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.

Cycling courses listed in the booklet correlate 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: February, 2019
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.
Courses that offer maximum variety

### 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.
- **Dounan oiwake View Ride**
- **Hello Ambitious Ride**

### Kita Hiroshima Area
- Kita Hiroshima is located right in between Sapporo and New Chitose Airport. This city, which is easily accessible from both a major city and airport, has well maintained cycling roads, as well as cycling paths that take you through pastoral landscapes of Hokkaido.
- **Hello Ambitious Ride**

### Kenbuchi Area
- Tranquil farmlands, where time seems to flow at a more leisurely pace, are actually ideal cycling spots known by few. If you want to enjoy a leisurely ride through pastoral landscapes, and enjoy the colors and foods each season has to offer, this is the place for you.
- **Kenbuchi Idyllic Rural 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.
- **Panorama & Lake View Ride**
- **Vast Plain & Garden View Ride**
- **River View 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**

### Bibai Area
- The Bibai area, situated between Sapporo and Asohikawa, wherein the longest, straight road in Japan exists, is a world of serene pastures where one can enjoy art and delicious food.
- **Bibai Country Ride**

### Hidaka Area
- Vast and impressive thoroughbred farms, coastlines with stellar sunsets, and other beautiful landscapes typical of Hidaka, Hokkaido, can be enjoyed.
- **Horse & Ocean View Ride**

### Sapporo Area
- With a population of 1.9 million, Sapporo is the capital of the prefecture. You can enjoy cycling from Sapporo to other locations like Ikikari and Sorachi.
- **Ocean View Ride**
- **Sapporo Horizon Ride**
- **Sapporo Country Ride**

### Kushiro / Mashu Area
- See Lake Mashu which has the clearest water in Japan, and Lake Kusharo, which is the largest caldera lake in Japan. Also enjoy Kawayu Hot Spring, largest caldera lake in Japan. Lake Kussharo, which is the only one of its kind in the world.
- **Kushiro Mashu Ride**
- **Kiritappu seaside Ride**
- **Double Lake Ride**
- **Mashu kushsharo Hill Climb Ride**

### Basic Stats on Hokkaido
- **Prefectural Capital: Sapporo City**
- **Population:** 5.38 million
- **Area:** 83,424km² [38 times the area of Tokyo]

### 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 203 cm 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 accommodations 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!

A temperature similar to that of mainland Japan in the coldest part of winter. Even in spring and autumn, it can get cold early in the morning and around dusk.

5°C

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

10°C

Compact gloves and shoe covers.

15°C

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

20°C

A half-sleeved jersey, and sweat absorbent underclothes.

25°C

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

Fishing in spring and late autumn, be outfitted for the Japanese mainland.

Checklist of Recommended Items

<table>
<thead>
<tr>
<th>Essential Equipment</th>
<th>Recommended Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helmet</td>
<td>Camera</td>
</tr>
<tr>
<td>Sunglasses</td>
<td>Wire Lock</td>
</tr>
<tr>
<td>Shoes</td>
<td>Portable Chemical Hand Warmer</td>
</tr>
<tr>
<td>Food Supply</td>
<td>Insect Repellent</td>
</tr>
<tr>
<td>Spare Inner</td>
<td>Masking Tape / Gaffer Tape</td>
</tr>
<tr>
<td>Tube(s)</td>
<td>Sunscreen</td>
</tr>
<tr>
<td>Tire Lever</td>
<td>Batteries</td>
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<tr>
<td>Pump</td>
<td></td>
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<tr>
<td>Mobile Phone</td>
<td></td>
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<tr>
<td>A Flashlight or similar</td>
<td></td>
</tr>
<tr>
<td>Bell</td>
<td></td>
</tr>
<tr>
<td>Map</td>
<td></td>
</tr>
<tr>
<td>Puncture Repair Kit</td>
<td>First-aid Kit</td>
</tr>
<tr>
<td>Raincoat</td>
<td></td>
</tr>
</tbody>
</table>

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.

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.

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.

Average Temperature by Month in Hokkaido’s Major Cities

<table>
<thead>
<tr>
<th>Month</th>
<th>Sapporo</th>
<th>Asahikawa</th>
<th>Kushiro</th>
</tr>
</thead>
<tbody>
<tr>
<td>June</td>
<td>17.6°C</td>
<td>18.1°C</td>
<td>13.1°C</td>
</tr>
<tr>
<td>July</td>
<td>22.5°C</td>
<td>22.8°C</td>
<td>17.7°C</td>
</tr>
<tr>
<td>August</td>
<td>23.1°C</td>
<td>21.9°C</td>
<td>19.2°C</td>
</tr>
</tbody>
</table>

Source: The Japan Meteorological Office

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.

Hokkaido Cycle Tourism Official Site

http://www.cycletourism-hokkaido.com/
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 - Toyoko - 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 ‘Kamuzwakka’ spring water. Enjoy true Auberge cuisine surrounded by woodland, the Shikotsu-Ko Onsen spa resort is a serene and restful location next to a delightful lake.

