HOKKAIDO CYCLE TOURISM

Hokkaido Cycle Tourism Promotion Association

The Hokkaido Cycle Tourism Promotion Association is a joint venture between the Sapporo Chamber of Commerce and the private sector to attract cyclists to Hokkaido.
Introduction to the 18 Courses

Road Ride Wear Recommendations
Based on Temperatures and Time of Year
-Things you should know before cycling in Hokkaido-

Central Hokkaido Model Course
[Shin-Chitose to Sapporo]
Eastern Hokkaido Model Course
[Memanbetsu to Memanbetsu]
Kamikawa Tokachi Model Course
[Asahikawa to Obihiro]
Southern Hokkaido Model Course
[Hakodate]
Sapporo Area
Asahikawa Area
Tokachi Area
Kushiro / Mashu Area
Abashiri / Ozora / Koshimizu / Kitami Area
Niseko Area
Hakodate Area
Listing of Hokkaido Cycle Events and Races

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.
Hokkaido 7 Areas
An Introduction to the 18 Courses
Ride the land loved by cyclists from around the world!

Courses that offer maximum variety

Asahikawa Area

Sapporo Area

Niseko Area

Kushiro / Mashu Area

Tokachi Area

Hakodate Area

Prefectural Capital: Sapporo City
Population: 5.46 million
Area: 83,457 km² (39.7 times the size of Tokyo)

Asahikawa, the second most populated city in Hokkaido, is full of highlights such as the nationally-renowned Asahiyama Zoo, Mt. Taisetsu, Sounkyo Ravine, and a number of beautiful gardens.

Asahikawa Area

Ocean View Ride

Sapporo Horizon Ride

Sapporo Country Ride

Chubetsu River View Ride

Sapporo Area

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.

Tokachi Area

Panorama & Lake View Ride

Vast Plain & Garden View Ride

River View Ride

Kushiro / Mashu Area

See Lake Mashu which has the cleanest water in Japan, and Lake Kusharo, which is the largest caldera lake in Japan. Also enjoy Kawayu Hot Spring, and hills of great scenic beauty.

Kushiro / Mashu Area

Kushiro Marsh Ride

Kiritappu Seaside Ride

Double Lake Ride

Mashu kussharo Hill Climb Ride

Niseko Area

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.

Niseko Area

Mt.Yotei Circuit Course

Basic Stats on Hokkaido

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

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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.

Sapporo Area

Asahikawa Area

Tokachi Area

Niseko Area

Hakodate Area

Transporting your Bicycle by Package Delivery Services

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.

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Road Ride Wear Recommendations Based on Temperatures and Time of Year

Riding With the Best Preparations Possible!

5°C
A temperature similar to that of mainland Japan in the coldest part of winter.

10°C
A long-sleeved jersey and legwarmers, and a windbreaker and a vest for mornings and evenings.

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.

A half-sleeved jersey, and sweat absorbent underclothes.

Checklist of Recommended Items

**Essential Equipment**
- Helmet
- Sunglasses
- Shoes
- Refillable Bottle(s)
- Food Supply
- Spare Inner
- Tube(s)
- Tire Lever
- Pump
- Puncture Repair Kit
- Rainwear
- Mobile Phone
- A Flashlight or similar
- Bell
- Map
- Travel Insurance
- First-aid Kit

**Recommended Equipment**
- Camera
- GPS
- Wire Lock
- Insect Repellent
- Sunscreen
- Portable Chemical Hand Warmer
- Plastic Bag(s)
- Compact Gloves
- Shoe Covers
- Compact Gloves
- Shoe Covers

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.

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.

Stay comfortable and avoid heat exhaustion.

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

Things to be aware of when cycling in Hokkaido

**Average Temperature by Month in Hokkaido’s Major Cities**

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<th>Asahikawa</th>
<th>Kushiro</th>
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<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>
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Source: The National 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.
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.
The Sapporo Chamber of Commerce

**Rest space**

- **Shikotsu-Ko Tsurumiya Spa Resort Mizu no Uta**
  Chitose-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.

