brick buildings are in the area 05/Around Kitamura in Iwamizawa

This long ride starts at Noppo Shinrin Park and goes through the Ishikari plain and the rural landscape of Minamisoraichi. The moderate ups-and-downs and views of the Ishikari River and the Tappu Ohashi (Large Bridge) are some of the highlights of this ride. The fresh farm products at the Michi No Eki (Rest Stop) in

Shinshinotsu are highly recommended. After reaching the end point, many cyclists take the opportunity to have a Gensen Kakenagashi (fresh flowing hot spring water) or Moor Onsen (Botanical, mineral-rich) hot spring bath at Onsen Kiyora close to Shinrin Koen Park.

## Sapporo Horizon Ride

### Sapporo - Ebetsu - Iwamizawa - Shinshinotsu - Nanporo - Kitahiroshima

A Long Ride into a Boundless Horizon



#### Course guide

Distance - 101km (Approx.) / Time Required - 6hrs 45mins / Grade - Intermediate-Advanced / Start/End Point - Hyakunen Kinen-To (Tower) in Noppo Shinrin Park

#### Rest space

##### Michi No Eki (Rest Stop) Shinshinotsu

Dai 45-sen Kita-2 Shinshinotsu Tel.0126-58-3166

##### Mieko Park

Minami 13-sen Nishi-3 Nanporo Tel.011-378-1270

#### Cycling Tour Guide & Rentacyle

Cycling Frontier Hokkaido (Tel. 0120-963-776) <http://www.hokkaido-cycling.jp>  
North Bicycle Hokkaido (Tel. 011-532-9588) <http://www.northbicycle.co.jp>  
Matsuda Bicycle and Wheelchair Repair and Sales (Tel. 011-555-2107) <http://jitensya-matsuda>



©Please refer to the official Hokkaido Cycle Tourism site or contact the address below for more information on the locations offering bicycle stands along this ride or for other information that you may require.

#### The Sapporo Chamber of Commerce

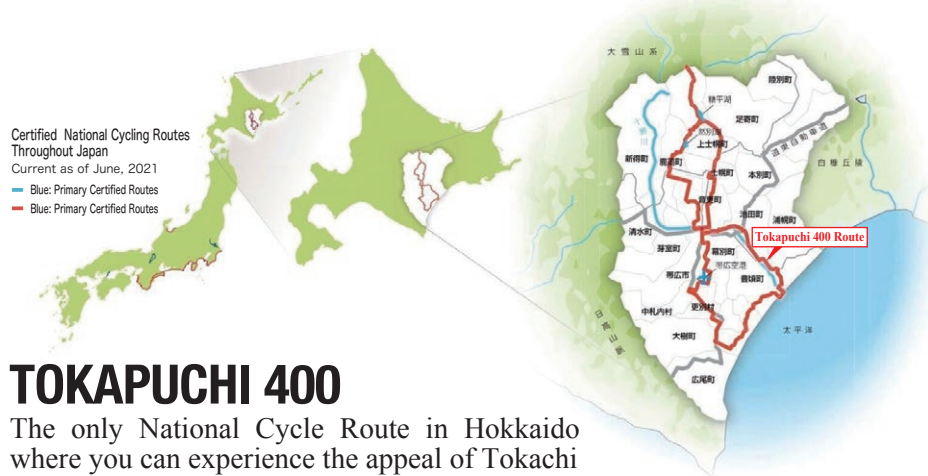
Kita 1-jo Nishi 2-chome Chuo-ku Sapporo (Tel. 011-231-1330) (Fax. 011-222-5215) [intl@sapporo-cci.or.jp](mailto:intl@sapporo-cci.or.jp)





The Tokapuchi 400 is a 403 km main route that forms a figure eight through the Tokachi Plains in Eastern Hokkaido. The Tokachi Obihiro Airport is the gateway to the Tokachi Area, with the Hidaka Mountain Range running north to south on the west, and the Pacific Ocean on the east. The area is rich with natural beauty such as the Tokachi River that flows from the mountains to the sea, lakes, hot springs, and much more. The

vast farmland and climate that is characteristic of this area is deeply rooted in the dairy and agricultural industry here, giving the area a name for being the largest food base in the nation. Numerous appealing products typical of the area have been born here and support the livelihood of its residents. The scope of nature and its glorious landscapes here are sure to surprise and excite those who cycle through Tokachi.



## TOKAPUCHI 400

The only National Cycle Route in Hokkaido where you can experience the appeal of Tokachi

### Course guide

Distance: Approx. 403 km / Duration: Approx. 27 hrs / Grade: Beginners - Advanced / Start/Goal: JR Obihiro Station (Obihiro City) / Cycle Rack Locations: 12



01



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01/Through the lush green forest to Nukabira Gensenkyo (hot spring village)  
02/Mikuni Pass steeped in rich fall colors. The deep green summer forest is also attractive.  
03/The magical Taushubetsu River Bridge  
04/Mysterious Lake Shikaribetsu  
05/At Roadside Station Urimaku, the destination of this journey, where cyclists can experience horseback riding.