3. Kinoko Okoku Otaki Main Location
Sangaitachi-cho 637-1 Otaki-ku Date (Tel. 0142-68-6270)
The 3rd Night’s Stay – Rusutsu
The 2nd Night’s Stay – Kitayuzawa
The 1st Night’s Stay – Niseko

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

Locations with Bicycle Stands

1. Seicomart Kutchan
Kita 3-jo Branch Kita 3-jo Higashi 5-chome Kutchan

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

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

4. 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 Onsenkoyu Yosenkaku
Shin Chitose Airport

Access the site for an even more detailed road map.

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

The Sapporo Chamber of Commerce
Kita 1-jo Nishi 2-chome Chuo-ku Sapporo (Tel. 011-231-1330) (Fax. 011-222-5215) intern@sapporo-cci.or.jp

Kamuiwakka’ spring water. Enjoy true Auberge cuisine surrounded by woodland, the Shikotsu-Ko Onsen spa resort is a serene and restful location next to a delightful lake.

Bicycles stands along this ride or for other information that you may require.

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 ‘Kamuzwakka’ spring water. Enjoy true Auberge cuisine surrounded by woodland, the Shikotsu-Ko Onsen spa resort is a serene and restful location next to a delightful lake.

If you experience difficulties on the final stretch from Otaru to Sapporo due to heavy traffic, you can take your bike on the train from Otaru JR Station to Sapporo JR Station. From the observation point here you can see a panoramic view of Otaru.

Tel. 011-222-5215
Fax. 011-231-1330

Tel. 011-222-5215
Fax. 011-222-5215
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 Bihoro 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
Shukuhaku (Pension) Café Zakka Shiretoko Club
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. Syoyogui and Hamburger steak are firm favourites and highly recommended.

Poppo Tei
Asahi 1-7-8 Teshikaga (Tel.015-482-2412)
The No.1 most recommended restaurant in the area around Mashu Station. Mashu Buta Don (Pork Bowl) and Teshikaga Ramen noodles are both excellent. It’s a convenient distance from the Station too, so it’s great for cyclists.

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

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

Rest space

Locations with Bicycle Stands
Mashu Station
(Tourist Information Centre)
Asahi 1-7-26 Teshikaga

Mashu Onsen Yunoshima 3-3-5

Kawaeu Onsen Station
Sunayu Rest House
Sunayu Teshikaga

Poppo Ya
Inside the Bihoro JR Station Building Shimachi 3-chome Bihoro

Michi No Eki (Rest Stop) Memon no Oka Memanbetsu
Memonbetsu Saho 96-1 Ozora

Michi No Eki (Rest Stop) Shari
Higashi 1-jo Nishi 2-chome

Kiyosato Town Office
Higashi 1-jo Higashi 4-chome

Access the site for an even more detailed road map.

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 Chuou-ku Sapporo (Tel. 011-231-1330) (Fax. 011-222-5215) info@sapporo-chi.or.jp
Hokkaido Great Nature Ride

** 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, confectionaries, 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.
Hokkaido Great Nature Ride

Rest space

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.

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.

Rural German Style Land Café
Aza Mita Dai-2 (Tel.0166-92-5800)
A great spot in the beautiful countryside. The scenery is amazing. Recommended. Have a look inside this stylish shop to buy dedicated cyclist. The Furano pudding is especially

Locations with Bicycle Stands

Asahikawa Airport
Aza Itutoro 687 Minamifurano
Higashi 2-sen 16-go 98
Higashikagura
Shinmachi 2-chome Shikaoi
Kumagera House
Higashi Taisetsu Shizenkan

Michi No Eki (Rest Stop) Shimukappu
Kumagora House

Shintoku Soba No Yakata
Kumage

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

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
Long Ride Course Hokkaido Ocean View Ride

This is a long ride past in 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 with 7% average gradient 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 at a footbath using geyser water which springs every 10 minutes. Start cycling again and see both Hokkaido Koma-ga-take and Volcano Bay on the coast line to Mori Machi, where there is the Sawara Flower Road with its colorful flowers. You can fully enjoy the “Kan Komagatake Area” by cycling this course and there is also the big event “The Great Earth Hakodate Onuma Ride” every autumn where you can cycle the same course.

Mt.Komagatake View Ride

Kan Komagatake

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. Onuma Park Onuma Dango Numa no Ya
3. Onuma Park Kitchen Yumeya
4. Onuma Park Country Kitchen WALD
5. Nanae Shirotai Farm Observatory

Cycling tour guide & Rentacycle
Nanae Onuma International Tourism and Convention Association
Onuma International Communication Plaza, B5-15, Onuma-cho, Nanae-cho, Kameda-gun
(Tel.0138-67-3020 Fax. 0138-67-2176)
**Long Ride** Course  Hokkaido Ocean View Ride

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. After the Monastery, you will head to the finish of the course.