- **Restaurant Maccarina**
  Aza Midorioka 172-3 Makkari (Tel. 0136-48-2111)
  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 generous amounts of Mt. Yotei’s famous spring water. Enjoy true Auberge cuisine prepared using Mt. Yotei’s famous spring water. Enjoy true Auberge cuisine prepared using generous amounts of Mt. Yotei’s famous spring water consisting of the freshest locally-sourced produce and prepared using generous amounts of Mt. Yotei’s famous spring water. Enjoy true Auberge cuisine.

- **Sato No Eki Hotto Kimobetsu**
  Kita 3-jo Branch Kita 3-jo
  Kita 3-jo Branch Kita 3-jo
  Seicomart Kutchan
  Bibi Chitose

**Locations with Bicycle Stands**

- **Tezukuri Kitchen Narita**
  Aza Niseko 510 Niseko

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

- **Kuttchan Station**
  Kita 3-jo Branch Kita 3-jo
  Kutchan Sun Sports Land

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

- **Michi No Eki (Rest Stop) 360-3 Kimobetsu**
  Kita 3-jo Branch Kita 3-jo

- **Kutchan Station**
  Kita 3-jo Branch Kita 3-jo
  Kutchan Sun Sports Land

- **Niseko-cho Oshiki Onsen Information Center**
  Aza Hikari 8-3 Makkari

- **Rankoshi-cho Konbugawa Onsenkyo Yusenkaku**
  Higashi 5-chome Kutchan

- **Kutchan**
  Kita 3-jo Branch Kita 3-jo
  Seicomart Kutchan

- **The 3rd Night’s Stay – Niseko**
  Aza Niseko 114-5 Rankoshi

- **Kutchan City**

- **The 2nd Night’s Stay – Rusutsu**
  Aza Hikari 8-3 Makkari

- **Kutchan City**

- **The 1st Night’s Stay – Kitayuzawa**
  Aza Motomachi 77-10 Niseko Town

**The Sapporo Chamber of Commerce**

Kita 1-jo Chuo-ku Sapporo (Tel. 011-231-1330) (Fax. 011-222-5215) kankou@sapporo-cci.or.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 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

1. 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. Syoyogayaki and Hamburger steak are firm favourites and highly recommended.

2. Poppo Tei
   Asahi 1-7-18 Teshikaga (Tel.0152-482-2412)
   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.

3. Michi No Eki (Rest Stop) Gurruto Panorama Bihoro Pass
   Aza Furuume Bihiro (Tourist Information Centre)

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) Gurruto Panorama Bihoro Pass
Mashu Onsen Yunoshima 3-3-5
Kawayu Onsen Station
Kawayu Onsen 1-1-18 Teshikaga
Michi No Eki (Rest Stop) Hanayaka Koshimizu
Sunayu Rest House
Sunayu Teshikaga
Poppo Ya
Inside the Bihoro JR Station Building Shimachi 3-chome Bihoro

Michi No Eki (Rest Stop) Menhu no Oka Memorabetu
Memorabetu Shima N-1 Ozora

Michi No Eki (Rest Stop) Ryouyou Kaidou Abashiri
Aza Hamakoshimizu 474-7

Michi No Eki (Rest Stop) Hanayaka Koshimizu
Kittani-Shi Hakka Kinenkan Memorial Hall
Minami-cho 1-7-28 Kittani

Kunneppu Town Hall
Higashikunne 396 Kunneppu

Michi No Eki (Rest Stop) Onneyu Onsen

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) kankou@sapporo-cci.or.jp

Access the site for an even more detailed road map.
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**


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**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)
Tel.0156-66-2254

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**Locations with Bicycle Stands**

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

- **Michi No Eki (Rest Stop) Minamifurano**
  Aza Kutenta 607 Minamifurano

- **Shiki No Koryukan**
  Shinsen Miderigakko Biei
  Honcho 1-9-21 Biei
  Shimenshi 4-chome Kamishiro