This mountainous course comprises a remarkable panoramic view seen from the summit of Mikuni Pass and two sparkling lakes in Kamishihoro. On the descent, cyclists are met with either a deep green sea of trees in the summer, or bright fall colors in autumn. The course then travels along the old National Shihoro Railway and the concrete arches of the bridge

(Hokkaido heritage) and into Nukabira hot spring village. The course then slopes slightly up until the summit of Horoshika Pass, and arrives at Lake Shikaribetsu. Take in the refreshing breeze as the course begins its final stretch as it descends from Sengahara Observatory with the entire Tokachi Plains in sight, and reaches the goal at Roadside Station Urimaku.

## Panorama & Lake View Ride

### Kamishihoro - Shikaoi

Take in the panoramic view from the pass and tour the mysterious lake

### Course guide

Distance: approx. 70km / Duration: approx. 4 hr and 40 min / Grade: advanced / Start: Mikuni Pass Rest area (Kamishihoro) / Goal: Roadside Station Urimaku (Shikaoi) / Cycle Rack Locations: 3 locations

### Rest space

#### Higashi Taisetsu Shizenkan

Aza-Nukabira Gensenkyo 48-2, Kamishihoro-cho (Tel.0156-44-2323)

#### Shikaribetsu Kohantei Onsen Hotel Fusui

Shikaoi-cho Aza Shikaribetsu Kohan (Shikaribetsu Lakeside)

#### Lake Shikaribetsu Nature Center

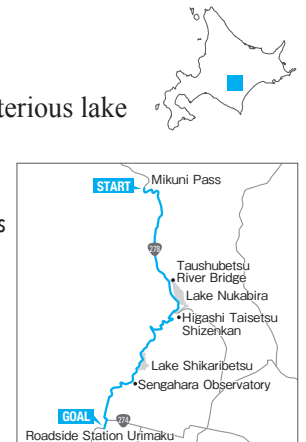
Shikaribetsu Lakeside (Tel.0156-69-8181)

#### Roadside Station Urimaku

Urimaku Nishi 3-Chome 1 Banchi-gai, Shikaoi (Tel.0156-67-2626)

### Cycling Tour Guide & Rentacyle

Shikaoi Tourist Information (Tel. 0156-66-1135) <http://michinoeki-shikaoi.com/>







01



04



05



02



03

01/Ride through the vineyards and head for Ikeda, the wine town  
 02/[Tokachi Makiba-no-Ie] [Wine Barrel Sauna]  
 03/ The "Wine Castle" in which houses Tokachi wine  
 04/Harunire Tree (Japanese Elm) - the symbol of Toyokoro  
 05/Roadside Station Garden Spa Tokachigawa Onsen - put on your bathing suit and soak in the botanical hot springs

As you leave the hot spring town of Tokachigawa, which is famous for its botanical hot springs, the course travels along the Tokachi River, the main river of Tokachi. The course continues on by vineyards and comes to the town of Ikeda, where there is a "Wine Barrel Sauna" made from

real wine barrels, "Tokachi Makiba-no-Ie," and the "Wine Castle." This course also introduces cyclists to scenic spots such as the "Harunire Tree (Japanese elm)" in Toyokoro, Makubetsu, the town where park golf was founded, and other wonderful and fun places in the Tokachi area.

## River View Ride

Otofuke - Ikeda - Toyokoro - Makubetsu - Otofuke

Noted destinations along the Tokachi River



### Course guide

Distance - 65km (Approx.) / Time Required - 4hrs 30mins (Approx.) / Grade - Beginner / Start / End Point - Tokachigawa Onsen  
 Tourist Guide Center (Otofuke Town) / Locations with Cycle Stands - 3

### Rest space

#### Tokachigawa Onsen Tourist Guide Center

Otofuke-cho Tokachigawa Onsen Minami 12-Chome 1-12 TEL. 0155-32-6633

**Ikeda Wine-Jo (Wine Castle)** Aza Kiyomi83-4 Ikeda TEL. 015-578-7850

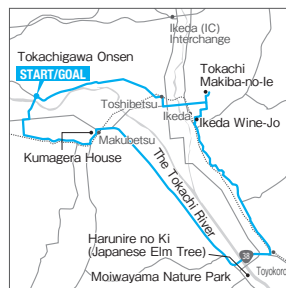
**Kumagera House** Honcho 160, Makubetsu-Cho TEL. 0155-54-2289

### Cycling Tour Guide & Rentacyle

Otofuke Town Tokachigawa Onsen Tourism Association (Tel.0155-32-6633) <http://www.tokachigawa.net/>

Tokachi Nature Center (Tel.0155-32-6116) <http://www.nature-tokachi.co.jp/>

Cycle Shop Otani (Tel.0155-74-2051) Cycle Shop Sakano (Tel.0155-74-2056)



01



02



03

This cycling course travels through the vast Tokachi Plains. Scenic spots to visit along the way include "Manabe Garden," which is famous for being the first conifer garden in Japan, and Aikoku and Kofuku Station, known by the iconic phrase "From the land of love to happiness."