### Ocean & Exotism 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

- **Cycling tourguide & Rentacycle**
  - Hakodate Tourist Information Center : 12-13 Wakamatsu-chou, Hakodate, (at JRHakodate station) (Tel.0138-23-5440)
  - Hakodate Hotel inn cooperative: 15-15, Shinonome-cho, Hakodate, (Tel.0138-22-2942 Fax. 0138-26-5208)

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
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 338-10 (Tel.0133-77-2288)
Nakamura Honke
Futomi-Cho 1499-7 Tobetsu (Tel.01332-6-2039)

Cycling Tour Guide & Rentacycle
Cycling Frontier Hokkaido (Tel. 0120-963-776) http://www.hokkaido-cycling.jp
Cycle Ono Sapporo Ltd. (Tel. 011-621-0501) http://www.onosapporo.jp
Cycle Shop Nakamura SAPPORO (Tel. 011-532-9588) http://www.csnakasp.com
Matsuda Bicycle and Wheelchair Repair and Sales (Tel. 011-555-2107) http://jitensya-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. Moerenuma 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
Sapporo Country Ride

Sapporo - Sapporo

The Classic and Ever-popular Course for Sapporo Cyclists

Course guide
Distance - 44km (Approx.)
Time Required - 3hrs
Grade - Beginner

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 & Rentacycle

Cycling Frontier Hokkaido (Tel. 0120-963-776) http://www.hokkaido-cycling.jp
Cycle Ono Sapporo Ltd. (Tel. 011-621-0501) http://www.onosapporo.jp
Cycle Shop Nakamura SAPPORO (Tel. 011-532-9588) http://www.csnakasp.com
Matsuda Bicycle and Wheelchair Repair and Sales (Tel. 011-555-2107) http://jitensya-matsuda

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 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

Rest space

Mieko Park
Minami 13-sen Nishi-3 Nanporo
(Tel.011-378-1270)

Cycling Tour Guide & Rentacycle

Cycling Frontier Hokkaido (Tel. 0120-963-776) http://www.hokkaido-cycling.jp
Cycle Ono Sapporo Ltd. (Tel. 011-621-0501) http://www.onosapporo.jp
Cycle Shop Nakamura SAPPORO (Tel. 011-532-9588) http://www.csnakasp.com
Matsuda Bicycle and Wheelchair Repair and Sales (Tel. 011-555-2107) http://jitensya-matsuda

This long ride starts at Nopporo Shinrin Park and goes through the Ishikari plain and the rural landscape of Minamisoro. 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.

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 Choe-ku Sapporo
(Tel. 011-231-1330) (fax. 011-222-5215) intl@sapporo-cci.or.jp
A mountain course that goes around a superb panoramic view that starts from the top of the Mikuni Pass in Kamishihoro Town, and includes 2 beautiful lakes. On the way, you'll see a green sea of trees if you're there in summer, and a breathtaking carpet of changing leaves in autumn. Travelling beyond Nukabira Gensenkyo, riders will have a fine view of Hokkaido heritage “The Concrete arch bridges” of the former Japanese National Railway Shihoro Line, and after going through Horoshika Pass, reach Lake Shikaribetsu. On the final stretch on the way to Michi No Eki (Rest Stop) Urimaku, stopping at Ogahara observation point will grant you a spectacular view of the Tokachi Plain.

**Panorama & Lake View Ride**

**Kamishihoro - Shikaoi**

Ride Through a Pass with a Panoramic View and Enjoy the Mysterious and Beautiful Lakes

- Course guide
  - Distance - 70km (Approx.)
  - Time Required - 4hrs 40mins
  - Grade - Advanced
  - Locations with Cycle Stands - 2

- Rest space
  - Higashi Taisetsu Shizenkan (Nature Center)
    - Azu Nukabira Gensenkyo 4B-2
    - Kamishihoro (Tel.0156-44-2323)
  - Shikaribetsu Kohan Onsen Hotel Fusui
    - Shikaribetsu Kohan Shikaoi (Tel.0156-67-2211)
  - Lake Shikaribetsu Nature Center
    - Shikaribetsu Lakeside, Shikaoi (Tel.0156-69-8181)
  - Michi No Eki (Rest Stop) Urimaku
    - Urimumakuniish 3-chome 1-banchigai Shikaoi (Tel.0156-67-2345)
  - Course guide & Rentacycle
    - Michi No Eki (Rest Stop) Shikaoi
      - Tel. 0156-66-1125
      - http://michinoeki-shikaoi.com/

**River View Ride**

**Otofuke - 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
    - Tokachigawa Onsen Minami12-Chome 1-12 Otofuke
      - Tel.0155-32-6116
  - Ikeda Wine-Jo (Wine Castle)
    - Kiyomi83-4 Ikeda
      - Tel.0155-72-2467
  - Kumagera House
    - Honcho160 Makubetsu
      - Tel.0155-54-2289
  - Cycling Tour Guide & Rentacycle
    - Otofuke Town Tokachigawa Onsen Tourism Association
      - Tel.0155-32-6633 http://www.tokachigawa.net/
    - Cycle Shop Otani
      - Tel.0155-74-2051
    - Cycle Shop Sakano
      - Tel.0155-74-2056
Vast Plain & Garden View Ride

Obihiro - 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 / End Point Obihiro JR Station (Obihiro City), Locations with Cycle Stands - 1

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)
Obihinoshi Chikusan Keshu Center (Obihiro City Livestock Raising Study and Training Center - ‘Cowbell House’) Yachiyo-Cho Nishi4-sen 194 Obihiro (Tel.0155 60 2919)

Cycling Tour Guide & Rentacycle
Ozumi Shokai(Tel.0155-24-3088)  Michi No Eki (Rest Stop) Nakasatsunai(Tel.0155-67-2811)
Eco Bus Center Rikuru(Tel.0155-23-5920)  Nakasatsunai Noson Kyukamura Feriendorf(Vacation Village)(Tel.0155-68-3301)