- **Frontier Franui Onsen**
  Tokachidake Onsen Kamishiro

- **Tokachidake Onsen Kamishiro**

- **Furano Station**
  Hinode-cho 1-30 Furano
  Saiwaicho 13-1 Furano
  Aza Higashise Minamiussu

- **Furano Marche**
  Kiyomi 83 Ikeda
  Honcho 160 Makubetsu

- **Kanayamako Log Hotel Larch**
  Furano Dori 3-go 1
  Aza Chuo Shimukappu
  Aza Shimukappu Shimukappu

- **Tomita Melon House Parking Lot**
  Higashi Taisetsu Shizenkan

- **Higashi Taisetsu Shizenkan**
  Michi No Eki (Rest Stop) Nakatsugawa

- **Nakafurano Flower Park**
  Miyama 2-1 Nakafurano

- **Furano Marche**
  Tokachigawa Onsen and Guide Center

- **Ikeda Wine-Jo**
  Kamen 1-go 110
  Aza Choji Shimukappu
  Aza Shimukappu Shimukappu

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**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) kankou@sapporo-cci.or.jp

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**Access the site for an even more detailed road map.**
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 Shirotai 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

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

**Cycling tourguide & Rentacycle**

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)

**Diagram**

- Cycle while enjoying the sea breeze
- Be careful at the railroad crossing
- Cycle the National Road 5. Careful of cars
- Continual uphill section. Cycle slowly while seeing Koma-ga-take
- Take care while enjoying the superb view of Onuma and Konuma
- Turn to the right at Nagareyama Onsen
- Cycle on National Route 5. Be careful of cars
- Be careful of the crossing
- Long downhill section to the sea
- Start seeing Onuma, one of the new three great views of Japan
- Shops around Onuma park have cycle racks
- Turn left to Nanae town hall
- Turn to the left and head to the Hakodate Onuma Prince Hotel
- Cycle the sidewalk in the Tunnel! Be careful of pedestrians
- There are cycle racks and eating places available
- Spring water is in front of the convenience store

**Map**

- Long course
- Short course

**Image**

- Cows resting at Shirotai Farm with a view of mountains and town
- Cyclers start cycling with high hopes early in the morning
- Cycle rack stands out in green at the observatory of Shirotai Farm
- Oil 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”
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 & 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) kankou@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 338-30 (Tel.0133-77-2288)
Nakamura Honke
Futomi-Cho 1499-7 Tobetsu (Tel.01332-6-2039)

Cycling Tour Guide & Rentacycle
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.cnsapporo.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) kankou@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 / 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 & 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 / Start/End Point - Hyakunen Kinen-To (Tower) in Nopporo Shinrin Park

Rest space
Michi No Eki (Rest Stop) Shinshinotsu
Dai 45-sen Kita-2 Shinshinotsu  Tel.0126-58-3166

This long ride starts at Nopporo Shinrin Park and goes through the Ishikari plain and the rural landscape of Minamisorachi. The moderate ups-and-downs and views of the Ishikari River and the Tappu Ohasi (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.
Sounkyo Ravine View Ride
Asahikawa - Pippu - Aibetsu - Touma - Asahikawa

Ride Under the Many Bridges of the Ishikari River Heading Towards the Sounkyo Ravine

Course guide
Distance - 82km (Approx.)
Time Required - 5hrs 30mins (Approx.)
Grade - Beginner - Intermediate
Start / End Point - Asahikawa JR Station (Asahikawa City)
Locations with Cycle Stands - 4

Rest space
Michi No Eki (Rest Stop) Asahikawa
Kagura4-jo 6-chome 1-12 Asahikawa (Tel.0166-61-2283)
Aibetsu River Front Park  Aza Chuo Aibetsu (Tel.01658-6-5610)
Touma Sports Land  6-jo Nishi4-chome Touma (Tel.0165-86-5610)

Cycling Tour Guide & Rentacycle
Asahikawa Furusato Ryoko (Tel.0166-46-0701) http://www.asahikawa-travel.com/
Asahikawa Tourism & Local Products Information Center (Tel.0166-26-6665) http://www.city.asahikawa.hokkaido.jp/files/kankou/information2.htm#renta