As you travel past the "Rokka-no-Mori" forest where

wildflowers of Hokkaido bloom, and up a gentle slope leading to the Hidaka Mountain Range, you arrive at the "Yachiyo Farm" which is as large as 210 Tokyo Dome stadiums put together. On the way to the finish line at Obihiro Station there is one more beautiful garden, the "Shichiku Garden," where over 2,500 varieties of flowers bloom throughout the season.

## Vast Plain & Garden View Ride

Obihiro - Nakasatsunai - Obihiro

Boundless Plain Reaching out into the Horizon, and a Wealth of Beautiful Gardens



### Course guide

Distance - 90km(Approx.) / Time Required - 6hrs (Approx.) / Grade - Intermediate / Start/Goal: JR Obihiro Station (Obihiro) / Locations with Cycle Stands - 5

### Rest space

#### Michi No Eki (Rest Stop) Nakasatsunai

Odori Minami7-Chome14 Nakasatsunai (Tel.0155-67-2811)

**Shichiku Garden** Biei-Cho Nishi4-sen107 Obihiro (Tel.0155-23-7101)

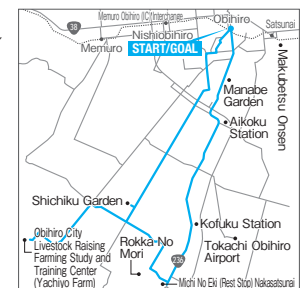
**Obihiro Livestock Research Center (Cowbell House)**

Yachiyo-cho Nishi 4 Sen 194, Obihiro (Tel.0155 60 2919)

### Cycling Tour Guide & Rentacyle

Ozumi Shokai(Tel.0155-24-3088) Michi No Eki (Rest Stop) Nakasatsunai(Tel.0155-67-2811)

Eco Bus Center Rikuru(Tel.0155-23-5920) NGLamping Resort Feriendorf(Tel.0155-68-3301)







01



04



## Mt.Yotei Circuit Course (Ezoichi)

Kutchan - Niseko - Makkari - Kyogoku

Spring Water and Hot Springs on a Tour of Mt. Yotei

### Course guide

Distance Approx. 50km / Time Required - 3hrs 30mins (Approx.) / Grade - Beginner / Start / End Point - Kutchan JR Station (Kutchan Town) / Locations with Bicycle Stands - 6

### Rest space

#### SPROUT

Kita 1-jo Nishi 3-chome Kutchan (Tel.0136-55-5161)

**Michi No Eki (Rest Stop) Meisui No Sato Kyogoku**

Aza Kawanishi 45-1 Kyogoku (Tel.0136-42-2292)

**Michi No Eki (Rest Stop) Niseko View Plaza**

Aza Motomachi 77-10 Niseko (Tel.0136-43-2051)

**Roadside Station Shell Plaza Minato**

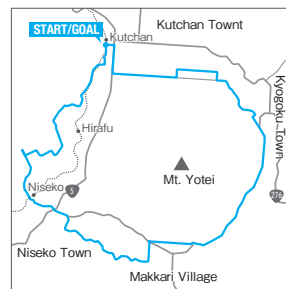
Rankoshi-Cho Minatomachi 1402-1 (Tel.0136-56-2700)

### Cycling Tour Guide & Rentacyle

Rhythm Cycles (Tel. 0136-23-0164) <https://www.rhythmjapan.com/rentals/bike-hire/>

Hokkaido Lion Adventure (Tel. 0136-43-2882) <http://hokkaido.lion-adventure.com>

Mizuno Cycle Shop (Tel. 090-7515-2609)



06



07



08



09

01/Tour of Mt. Yotei, a landmark of the Niseko area.  
02/Roadside Shell Plaza Minato, located along the Japan Sea on Hwy 229  
03/Ride through the fields and take in the spectacular view of Mt. Yotei and the Niseko Mountain Range.  
04/Potato flowers in summer  
05/There are signs indicating each route along the course.  
06/Try SPROUT, a café in front of Kutchan JR Station  
07/Michi No Eki (Rest Stop) Niseko View Plaza  
08/Niseko Town Ostrich Farm  
09/An arrow overhead indicating the shoulder is typical in an area with heavy snowfall

Niseko area is a blend of spectacular mountainous landscapes intermingled with plateaus that symbolize Hokkaido. The annual "Niseko Classic," one of the largest amateur cycling races in the nation, is held amidst this resort-like atmosphere. The most prominent course in this area is the 50-kilometer course circling the foothills of Mt. Yotei, the "Mt. Fuji of Ezo." Even beginners can finish the lap in half a day. The first half of the

course is a gentle uphill slope through fields of corn and potatoes.

