



A cycling route through two magnificent national parks

HOKKAIDO CYCLING ROUTES

3 Akan-Mashu-Kushiro Shitsugen Route

Total route length: approx. 308 km

June 2026 Edition



A cycling route through two magnificent national parks

Route information, digital content, etc.

Follow us on Facebook and Instagram!

For detailed information on each route, visit this website

Kushiro Cycle Tourism Promotion Council
<https://www.kushiro-cycle-tourism.com>

Cycling Community Website
HOKKAIDO CYCLING ROUTES
<https://cycle-hokkaido.jp>

This website provides route, elevation, and rest facility information, and allows cyclists to share feedback and rate their cycling experience to help improve the cycling environment.

Please access the site and share your impressions and opinions freely.

Organizer: Kushiro Cycle Tourism Promotion Council
 Contact: Kushiro Development and Construction Department, Road Planning Division

Tancho Kushiro Airport Information

Flights are available from New Chitose Airport, Sapporo Okadama Airport, and Haneda Airport, as well as seasonal services from Kansai International Airport, Osaka Itami Airport, and Chubu Centrair International Airport.

Please check the airport websites for flight schedules.

Baggage Storage	○
Bicycle Assembly Area	○
Bicycle Pump and Tool	○
Changing Rooms	○
Luggage Delivery Service	※
Bicycle Rental (Hybrid, Road & E-Bikes (Small-Wheel, Hybrid & MTB Types))	※

*Services provided by a private operator (Cycle Garage PAZ). Please contact them directly.

Emergency Support

Section No.	Facility	Bicycle Transport	Hours	Address	Contact
E1	Akan Tourist Hire Support services: Taxi services and bicycle rentals, with cycling support available.	○	7:00 ~ 24:00	2-4-7 Shinmachi, Akan-cho, Kushiro City	0154-66-3221
Entire Route	Eastern Hokkaido Cyclist Support Project Support services: Bicycle pumps and tools available for punctures and other mechanical problems.	× Tool Rental	During patrols (road patrol cars)	-	-

Five Rules for Safe Bicycle Use

- As a general rule, ride your bicycle on the left side of the road. Exceptions are made on sidewalks, where you must give priority to pedestrians.
- Obey traffic lights and stop at intersections to ensure safety.
- Turn on the light at night.
- Riding while intoxicated is prohibited.
- Wear a helmet.



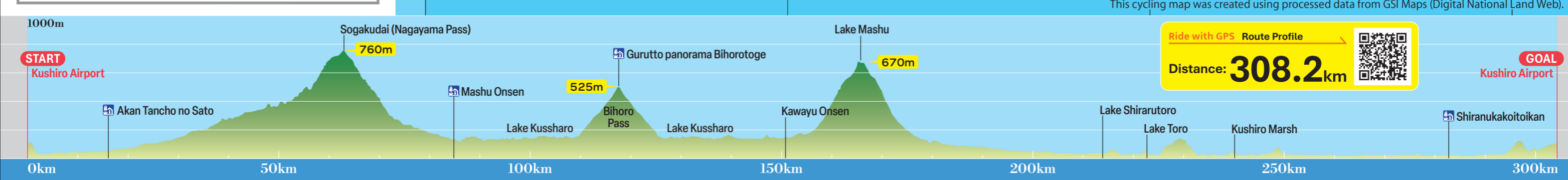
Cycling Environment Initiatives for the Akan-Mashu-Kushiro Shitsugen Route

Improving the cycling environment

- Installation of guide signs
- Installation of road markings
- Enhancing services for cyclists
- Development of support stations
- Bicycle transport service

Bicycle Repair

Section No.	Facility	Carry-in service	In-field service	Hours	Address	Contact
E2	Cycle Garage PAZ	○ Road Bike Service Available	○	10:00 ~ 19:00 (April-October) 12:00 ~ 19:00 (November-March) (Closed: Wednesday)	Yutaka Building 1F, 5 Nishiki-cho, Kushiro City	0154-65-6554
E2	Okubo Bicycle Shop	○	×	7:00 ~ 19:00 (Open daily)	4-4 Nishiki-cho, Kushiro City	0154-22-4663
E2	Nogami Bicycle Shop	○	○ Kushiro City only	9:00 ~ 19:00 (Open daily)	1-25-3 Aikoku Higashi, Kushiro City	0154-37-8950
E2	Shiroyama Ringyo Cycle Shop	○	×	9:00 ~ 18:00 (Closed: Wednesday)	1-4-22 Shiroyama, Kushiro City	0154-41-1414
E2	Nirin Shop Tsuchiya	○	○	9:00 ~ 20:00 (Closed: Tuesday)	1-chome Hoshigaura Odori, Kushiro City	0154-51-8301
E2	Yamashita Store	○	×	10:00 ~ 19:00 (Open daily)	1-31-24 Aikoku Nishi, Kushiro City	0154-64-1944
E2	SPORTS DEPO Kushiro Store	○ Road/MTB Service Available	×	10:00 ~ 20:00 (Open daily)	4-8 Katsuragi, Kushiro Town	0154-36-8388
A2	EZO Rider	○	×	10:00 ~ 18:00 (August only 10:00-19:00) (Closed: Wednesday)	1-5-40 Kawayu Onsen, Teshikaga Town	015-486-7767
Outside Map Area	Hirayama Motor Shop	○ Road Bike Service Available	×	8:59 ~ 18:59 (Monday-Saturday)	1-21 Nakazono, Onbetsu-cho, Kushiro City	01547-6-2054



Ride with GPS Route Profile

Distance: **308.2km**

This cycling map was created using processed data from GSI Maps (Digital National Land Web).