Go north from Asahikawa JR Station towards Aibetsu and you’ll pass through Pippu Town, known as the ‘town of strawberries’. Enjoy a full-course of mushrooms at the Kyowa Onsen hot spring in Aibetsu, ‘the kingdom of mushrooms.’ If you extend your journey to Kamikawa Town, you can see columnar joint cliffs, and have a relaxing soak at the Sounkyou Onsen hot spring. Travelling on from here to Touma town you’ll get the chance to enjoy the ‘Densuke Suika’ watermelons that the area is famous for. Touma Sports Land and the flower-filled café at Ueno Farm are also highly recommended. The end point at Asahikawa Station offers a beautiful view of a large garden, and many visitors enjoy the tastes of Hokkaido to be found in the Sanroku dining and entertainment district, the largest in Northern 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.

Contact Details
Taisetsu Area Tourism Promotion Association
2nd Floor Asahikawa Food Terrace 5-Jo-dori 7-Chome Asahikawa
Tel. 0166-23-0090  Fax. 0166-23-1166  info@atca.jp
The start point of this ride is one of Hokkaido’s key travel hubs, Asahikawa JR Station. Ride alongside the Chubetsu River while still in the city, and make your way to Higashikagura Town, a place filled with flowers, where a panoply of gentle scents hangs in the air. Going out into the countryside, you’ll head towards Mt. Asahi, Hokkaido’s highest mountain, and also see the Chubetsu Dam. If you have the extra time or energy, extend your journey to allow yourself to enjoy the mineral-rich natural spring water at Taisetsu Asahidake. The residents of Higashikagura Town are lucky enough to use this famous water every day, so another way to get those benefits is to try the local coffee and sweets at a café in the town.

After cycling a straight section of the course that’s just over 10km, you’ll reach the much-loved and northernmost zoo in Japan, Asahiyama Zoo. As the sun goes down, Asahikawa’s symbolic Asahi Bridge glows with a dark, rich red.

Chubetsu River View Ride
Asahikawa - Higashikagura - Higashikawa - Asahikawa
The Otherworldly Magnificence of Mt. Taisetsu

Course guide
Distance – 85km (Approx.) / Time Required – 5hrs (Approx.) / Grade - Beginner – Intermediate / Start / End Point – Asahikawa JR Station (Asahikawa City) / Locations with Cycle Stands – 3

Rest space
Mori No Yu Hanakagura 25-go Higashikagura (Tel.0166-83-3800) Kiboushi Shinrin Park Kazoku Ryoko Mura Nishi5-go Kita44 Higashikawa (Tel.0166-82-2632) The Sun Kurudo Kuranama Kojo Shop Kogyodanchi 1-jo 2-chome Asahikawa (Tel.0166-76-1501)

Cycling Tour Guide & Renticycle
Asahikawa Furusato Ryoko (Tel.0166-46-0701) http://www.asahikawa-travel.com/ Asahikawa Tourist Information Center / Asahikawa JR Station East Concourse (Tel.0166-26-6665) http://www.city.asahikawa.hokkaido.jp/files/kankou/information2.htm#renta

Contact Details
Taisetsu Area Tourism Promotion Association 2nd Floor Asahikawa Food Terrace 5-Jo don 7-Chome Asahikawa Tel. 0166-23-0090 Fax. 0166-23-1166 info@atca.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.
A mountain course that goes around a superb panoramic view that starts from the top of the Mikuni Pass in Kamishihiro 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 the Taushubetsu Bridge at the shore of Lake Nukabira, 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 Ogaahara observation point will grant you a spectacular view of the Tokachi Plain.

Panorama & Lake View Ride
Kamishihiro - 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)
Aza Nukabira Gensenkyo 48-2 Kamishihiro (Tel.0156-44-2323)
Shikaribetsu Kohan Onsen Hotel Fusui
Shikaribetsu Kohan Shikaoi (Tel.0156-67-2211)
Michi No Eki (Rest Stop) Urimaku
Urimakunishi 3-chome 1-banchigai Shikaoi (Tel.0156-67-2345)

Cycling Tour 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 Tourism Association (Tel.0155-32-6633) http://www.tokachigawa.net/
Cycle Shop Otani (Tel.0155-74-2051) Cycle Shop Sakano (Tel.0155-74-2056)
Boundless Plain Reaching out into the Horizon, and a Wealth of Beautiful Gardens

Vast Plain & Garden View Ride
Obihiro - Obihiro

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.