Cyclists can take breaks along the way at "Fukidashi Park" in Kyogoku or at "Michi-no-Eki Niseko View Plaza" roadside station, and the Roadside Station Shell Plaza Minato in Rankoshi to enjoy fresh spring water and local produce. There are also many hot springs sprinkled throughout the area that are worth checking out.

© Please refer to the official Hokkaido Cycle Tourism site or contact the address below for more information on the locations offering bicycle stands along this ride or for other information that you may require.

Niseko Tourism Zone Council c/o Sun Sport Land Kutchan 41-5 kabayama, Kutchan (Tel.0136-23-3388) [kankou@town.kutchan.lg.jp](mailto:kankou@town.kutchan.lg.jp)



## Southern Hokkaido Area



01



02



03



04



05

## Southern Hokkaido Oiwake View Ride

### Kikonai - Esashi

Ride the ancient road from Tsugaru Strait to the Sea of Japan, where you can smell the spray of the sea in the air!

#### Course Guide

Distance - 180 km / Time Required - 15 hrs (Approx.) / Grade - Intermediate / Start/Goal - Kikonai / Location of Bicycle Stands - 7

#### Rest Space

##### Michi no Eki Misogi-no-Kyo Kikonai

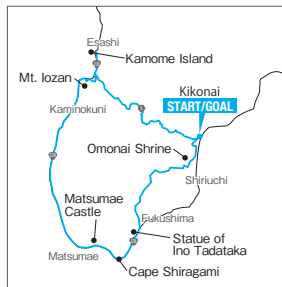
Kikonai-cho Aza Honcho 338-14, Kamiiso-Gun (T.01392-2-3161)

##### Michi no Eki Kitmaebune Matsumae

Matsumae-cho Aza Karatsu 379 Banchi, Matsumae-Gun (T.0139-46-2211)

##### Michi no Eki Kaminokuni-Monju

Kaminokuni-cho Aza Harauta 3 Banchi, Hiyama-Gun (T.0139-55-3955)



#### Cycling Tour Guide & Rentacyle

Southern Hokkaido Cycle Tourism Promotion Association

(Former: South Hokkaido Cycle Tourism Promotion Association to Promote History and Culture) Office: TEL. 0138-54-3619

## Southern Hokkaido Area



06



08



07



09

01/Enchanting shoreline course with a sense of nostalgia.

02/Sweeping view of Tsugaru Strait seen from Omonai Shrine Lookout, Shiriuchi. 03/Statue of Ino Tadataka in Fukushima, where the survey for the map of Japan began. 04/Migratory Bird Sanctuary at Cape Shiragami in Matsumae: the southernmost tip of Hokkaido 05/Matsumae: the only castle town in Hokkaido and

famous for its beautiful cherry blossoms 06/The shoreline from Kaminokuni to Esashi; take in the beautiful Sea of Japan and gentle breeze. 07/Mt. Iozan, Kaminokuni: stellar views of unexplored nature. 08/Sunset over Kamome Island; you can almost hear the Esashi Oiwake folksong. 09/Hakodate Bus that runs through the Donan region will carry your bicycle as is.



Chari-Tabi Southern Hokkaido

Kikonai Station is the first station in Hokkaido where the Hokkaido Shinkansen stops. This is where the course begins. Locals in Hokkaido call the southern part of Hokkaido facing the Tsugaru Strait "Donan," which literally means "southern Hokkaido." Of all the regions of Hokkaido, it is the richest in Japanese history and culture; it is truly a dramatic region. The scenery in this region, also very dramatic and diverse, does not pale against the dramatic history of the area. First of all, Mt. Hakodate appears as a floating island on the horizon, with glimpses of Aomori prefecture on the other side of the Tsugaru Strait, and nearer to the Sea of Japan the islands of Kojima, Oshima, Okushiri and Kamome come into

view. Depending on the season and weather, the scenery changes, with the thrilling sound of the thundering ocean when the tide is in, and a beautiful shoreline can be seen scattered with rock formations of all sizes when the tide is out. It can be fun to ride with the breeze along the undulating west side of Hwy 228, as your heart anticipates the next scenery to catch the eye.

Besides the wonderful vistas, the Donan region is also brimming with succulent fresh seafood and blessings of the land that are sure to recharge your energy. As you ride along the main highway, don't forget to take a few side roads and sidestops to add to your enjoyment on this course.