Setting out from Obihiro JR Station and going south on National Highway 236, the boundless Tokachi Plain is reached. The flatness of the plain is especially recommended for beginners. Along the ride there are 3 gardens filled with the uniqueness of Hokkaido. On the way to Michi No Eki (Rest Stop) Nakasatsunai, riders will enjoy Manabe Garden, the first conifer garden in Japan. Rokka No Mori is next, a place resplendent with wild grass and mountain flowers. Near a local rest stop, Aikoku (‘Country of Love’) Station and Koufuku (‘Happiness’) Station are to be found, being known collectively as ‘From the country of love to happiness’. After reaching the slope bound for the Hidaka mountains, the large Yachiyo Farm (210 times the size of Tokyo Dome) can be seen. The classic pastoral view of cows grazing on the side of a mountain can be enjoyed in this area. On the way to the end point of Obihiro JR Station, riders will see Shichiku Garden where over 2500 flowers can be seen in bloom.

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.
Tokachi Tourism Attraction Airport Utilization Promotional Council  Nishi 5-jo Minami 7-chome 1 Obihiro (Tourism Section, Obihiro City Commerce and Industry and Tourism Department) (Tel.0155-66-4169)  tourism@city.obihiro.hokkaido.jp
Kushiro Marsh - where the Kushiro River flows - is the largest in Japan. Starting out from Beppo city, National Highway 44 has a lot of traffic. When joining National Highway 272, the amount of traffic will decrease, at the same time as the number of trees increase. Riding on Prefectural Road 221, a rural landscape filled with forests and farms will gradually appear. Lake Toro is at the beginning of the marsh. Travelling towards Hosooka Observation Point (one of the most popular in Japan), be careful because the uphill slope to that location is practically a dirt road. Your reward is a spectacular view of the vast Kushiro Marsh and the meandering flow of the Kushiro River.

Featuring such delights as Atsugishi oysters, this area is rich in high-quality seafood. This is a course full of variety with natural features like coves and a moor. Other highlights include Cape Aikappu, Ayamegahara, and the Biwase Observation Deck. Fans of the film ‘When Marnie Was There’ will enjoy guessing whether it was Mochirippu Marsh or Hichirippu Marsh that was used as the backdrop for the story. The endpoint at Cape Kiritappu is famous for its breathtaking sunsets, so a sunset ride is highly recommended.

Kushiro Mashu Ride
Beppo - Beppo
Kushiro Marsh, the largest in Japan

Course guide
Time Required – 4hrs (Approx.) / Grade - Beginner / Start / End Point - Beppo Station / Locations with Cycle Stands - 0

Rest space
Lake Toro Eco Museum Center Arukotto
Aza Torokohan Shibecha (Tel.0154-487-3003)
Hosooka Observatory Deck
Aza Takkobu Kushiro (Tel.0154-62-2193) (Kushiro Town Chamber and Commerce and Tourism Gakari Section)
Chisanchisho Center Lo.Bazaar (Oysters produced in Senposhi)
Aza Beppo Genya Minami24-sen 78-6 Kushiro (Tel.0154-62-2216)

Kiritappu Seaside Ride
Kusiro - kiritappu
Experience it with your eyes, your feet, and your taste buds!

Course guide
Distance – 102km (Approx.) / Time Required – 7hrs (Approx.) / Grade - Intermediate / Start Point - Kushiro / End Point - Cape Kiritappu / Locations with Cycle Stands - 7

Rest space
Waso Ichiba (Market)
Kurogane-cho 13-25 Kushiro (Tel.0154-22-3226)
Akkeshi Mikaku Terminal Conchiglie
Suminoe 2-Chome 2-banchi Akkeshi Atsugishi District Tel.0153-52-4139
Kiritappu Onsen YuYu
Tofutsu 432-banchi Hamanaka (Tel.0153-62-3726)
The largest caldera lake in Japan, Lake Kussharo and the untouched beauty of Lake Akan are the highlights of this course. These two lakes, of which Eastern Hokkaido is so rightly proud, are linked by the routes inside this national park region. The first half of the shore of Lake Kussharo is an almost flat road travelling through a forest. From the city area of Teshikaga, the Sogakudai hill climb is about 600 meters above sea level. The observation Sogakudai has commanding views of Mt.Oakan and Mt.Meakan. Next, at the Sokodai observation riders will have a fantastic view of Penketo and Panketo, and Lake Akan.