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-Nishi4-sen107 Obihiro (Tel.0155-23-7101)
Obirinoshi Chikusan Kensa Center (Obihiro City Livestock Raising Study and Training Center - ‘Cowbell House’) Yachiyo-Nishi4-sen194 Obihiro (Tel.0155 60 2919)

Cycling Tour Guide & Renticycle
Obirino Tourism Association(Tel.0155-22-8600) http://www.obikan.jp/page-64981/
Ozumi Shokai(Tel.0155-24-3088)  Kamada Ringo(Tel.0155-23-7101)  Michi No Eki (Rest Stop) Nakasatsunai(Tel.0155-67-2811)
Eco Bus Center Rikurum(Tel.0155-23-5920)  Nakasatsunai Noson Kyukamura Feriendorf(Vacation Village)(Tel.0155-68-3301)

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.

Nishi 5 jo Minami 7-chome 1 Obihiro
(Tourism Section, Obihiro City Commerce and Industry and Tourism Department)
(Tel.0155-66-4169) (Fax.0155-23-0172) tourism@city.obihiro.hokkaido.jp
Kushiro Marsh 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
Washo 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)

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.

Canoes can be seen in this area. A high probability of seeing red-crested white cranes. A sign that reads ‘Caution, Deer’. Still possible to cycle to Hosooka Observation Point, even on a rough trail.

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 end point at Cape Kiritappu is famous for its breathtaking sunsets, so a sunset ride is highly recommended.
Lake Kussharo, the largest caldera lake in Japan

The deep blue of Lake Kussharo

A route of unspoilt forest

Lake Akan is the only lake in the world where Marimo Cadophora green algae grows in colonies

Lake Akan, possible future World Nature Heritage site

Lake Kussharo, the largest caldera lake in Japan

The deep blue of Lake Kussharo

A route of unspoilt forest

Lake Akan is the only lake in the world where Marimo Cadophora green algae grows in colonies

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.

The Two Great Lakes of Eastern Hokkaido

Double Lake Ride
Kawayu - Akankohan

The enchanting blue of Lake Mashu

The dynamic downhill Bihoro Pass

Mt. Iwo

A footbath at Kawayu Hot Spring

A mountainous course featuring the three peaks around Lake Mashu, Koshimizu Pass and Bihoro Pass, on a course that reaches a combined height of 1900 meters above sea level. First, after passing through about a 500m hill climb, Lake Mashu can be seen, framed by Mt. Gairin. The route with a real sense of climbing, that travels through the lake area and a broad expanse of dense woodland from the first observation deck through to the third. Next, at Koshimizu pass, after going up a winding road. Mt.Shari and Koshimizu are on your right, and Lake Kussyaro is on your left. Lastly, Bihiro Pass, a strong downhill that gives the sensation of skiing with a straight-speed descent to Lake Kussharo.

Mashu kussharo Hill Climb Ride
Teshikaga - Teshikaga

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

A footbath at Kawayu Hot Spring

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)
Oshokujii 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)

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.0154-82-1787)
Kawayu Onsen Ashi-yu
Kawayu Onsen 2-chome (Kawayu Enchi) Teshikaga Kawakami-Gun (Tel.0154-83-2060)
Oshokujii Dokoro Poppo Tei
Asahi 1-7-18 Teshikaga Kawakami-Gun (Tel.0154-83-2412)

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
Chuo 1-5-1 Teshikaga Kawakami-Gun (Tel.0154-82-2200) (Fax.0154-82-1877) masyu_as@peace.ocn.ne.jp
Hills Ride