©For details on bicycle stand locations, and other information, please visit the Hokkaido Cycle Tourism official website, or contacts listed below.

Inquiries: Southern Hokkaido Cycle Tourism Promotion Association (Former: South Hokkaido Cycle Tourism Promotion Association to Promote History and Culture) Office T.0138 54 3619 Roku Go-go Bldg. 3F Goryokaku-cho 31-8, Hakodate Inside Hokkaido Development Engineering Center T. 0138 54 3619 T.080 1886 7099 F. 0138 54 3617 y-satou@decnet.or.jp





01



02



03



04



05



06



07

## Hello Ambitious Ride

### Kitahiroshima- Kitahiroshima

Boys be ambitious in this land.

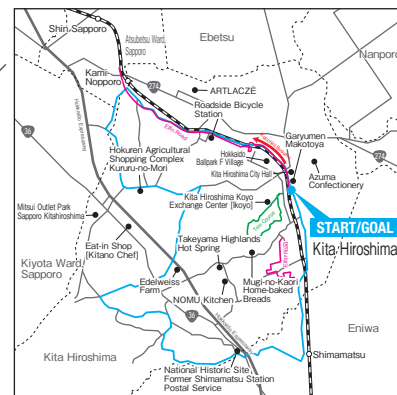


#### Course Guide

Distance - 45 km / Time Required - 2 hrs 30 min /  
Grade - Intermediate / Start/Goal - JR Kita Hiroshima Station /  
Locations with Bicycle Stands - 14

#### Rest space

- Bicycle Stations  
Nishi-no-Sato 242-1, Kita Hiroshima T.011 372 3311
- Hokuren Agricultural Shopping Complex Kururu-no-Mori  
Omagari 377-1, Kita Hiroshima T.011 377 8700
- Edelweiss Farm  
Wattsu 531-7, Kita Hiroshima T.011 377 6656
- Specialized Hokkaido Ballpark F Village Experience Center  
Kitahiroshima F Village
- National Historic Site Old Shimamatsu Station Post Office  
(April 28 - November 3)



- 01 / Former Shimamatsu Station Postal Service National Historic Site
- 02 / City cycling road, [Elfin Road]
- 03 / [Cycling Station] along the Elfin Road
- 04 / [Kururu-No-Mori]

- 05 / Racing alongside the train
- 06 / Specialized Experience Center
- 07 / [Trim Course] is an exclusive path for cyclists and pedestrians.

This 45 km course is intended for cyclists to discover the charm of [Kitahiro]. The Elfin Cycling Road, which utilizes the former Chitose highway, begins at JR Kita Hiroshima Station, where you start your course. Enjoy the unique loop structure, "tunnel of trees," through the wooded area, or race the train which runs alongside the course. In March, 2023, the American sports bike brand

Specialized is to open the first ever experience center of its kind in Asia inside the Hokkaido Ballpark F Village. The center will feature rentals of the latest road bikes, and guided tours on mountain bikes through natural trails, cycling with e-bikes that allow anyone to cycle without tiring, and much more to enjoy the wonderful nature surrounding the Kitahiroshima Area.





01



02



03



04

## Hill Climb Ride

### Teshikaga - Teshikaga

Course to enjoy the pristine nature and famous hot springs of Eastern Hokkaido

#### Course Guide

Distance: approx. 106 km / Duration: approx. 6 hrs and 40 min /  
Grade: Advanced / Start/Goal: Kawayu Visitor Center (Teshikaga) /  
Cycle Rack Locations: 12 locations

#### Rest Space

##### Roadside Station Mashu Onsen (Tourist Information Desk)

Yunoshima 3-5-5, Teshikaga-cho (T.015-482-2500)

##### Poppo-tei

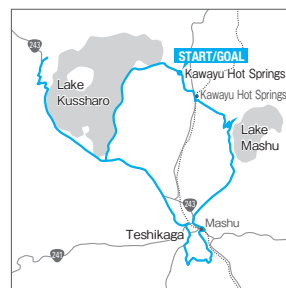
Asahi 1-7-18, Teshikaga-cho (T.015-482-2412)

##### Orchard Glass (JR Kawayu Onsen Station)

Kawayu Ekimae 1-1-18, Teshikaga-cho (T.015-483-3787)

##### Lake Mashu Kamuy Terrace

Teshikaga-Cho Lake Mashu 1st Observation Deck (T.0154-82-1530)



05



06



07



08

01/Descend Bihoro Pass and take in the view of the caldera Lake Kussharo  
02/Stop and take a break with a foot bath at Roadside Station Mashu Onsen  
03/JR Kawayu Onsen Station is also a great place to rest  
04/Take in the commanding view of Lake Mashu from the Lake Mashu Kamuy Terrace that opened the summer of 2022  
05/Depart from Kawayu Hot Springs with your eye on the steam rising from Mt. Io  
06/In August the fields along the road blossom with potato flowers  
07/A stretch of endless idyllic landscapes come into view as you head down the long downhill road from Lake Mashu  
08/A dynamic view of Lake Kussharo seen from Bihoro Pass