### Double Lake Ride

**Kawayu - Akankohan**

The Two Great Lakes of Eastern Hokkaido

- **Course guide**
  - Distance - 73km (Approx.)
  - Time Required - 4hrs (Approx.)
  - Grade - Intermediate
  - Start Point - Kawayu Onsen
  - End Point - Akankohan
  - Locations with Cycle Stands - 5

- **Rest space**
  - **Shoryuken**
    - Misato 4-chome 9-9 Teshikaga kawakami-Gun (Tel.0154-82-1759)
  - **Sora No Mori Café and Gallery**
    - Akanko Onsen 4-chome 7-3 Akan-cho Kushiro (Tel.0154-67-3311)
  - **Oshokuji Dokoro Ajishin**
    - Akan-cho Akanko Onsen 1-3-20 Akan-cho Kushiro (Tel.0154-67-2848)

- **Cycling Tour Guide & Rentacycle**
  - Cycle Garage PAZ (Tel.0154-65-6554)

### Mashu kussharo Hill Climb Ride

**Teshikaga - Teshikaga**

A Full-fledged Mountain Course that Challenges Riders to Tackle Three Mountains

- **Course guide**
  - Distance - 115km (Approx.)
  - Time Required - 8hrs (Approx.)
  - Grade - Advanced
  - Start / End Point - Teshikaga
  - Locations with Cycle Stands - 3

- **Rest space**
  - **Orchard Grass**
    - Kawayu Eki Mae 1-1-18 Teshikaga Kawakami-Gun (Tel.0154-83-3787)
  - **Kawayu Onsen Ashi-yu**
    - Kawayu Onsen 2-chome (Kawayu Enchi) Teshikaga Kawakami-Gun (Tel.0154-83-2060)
  - **Oshokuji Dokoro Poppo Tei**
    - Asahi 1-7-18 Teshikaga Kawakami-Gun (Tel.0154-82-2412)

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.

**Contact Details** - Kushiro Cycle Tourism Promotion Council

NPO Utsukushii Mura, Industry Promotion Division, Tsurui Village Office1-1, Tsurui Nishi, Tsurui Village, Akan District. (Tel.0154-64-2020) (Fax.0154-64-2577)
This area offers an extensive landscape where the sight of mountains and plateaus are intermingled. This area has been chosen many times as the setting for the ‘Tour De Hokkaido’ – one of the longest cycling races in Japan. Among the routes of Niseko, the most popular one is a course of 55km total in length that rounds the foot of Mt. Yotei. Even beginners can travel around this circuit around Mt. Yotei in a half a day. The first half of the course is a standard gentle uphill slope, with fields of potatoes and corn on either side. On the way to the end point, drink mineral-rich spring water, try the various hot springs dotted around the area and eat local specialties at places like Fukidashi Park in Kyogogu Town, and Michi No Eki (Rest Stop) View Plaza in Niseko Town.
Sea Wind Ride
Samani-Erimo
Mainly coastal course where you can feel the seabreeze.

Course guide
Distance: 87.8km(approx.) / Time Required: 5 hrs 50 min / Grade: Intermediate / Start: Samani / Goal: Samani / Locations with Bicycle Stands: 3

Rest Space
Café Mother
Samani-cho Odori 1-chome 13-4, Samani-Gun (T.0146-36-3055)
Farm Inn Morito
Erimo-cho Aza Erimo 406-1, Horoizumi-Gun (T.01466-3-1129)
Cape Erimo [Kazeno Yakata]
Erimo-cho Aza Toyo 366-3, Horoizumi-Gun (T.01466-3-1133)

Explore vast green belts near Cape Erimo, the distinctive topography of Apoi Geo Park area, and other spectacular locations typical of Hidaka.

See the Kiiwa Rock and Oyakoiwa Rock that tell the tragic stories of the indigenous Ainu, stop in at the café serving curry made with local whelks, or enjoy exquisite, lean and rich short-horned beef at [Kazeno Yakata], on Cape Erimo, one of the most windy areas in Japan.

The paved roads in Hidaka have few repaired areas, so it is very smooth, making it a very popular area for cyclists. There is little snow even during the winters, which are relatively mild, which explains the minimal damage usually caused by snow ploughs or the difference in temperature. Many cyclists come from all over Hokkaido in search of an environment free from heavy snowfall.
Bibai Country Ride

Bibai-Bibai

Experience tranquil landscapes, delicious food and art

Course guide
Cycling Distance: Approx. 70 km / Duration: Approx. 6 hrs / Grade: Intermediate / Start/Goal: Bibai Station (Bibai) / Locations with Bicycle Stands: 6

Rest space
Cafe STOVEN
5-5 Nishi 5 Jo Kita 5-chome, Bibai (Tel.0126-35-4077)
Kan Yasuda Sculpture Museum Arte Piazza Bibai
Sakaemachi Ochiai-cho, Bibai (Tel.0126-63-3137)
Pipa-no-Yu Yurin-kan
Tomei-cho 3-ku, Bibai (Tel.0126-64-3800)

Cycling Tour Guide & Rent-a-cycles
Hero Hokkaido
Tel.0136 55 7475 http://hero-hokkaido.com/ja/