Ozora - Abashiri
The Earth Stretching Into Gentle Hills

Course guide
Distance – 42.8km (Approx.) / Time Required – 2hrs 50mins (Approx.)
Grade – Beginner / Start / End Point – Michi No Eki (Rest Stop) Maruhen No Oka Memanbetsu (Memanbetsu Town) /
Locations with Cycle Stands – 2

Rest space
Michi No Eki (Rest Stop) Marchen No Oka Memanbetsu
Memanbetsu Showa 96-1 Ozora (Tel.0152-75-6160)
Michi No Eki (Rest Stop) Ryuhyo Kaido Abashiri
Minami 3-jo Higashi 4-chome Abashiri (Tel.0152-67-5007)

Cycling Tour Guide & Rentacycle
Shiretoko Cycling Support (Tel.0152-24-2380) / http://www.shiretokocycling.com/

Enjoy the rural landscape while riding on a gentle hill at an unhurried pace on a road that offers panoramic views of the Okhotsk Sea. This is a course where you will enjoy natural sights like the ‘Seven Trees of Marchen’s Hill’ and a 360 degree view of Asahigaoka observation point. Taste Okhotsk’s delicious food at Michi No Eki (Rest Stop) Marchen no Oka Memanbetsu and Ryuhyo (Drift Ice) Road Abashiri.

Flower Ride

Abashiri - Koshimizu
Flowers in All 4 Seasons and the Majesty of the Mountains of Shiretoko

Course guide
Distance – 36km (Approx.) / Time Required – 2hrs 30mins (Approx.)
Grade – Beginner / Start / End Point – Mokoto JR Station (Abashiri City) / Locations with Cycle Stands – 1

Rest space
Koshimizu Garden / Abashiri Quasi-National Park
Aza Hamakoshimizu Koshimizu (Tel. 0152-63-4187)
Michi No Eki (Rest Stop) Hanayaka Koshimizu
Aza Hamakoshimizu 474-7 Koshimizu (Tel.0152-63-4111)

Cycling Tour Guide & Rentacycle
Shiretoko Cycling Support (Tel.0152-24-2380) / http://www.shiretokocycling.com/
A course around the suburbs of an agricultural area continues on level roads with the gentle peacefulness of riding through pastoral scenes at an unhurried pace. At Kitami Hakka Mint Memorial Museum, you can find a lot of information and touch the peppermint itself. At the end point, enjoy Tanno Onsen Nonta No Yu, and pick-up the popular local mascot ‘Nonta-Kun’ souvenir as a memento of your journey.

Travel around Rubeshibe in the vicinity of Kitami City and Oketo Town. At the start point of Michi No Eki (Rest Stop) Onneyu Onsen, there is the famous Yama No Suizokukan (Aquarium on the Mountain) that attracts over 300,000 visitors a year, and the Kamurin Shop that sells various local specialties, and the very finest quality cuckoo clocks. Get a sensation of ‘bathing in the forest’ on this mountain course, you will feel a refreshing and comfortable breeze. There are a number of excellent hot springs at the end point Michi No Eki (Rest Stop).

Country Ride
Kitami - Kitami
Feel the Winds of a Rural Landscape

Course guide
Distance – 53.5km (Approx.) / Time Required – 3hrs 30mins (Approx.) / Grade – Intermediate / Start / End Point – Tanno Onsen Nonta No Yu (Kitami City) / Locations with Cycle Stands – 1

Rest space
Kitami Hakka Kinenkan
Minaminaka-machi 1-7-28 Kitami (Tel. 0157-23-6200)

Cycling Tour Guide & Rentacycle
Shiretoko Cycling Support (Tel.0152-24-2380) http://www.shiretokocycling.com/

Green Ride
Kitami - Oketo
A Refreshing Ride though a Forest Bath on a Mountain Course

Course guide
Distance - 41km (Approx.) / Time Required - 2hrs 45mins (Approx.) / Grade - Beginner / Start / End Point - Michi No Eki (Rest Stop) Onneyu Onsen (Kitami City) / Locations with Cycle Stands - 2

Rest space
Michi No Eki (Rest Stop) Onneyu Onsen
Matsuyama 1-4 Rubeshibe-cho (Tel.0157-45-3373)
Oketo-Cho Family Sports Center
Aza Oketo 398-14 Oketo (Tel.0157-52-3075)

Cycling Tour Guide & Rentacycle
Shiretoko Cycling Support (Tel.0152-24-2380) http://www.shiretokocycling.com/

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.