This course is 106 kilometers long and includes opportunities to ride by remarkable scenic attractions such as Lake Kussharo, Mt. Io, and Lake Mashu, one of the clearest lakes in the world. Mt. Io is located right near Kawayu Hot Springs, the starting point for this course, and bursts of steam can be seen coming from the mountain. Just below the steam colonies of Ezo tsutsuji (in the family of rhododendron) bloom in June. There are a number of tunnels made of trees near Mt. Io and Lake Kussharo, and as fall sets in they are transformed into bright colorful tunnels of leaves. A foot bath is the perfect way to take a break and rest.

There are foot baths at JR Kawayu Onsen Station, Mashu Station, and at the Mashu Onsen hot spring village where cyclists can dip their feet in the healing footbath. The first half of the course leading to Lake Mashu is mountainous terrain with an elevation of approximately 670 meters. From the Lake Mashu 1st observation deck, a commanding view of Lake Mashu, Lake Kussharo, the largest caldera lake in Japan, and the Shiretoko Mountain Range rising in the distance can be seen. The 360 degree panoramic view of the "900 pastures" and Lake Kussharo seen from Bihoro Pass are also iconic vistas of Hokkaido.

© Please refer to the official Hokkaido Cycle Tourism site or contact the address below for more information on the locations offering bicycle stands along this ride or for other information that you may require.

Lake Mashu Tourism Association Mashu 3-3-1, Teshikaga-cho  
(Tel.015-482-2200) (Fax.015-482-1877) masyu\_as@peace.ocn.ne.jp



## List of Cycling Races and Events in Hokkaido

Exciting cycling events are held throughout Hokkaido.

Here we introduce some of the main cycling events held in Hokkaido.

※Please inquire about event dates and content, at each sponsoring organization.

**July** **Kiyosato** Held July 6 (Sat) - July 7 (Sun) (Scheduled)

### Gran Fondo Kiyosato 2024

Take in the vast and remarkable scenery and enjoy delicious foods! This cycling event is a ride across the foothills of Mt. Shari. There is a short course (60km) or a long course (160km), so choose according to your physical abilities. The MTB tour held on July 2 is a gentle downhill course through old-growth forests starting at "Lake Mashu Observatory" and ending at the mysterious "Kaminoko Pond."

**Courses** [Saturday] [Sunday] Long Course (160km)  
MTB Tour (20km) Middle Course (100km)  
Short Course (60km)



**July** **Ishikari** Held July 7th (Sun) (Scheduled)

### Century Ride Sapporo 2024

A bicycle event that runs from Ebetsu City to northern Ishikari in the early summer sunshine. You can choose a course according to your physical strength.

**Courses** 1. 160km Emikuru~Hamanasu Onsen round trip  
2. 120km Emikuru~National Route 451 (Hamanasu/Takigawa Line) T-junction round trip  
3. 80km Emikuru~Domin no Mori Aoyama Information center round trip  
4. 40km Emikuru~Shinshinotsu Roadside Station~Ishikari River Embankment~Emikuru



**August** **Niseko** Held August 4 (Sun) (tentative schedule)

### Niseko HANAZONO Hill Climb

Kutchan, a little town located at the base of Niseko, a globally renowned ski resort, sets the stage on which cyclists will travel through local festivities, and gorgeous scenery of mountainous areas and highlands. It is the most popular hill climb race in Hokkaido.

**Courses** Downtown Kutchan - Niseko Annupuri Goshiki Hot Springs (Elevation 796meters)  
<Total distance 16km/ Average incline 4.6degrees>



**September** **Minami Sorachi** Held early September (Scheduled)

### Hokkaido Sorachi Gourmet Fondo 2024

The "Hokkaido Sorachi Gourmet Fondo" is the largest cycling event in Hokkaido held in southern.

Sorachi, a region popular among cyclists for its European-style farmland, vast idyllic landscapes, and rolling hills with wineries scattered here and there.

**Courses** Planned to be anywhere from 50 km - 100 km



**September** **Biei** Held September (tentative schedule)

### Okanomachi Biei Century Ride

The beautiful hills of Biei, which lay at the foot of the Tokachi Mountain Range, is the stage for this exciting and visually tantalizing event. This year's event is scheduled to be a special event celebrating 10 years.

**Courses** Course 20km course, 25km course, 80km course (Scheduled)



## Other Cycle Races & Events




(\*For details on event dates and content, please contact each individual organization.)