The 70-kilometer course takes you around Bibai, and provides you with opportunities to enjoy food, nature and art. Start from JR Bibai Station, break a sweat on the refreshing up-down route, then head toward Miyajima Marsh, a Ramsar Convention Site, located on the west side of Bibai, for a rest. From there head north along the Ishikari River, taking in the beautiful peaks of Pinneshiri Mountains that highlight the peaceful countryside. Ride over the hills of Tomei Park, and head for Kan Yasuda Sculpture Museum, Arte Piazza, for an artistic encounter. Along the way stop for Bibai famous Yakitori, chicken-rice, and bread made from rice flour. You can even relax in a café. If you feel up to it, climb the hill with a 20 degree incline, to the lookout point, where you can see the entire city of Bibai. Afterwards, soak in the beautifying spring waters of the Pipa-no-Yu Yurin-kan hot springs!
Kikonai Station is the first stop in Hokkaido for the Hokkaido Shinkansen. This is where the journey begins. We call this souther area of Hokkaido facing the Tsugaru Strait, “Dounan.” This dramatic area is the stage on which numerous historical events took place; it is an area in Hokkaido rich with its very own culture. The landscape here is also very dramatic. First, you can see Mt. Hakodate on the other side of the ocean, looming like an island behind you, then facing the Tsugaru Strait, Aomori appears right at hand. There are islands of all sizes floating in the ocean, and as you head around to the Sea of Japan, you see the islands of Okushiri and Kamome. As powerful waves crash against the shoreline, you are captivated by the rugged beauty formed by large rocks that appear when the tide is out. This is where you want to take your time enjoying the undulating roads of Hwy 228, and the playful wind in your hair. Your heart is sure to skip a beat in anticipation for the next scene. However, scenery is not the only thing to look forward to. This area is rich with the most fresh seafood and vegetables, so fill up local specialty foods and energize your body for the next ride. There are many side roads and former roads which can be incorporated into your course to enjoy a combination of mild and steep paths.

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, Kamiso-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 & Rentacycle
Southern Hokkaido Historic Culture Utilization & Cycle Tourism Promotion Council Office  T.0138 56 3619

Kikonai Station is the first stop in Hokkaido for the Hokkaido Shinkansen. This is where the journey begins. We call this souther area of Hokkaido facing the Tsugaru Strait, “Dounan.” This dramatic area is the stage on which numerous historical events took place; it is an area in Hokkaido rich with its very own culture. The landscape here is also very dramatic. First, you can see Mt. Hakodate on the other side of the ocean, looming like an island behind you, then facing the Tsugaru Strait, Aomori appears right at hand. There are islands of all sizes floating in the ocean, and as you head around to the Sea of Japan, you see the islands of Okushiri and Kamome. As powerful waves crash against the shoreline, you are captivated by the rugged beauty formed by large rocks that appear when the tide is out. This is where you want to take your time enjoying the undulating roads of Hwy 228, and the playful wind in your hair. Your heart is sure to skip a beat in anticipation for the next scene. However, scenery is not the only thing to look forward to. This area is rich with the most fresh seafood and vegetables, so fill up local specialty foods and energize your body for the next ride. There are many side roads and former roads which can be incorporated into your course to enjoy a combination of mild and steep paths.

Chari-Tabi Minami Hokkaido

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

Inquiries: BSouthern Hokkaido Historic Culture Utilization & Cycle Tourism Promotion Council Office  T.0138 56 3619
Roku Gogo Bldg, 3F Goryokaku-cho 31-8, Hokkaido  Inside Hokkaido Development Engineering Center
T. 0138 54 3619  T.080 1886 7099  F. 0138 54 3617  y-satou@decrcl.or.jp
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 / Access - [Air] Approx. 1 hr and 30 min from Haneda Airport to New Chitose Airport Approx. 2 hrs 10 min from Kansai International Airport to New Chitose Airport [JR] Approx. 16 min from Sapporo to Kita Hiroshima Approx. 20 min from New Chitose Airport to Kita Hiroshima

This 45 km course is intended for cyclists to discover the charm of Kitahiroshima.

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.

When you get tired, take a break at the Roadside Bicycle Station on the way. National Historic Site Former Shimamatsu Station Postal Service, is known as the origin at which the famous phrase "Boys be ambitious" became popular, and also as the origin of cold climate rice production in Hokkaido. "Kitahiro" is conveniently situated just 30 minutes from Hokkaido's gateway, New Chitose Airport, and rubs shoulders with Sapporo and the vast Sorachi region, providing a compacted ride in Hokkaido.
Fully equipped with restrooms, drinking fountain, rental cycles, and parking lot. Enter from Nishi-no-Sato traffic light on Hwy 274.

**Bicycle Stations**
- Nishi-no-Sato 242-1, Kita Hiroshima  T.011 372 3311

Agricultural shopping complex where you can experience the relationship between agriculture and food. Enjoy a home-style buffet lunch, shop for fresh agricultural products, and experience popular agricultural, cooking and processing activities.

**Hokuren Agricultural Shopping Complex Kururu-no-Mori**
- Omagari 377-1, Kita Hiroshima  T.011 377 8700

In addition to the complex method that has become obsolete in even Germany, a long-term ice temperature method is used to age ham and bacon.

**Edelweiss Farm**
- Wattsu 531-7, Kita Hiroshima  T.011 377 6656

**Elfin Road**
The cycling road, which stretches from Kita Hiroshima to Sapporo, utilizes the former Chitose railway line, which has been maintained especially for bicycles.

**Rest Space**

Locations with Bicycle Stands
- Kita Hiroshima City Hall (Chuo 4-chome 2-1, Kita Hiroshima)
- National Historic Site Former Shimamatsu Station
  Postal Service(Shimamatsu 1-1, Kita Hiroshima)
- Kita Hiroshima Koyo Exchange Center (Iko) (Koyo-cho 3-chome 1, Kita Hiroshima)
- Hokuren Agricultural Shopping Complex Kururu-no-Mori (Omagari 377-1, Kita Hiroshima)
- ARTLACZE(Nishi-no-Sato 798-5, Kita Hiroshima)
- Edelweiss Farm (Wattsu 531-7, Kita Hiroshima)
- Mitsui Outlet Park Sapporo Kitahiroshima (Omagari)
- Sawai-cho 3-chome 7-6, Kita Hiroshima
- Eat-in Shop (Kitano Chef) (Omagari Kashiwaba 3-chome 1-2, Kita Hiroshima)
- Takeyama Kogen Hotel (Tomigaoka 896, Kita Hiroshima)
- Azuma Confectionery (Asahimachi 1-chome 4-7, Kita Hiroshima)
- Mugi-no-Kaori Home Baked Breads (Satomi-cho 5-chome 5-13, Kita Hiroshima)
- Gunyukem Makotoya (Chuo 6-chome 1-1, Kita Hiroshima)
- Kita Hiroshima Station (Chuo 6-chome 10, Kita Hiroshima)
- Roadside Bicycle Station (Nishi-no-Sato 242-1, Kita Hiroshima)

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

Inquiries: Kita Hiroshima Economy Department Tourism Promotion Section
- Chuo 4-chome 2-1, Kita Hiroshima  T.011 372 3311  F. 011 372 0888

http://www.city.kitahiroshima.hokkaido.jp/sightseeing/
The approximately 40 km circuit course takes cyclists through storybook-like farmlands of Kenbuchi, which is said to have pastoral landscapes similar to that of Europe. There are many places along the course, like fields of crops and rice paddies, seasonal nature, farmers working in the fields, rural train stations, and more, that will make you want to stop and take photos. If you are lucky enough to encounter a train coming into a rural station, the more ambience it gives the photo! With few cars on the road, the course is easy to ride.

The view from "Chobo-no-Oka," toward the finish of the course, is something you won't expect, and a must see. For beginners, the slightly steep climb can be strenuous, but is definitely worth the while. Once you make the summit, you can enjoy relaxing in the fresh air and take in the view. This course is fit for beginners and can be attempted with children too!

After you reach the finish, stop in at Kenbuchi Hot Springs, unwind in a great bath and stop by the roadside station where you can find lots of souvenirs. Cycling events that start and finish at Sakuraoka Park are also held.
10. Lakeside Sakuraoka stands amidst tranquil nature.
11. Lake Sakuraoka
12. Sakuraoka Park
13. Beautiful spring cherry blossoms and fall foliage adorn Maruyama Shrine.
14. Viva Alpaca Farm allows close interaction with the alpacas.
15. The roadside station is a popular place for buying fresh breads and local produce.
16. Ehon-no-Yakata is a symbol of the storybook village.

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

Inquiries: Kenbuchi Town Regional Development & Tourism Section
Kenbuchi-cho Nakamachi 37-1, Kamikawa-Gun
T: 0165 34 2121  F: 0165 34 2590  spoukouit@town.kenbuchi.hokkaido.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.

The delicious gourmet foods made from local ingredients, especially those around the Niseko area and highlands. It is the most popular hill climb race in Japan, which can be joined by those as young as elementary school students, is held again this year, but at a time when participants can fully enjoy Okhotsk summers. Choose from the 4 available courses, the course that best fits your physical capabilities.

Courses
- Full Course (212km)
- Mankitsu Course (133km)
- Idyllic Course (80km)
- Marchon Course (41km)

**July**

**Okhotsk**

*Date: July 12 (Fri) - 14 (Sun)*

38th International Okhotsk Cycling 2019

"Cyclists dreams and feelings of awe are carried on the Okhotsk winds." This long ride tournament, which can be joined by those as young as elementary school students, is held again this year, but at a time when participants can fully enjoy Okhotsk summers. Choose from the 4 available courses, the course that best fits your physical capabilities.

**Courses**
- Full Course (212km)
- Mankitsu Course (133km)
- Idyllic Course (80km)
- Marchon Course (41km)

**Tokachi - Nakatsusunai Gourmet Fondo**

*Date: July 13 (Sat) - 14 (Sun)*

Tokachi - Nakatsusunai Gourmet Fondo

[Aim for the most beautiful and scenic bicycle event in Japan!]

Each of the three courses that cyclists can choose according to their level of physical and mental strength or guts, offers spectacular views typical of Tokachi summers. From Ai-no-Kuni to Kofuku*. Remembering the trend once again - [Aikoku Station] will join the aid stations along the 80 km course.

**Courses**
- South Tokachi Jomon Course (130km)
- South Tokachi Jomon Course (80km)
- South Tokachi Jomon Course (30km)

**August**

**Niseko**

*Date: August 4 (Sun)*

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)
- South Tokachi Jomon Course (130km)
- South Tokachi Jomon Course (80km)
- South Tokachi Jomon Course (30km)

**Hokkaido Sorachi Gourmet Fondo 2019**

Sorachi is a blessed with extensive pastoral landscapes, and hills sprinkled with wineries. The Hokkaido Sorachi Gourmet Fondo is an event gaining popularity, as its location in southern Sorachi, where the cycling takes place, resembles that of agricultural regions in Europe. The delicious gourmet foods made from local ingredients, are also very popular.