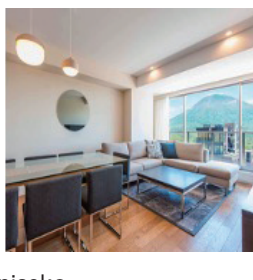






Itinerary	Event Name	Course
May	Mid TOUR OF KAMUI Abira Race	Short Course (30km), Long Course (80km)
	Mid NISEKO GRAVEL SPRING RIDE	Niseko Town~Makkari Village~Rankoshi Town (Scheduled)
	Late TOUR OF KAMUI Ishikari Race	Short Course (30km), Long Course (80km)
June	Mid Niseko Classic	Kutchan Town/Kyowa Town/Rankoshi Town/Niseko Town
July	Early Tour de Kitahiro	Ride event for children (approx.20km)
	Mid Ohosai 2024	Long Ride Event (approx. 118km)
August	Late Century Run Tokachi	Long Ride Event (160km, 80km)
	Late Rishiri Island Circuit Fureai Cycling	Long Ride Event (60.2km)
September	Early Tour de Kitahiro	Fun Ride event (approx.60km)
	Mid TEPPEN-RIDE	Long Ride Event (315km)
	Late NISEKO GRAVEL AUTUMN RIDE	Niseko Town/Rankoshi Town
	Late Hokkaido Mamachari Perseverance Race	Moerenuma Park Special Course (1 lap approx. 3.5km)
October	Early Okhotsk Long Ride	Half course (approx. 83km), Full course (approx. 145km)
	Mid Tour of KAMUI Shin-Shinotsu Tournament	Short Course (20km), Long Course (80km )



## Information on Accommodations


<b>Facility Name</b> Hokkaido Youth Hall Compass <b>Address</b> Makomanai Kashiwagaoka 7-chome 8-1, Minami-ku, Sapporo <b>Telephone</b> 0 1 1 - 5 8 4 - 7 5 5 5 <b>Website</b> http://hs-compass.com		<b>Number of bicycles that can be stored</b> 20 bicycles <b>Other services provided</b>       <b>Prior pick-up of bicycle and luggage</b> Possible
<b>[Storage]</b> • Bicycle parking available on site. • Bicycle parking available inside vehicle parking lot.	<b>[Other]</b> • Wifi Access • Showers and baths are available to overnight guests • Parking lot available for storing and maintaining bicycles. (reservation required)	

<b>Facility Name</b> Cozy Inn Otaru <b>Address</b> Nishiki-cho 18-14, Otaru <b>Telephone</b> 0 1 3 4 - 6 5 - 7 1 7 1 <b>Website</b> https://www.hotel-cozyinn.com/		<b>Number of bicycles that can be stored</b> 20 bicycles <b>Other services provided</b>   <b>Prior pick-up of bicycle and luggage</b> Possible
<b>[Storage]</b> • On-site parking available, bicycle bags etc, can be brought into the guest room.	<b>[Other]</b> • Free parking lot with entry 24/7 available (19 bicycles) • Accommodations starting at the reasonable price of ¥3,000/person • Rental cycles also available	

<b>Facility Name</b> Chatrium Niseko <b>Address</b> Kutchan Cho Aza Yamada 190-4, Abuta-Gun Niseko Hirafu 1-Jo 3-Chome 2-3 Shiki Niseko <b>Telephone</b> 0 1 3 6 - 2 1 - 4 1 9 1 <b>Website</b> https://www.chatrium.com/chatriumniseko		<b>Number of bicycles that can be stored</b> 20 bicycles <b>Other services provided</b>       <b>Prior pick-up of bicycle and luggage</b> possible
<b>[Storage]</b> • Store in Ski Locker Space on the 1F (reservation required) • Carry into guest room in cycle bag	<b>[Other]</b> • Cycle Racks • Fitness Center • Repair tools • Wifi Access	

<b>Facility Name</b> Sapporo Excel Hotel Tokyu <b>Address</b> Minami 8-Jo Nishi 5-Chome, Chuo-ku, Sapporo <b>Telephone</b> 0 1 1 - 5 3 3 - 0 1 0 9 <b>Website</b> https://www.sapporo-e.tokyuhotels.co.jp		<b>Number of bicycles that can be stored</b> 5 bicycles <b>Other services provided</b>   <b>Prior pick-up of bicycle and luggage</b> Possible
<b>[Storage]</b> • Store in the Ski Stocker Room on the 1F	<b>[Other]</b>	

<b>Facility Name</b> Sapporo Tokyu REI Hotel <b>Address</b> Minami 4-Jo Nishi 5-Chome, Chuo-ku, Sapporo <b>Telephone</b> 0 1 1 - 5 3 1 - 0 1 0 9 <b>Website</b> https://www.tokyuhotels.co.jp/sapporo-r/		<b>Number of bicycles that can be stored</b> 5 bicycles <b>Other services provided</b>   <b>Prior pick-up of bicycle and luggage</b> Possible
<b>[Storage]</b> • Store in the Ski Stocker Room on the 1F	<b>[Other]</b>	