**Courses**
- [Saturday] Advanced Cyclist Course (106km)
- [Sunday] Long Course (120km)
- Short Course (60km)
- Middle Course (90km)

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**Other Cycle Races & Events**

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

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<td>Late June - Mid July</td>
<td>Hokkaido Coast Circuit (2,400km)</td>
</tr>
<tr>
<td></td>
<td>Early</td>
<td>Niseko Classic</td>
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<tr>
<td></td>
<td>Early</td>
<td>Time Trial Race (12-52km), Road Race (40km, 78km)</td>
</tr>
<tr>
<td></td>
<td>Early</td>
<td>Hot Spring Panorama Ride</td>
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<td></td>
<td>Early</td>
<td>Fun Ride Classic (50km)</td>
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<td></td>
<td>Early</td>
<td>Century Run Yotei</td>
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<td></td>
<td>Mid</td>
<td>Sarobetsu 100 Mile Road</td>
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<tr>
<td></td>
<td>Late</td>
<td>Time Trial Race, Road Race (20km, 160km)</td>
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<td></td>
<td>Late</td>
<td>Century Run Yotei</td>
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<tr>
<td></td>
<td>Late</td>
<td>Long Ride Event (40km, 84km, 158km)</td>
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<tr>
<td></td>
<td>Late</td>
<td>Century Run Tokachi</td>
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<tr>
<td></td>
<td>Late</td>
<td>Long Ride Event (160km, 80km)</td>
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<tr>
<td></td>
<td>Late</td>
<td>Rishiri Island Circuit Fureai Cycling</td>
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<tr>
<td></td>
<td>Late</td>
<td>Long Ride Event (60.2km)</td>
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<tr>
<td></td>
<td>Late</td>
<td>Tour of KAMUI Ishikari Tournament</td>
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<tr>
<td></td>
<td>Late</td>
<td>Long Ride Event (55km, 105km)</td>
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<tr>
<td></td>
<td>Early</td>
<td>Mt. Hakodate Cycle Ride</td>
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<tr>
<td></td>
<td>Early</td>
<td>Hill Climb Event (approx. 5km)</td>
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<tr>
<td></td>
<td>Early</td>
<td>Fun Ride Classic (50km)</td>
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<tr>
<td></td>
<td>Late</td>
<td>Hokkaido Sweets Ride in Kita &amp; Naka Sorachi</td>
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<tr>
<td></td>
<td>Late</td>
<td>Long Ride Event (short 6km, middle 80km, long 98km)</td>
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<tr>
<td></td>
<td>Late</td>
<td>Bibai Country Ride</td>
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<tr>
<td></td>
<td>Late</td>
<td>Long Ride Event (70km, 15km)</td>
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<tr>
<td></td>
<td>Late</td>
<td>Century Run Monbetsu</td>
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<tr>
<td></td>
<td>Late</td>
<td>Long Ride Event (half 85km, quarter 43km)</td>
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<tr>
<td></td>
<td>Late</td>
<td>Tour of KAMUI Sorachi Takikawa</td>
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<tr>
<td></td>
<td>Late</td>
<td>Long Ride Event (50km, 100km)</td>
</tr>
</tbody>
</table>

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10th Memorial Competition Hokkaido Furano Ride

- [Sunday] Long Course (120km)
- [Saturday] Advanced Cyclist Course (106km)
- [Sunday] Long Course (120km)
- Short Course (60km)
- Middle Course (90km)

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Centennial Ride Through the Hills of Biei

This year's event is scheduled to be a special event celebrating 10 years.

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Tour de Hokkaido 2019

Tour de Hokkaido, is one of the many cycling road races (international) that have been held annually since 1987. Each year the venue is moved to a new location with a new course, and a heated race unfolds in yet another part of Hokkaido. Further, the Citizen's race, which is also held at the same time, gives cyclists a taste of the best part of cycling races.

- Citizen's Race in Asahikawa/Engaru/Toma and other

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Date: September 28 (Sat), 29 (Sun) (tentative)

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Mid

Niseko Classic

- Time Trial Race (12-52km), Road Race (40km, 78km)

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Early

Hot Spring Panorama Ride

- Hill Climb (30km)

---

Early

Tour de Kitaiburo

- Fun Ride Classic (50km)

---

Mid

Sarobetsu 100 Mile Road

- Time Trial Race, Road Race (20km, 160km)

---

Late

Century Run Yotei

- Long Ride Event (40km, 84km, 158km)

---

Late

Century Run Tokachi

- Long Ride Event (160km, 80km)

---

Late

Rishiri Island Circuit Fureai Cycling

- Long Ride Event (60.2km)

---

Late

Tour of KAMUI Ishikari Tournament

- Long Ride Event (55km, 105km)

---

Early

Mt. Hakodate Cycle Ride

- Hill Climb Event (approx. 5km)

---

Early

Tour de Kitaiburo

- Fun Ride Classic (50km)

---

Late

Hokkaido Sweets Ride in Kita & Naka Sorachi

- Long Ride Event (short 6km, middle 80km, long 98km)

---

Late

Bibai Country Ride

- Long Ride Event (70km, 15km)

---

Mid

Century Run Monbetsu

- Long Ride Event (half 85km, quarter 43km)

---

Mid

Tour of KAMUI Sorachi Takikawa

- Long Ride Event (50km, 100km)

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