<b>Facility Name</b> HOTEL BOTH <b>Address</b> Shari-Gun Shari-Cho Aza Ikushina Kita 106-4 <b>Telephone</b> 0 1 5 2 - 2 6 - 7 8 0 0 <b>Website</b> https://twitter.com/both_hotel		<b>Number of bicycles that can be stored</b> 6 bicycles <b>Other services provided</b>      <b>Prior pick-up of bicycle and luggage</b> Possible
<b>[Storage]</b> • Bikes can be stored inside the bungalows on site • Bicycle parking available	<b>[Other]</b> • Newly opened in February, 2023! • Wood-burning stove • Shiretoko Gohan TOMONI and Sauna on site	



Maintenance space provided



Air Pump rentals



Temporary use of showers and baths.



Rental of maintenance tools



Temporary baggage storage



Use of washing machine and dryer



Information regarding route maps and cycle shops nearby





### Tourism Information

## Takino Suzuran Hill Park

Takino Suzuran Hill Park is the only park in Hokkaido that is operated by the government. The park offers great opportunities to observe the wild birds, plants, and surrounding nature, not to mention cycling and camping.

Zip 005-0862  
Takino 247 Banchi, Minami-ku, Sapporo  
<https://www.takinopark.com/>  
※Please check out the map provide on P25.



### Activity Information

## Activity Center ANDOOR

Free rental of air pumps and tools, cycle with water supply function. Equipped with the function of a station and disseminating activity information. Rental of sports cycles, fly fishing, ice fishing, and operates and offers simple lodging facilities.

Zip 089-1500  
92-10 Sarabetsu Minami 2 Line,  
Sarabetsu Village, Kasai District, Hokkaido.  
<http://andoor.jp>



# 自転車で北海道を楽しもう♪ サイクルパーツ・アパレル多数取り揃えております!!



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TEL 011-621-0501 FAX 011-621-0502

## C Y C L I N G G U I D E T O U R

### 北海道初のロードバイクレンタル付き サイクリングガイドツアー

北海道で唯一、日本サイクリング協会公認の  
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人気ナンバーワンのサイクリングガイドツアー

- ガイドエリア: 北海道全域
- 各ツアー無料送迎可能
- サイクリングツアーにはガイド同行、およびロードバイク、ヘルメットのレンタル付き

●お問合せは  
メールまたはお問い合わせフォームまで

▶詳しくはこちら! <http://www.hokkaido-cycling.jp/>

サイクリングフロンティア北海道

検索



## “自転車 de 北海道観光” どうでしょう?

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TEL 011-532-9588 FAX 011-788-8189





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Porocle is a bicycle sharing system. You can rent & return a bicycle at any port you like! With over 50 "ports" in the city. Get around with ease on an e-bike! Visit our website ▶▶




# Gran Fondo Kiyosato 2024

Satiate your appetite with breathtaking vistas and delicious foods!!  
The cycling event that has you racing around the foothills of Mt. Shari

**July 6 (Sat) MTB**  
**July 7 (Sun) Long and Short course**

Long (160km)	Middle (100km)
Short (60km)	MTB (20km)

Administration: Kiyosato Tourism Association  
Shari-Gun Kiyosato-Cho Hagoromomachi 62 Banchi  
☎0152-25-4111 <http://www.kiyosatokankou.com>

©The downhill from Ura-Mashu observation deck to Kiyosato is gradually gaining popularity. See the official website for details on the "GRAND FONDO KIYOSATO."



**北海道初!! タクシー会社がサイクリングをサポート**

**阿寒摩周・釧路湿原2つの国立公園を走るツアーを実施中!**

- ガイドエリア／ひがし北海道
- レンタル／各種E-BIKE、クロスバイク他

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**釧路サイクリングツアーズ** [www.akanhire.com](http://www.akanhire.com)




# WHO CLIMB UP FIRST WINS

**NISEKO HANAZONO HILLCLIMB 2024**

**8.4 SUN**

[nisekohillclimb.com/](http://nisekohillclimb.com/) / [@nisekohanazonohillclimb](https://twitter.com/nisekohanazonohillclimb)



**エコバスセンターりくる**

北海道で初めてナショナルサイクルルートに認定された「トカプチ400」の窓口。雄大な十勝をご案内します。レンタサイクルの貸出、観光案内、アクティビティ情報を発信しています。

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<https://www.machicen.com>




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**SPRING RIDE 2024**  
**5.12 SUN**

**AUTUMN RIDE 2024**  
**9.21 SAT 22 SUN**

[nisekogravel.com/](http://nisekogravel.com/) / [@nisekogravel](https://twitter.com/nisekogravel)