Hokumou Area Contact Details - Abashiri / Ozora / Koshimizu / Kitami Areas Tourism and Transport Commission Abashiri City Tourism Promotion Section
Minami 6-jo Higashi 4-chome Abashiri (Tel.0152-44-6111) (Fax.0152-44-9768) tabi@abashiri.jp
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 Kyogoku Town, and Michi No Eki (Rest Stop) View Plaza in Niseko Town.
Coast View Ride
Hakodate-Kotaniishi

Entrance to the Hokkaido Shinkansen. A coast ride full of happiness.

Course guide
Distance - 63 km (Approx.)
Time Required - 4hrs 30min (Approx.)
Grade - Beginner
Start/End Point - Hakodate/Kotaniishi
Locations with Cycle Stands - 1

Rest space
Trappist Monastery
392 Mitsuishi, Hokuto-city (Tel.0138-75-2139)
Roadside station “Misogi no Sato KIKONAI”
338-14 Honcho, Kikonai-cho, Kamiiso-gun (Tel.0138-2-3161)
Ikarikai park
Kotaniishi, Shiriuchi-Chi, Kamiiso-gun

Leave Hakodate Station and head to Kotaniishi enjoying the dynamic shoreline and Cape Namako. Keep cycling along the Matsumae National Road to the finish, you will see many fishing ports which are known for their rich sea life such as scallops, oyster, urchin and marbled sole.

Find the “good omen” place called “Kofuku-Happiness-" in Kikonai-cho and ensure the success of this cycling tour. Secretly smiling to yourself while cycling, a train running parallel to you will cheer you up. At the half of the course, you will see a sign to Kikonai station. This course starts from Hakodate, but it is possible that once the Shinkansen opens, you can get off at Kikonai station and then cycle the coastline to Hakodate. Just before the finish, there is a park where you can see the strange shaped stone Ikarikai Island, and also this park you can camp if you wish.

Shiriuchi-cho, where Kotaniishi, the goal is located, has the local specialties “Shiriuchi Oyster” which is grown in the quick tides in straits and chives called “Kita no Hana-Flower of the north-” which Shiriuchi is the biggest producer of in Hokkaido. Both are ideal foods for the exhausted cyclist. The “Oyster and chive festival” also takes place every February, so you can visit again for it.

The nature of Shiriuchi like Yagoshi kaigan and the range of Mt.Daisengen offer rough but grand and beautiful views.
Cycle Races and Events in Hokkaido

An introduction to the major races and cycle events of each region.

Note: The events listed below all took place in 2014. For the information for 2015 onwards, contact the local promotion organizations and relevant associations.

※For further details, please contact to the event organizer or local promotion organizations.

July  Tokachi Nakasatsunai Gourmet Fondo

This is the 4th year of this cycling event with the main course going around the Minami Tokachi area of Hokkaido. The theme for this year is “Jomon” which will let you discover the attractions of Tokachi from a new point of view. We have various plans including a BBQ at the finale for participants to feel the Jomon. You can enjoy this event by anything from “Jomon, Bicycle, Food and Tokachi”!

Courses

- Minami Tokachi Jomon course (135km)
- Minami Tokachi Jomon course (80km)
- Minami Tokachi Jomon course (30km or 50km) *choose one

July  Niseko

Scheduled for the beginning of July

Niseko Hanazono Hill Climb

The route of Niseko, an internationally-known Ski resort, is the most popular hill climb race in Hokkaido that offers spacious, rich landscapes.

Courses

- Kutchan City - Niseko Annupuri Goshiki Onsen (796m above sea level at highest point / 15.5km total length / Average incline angle: 4.6%)

August  Hakodate

Scheduled for mid-September

GREAT EARTH Hakodate Onuma Ride

One of the New Three Great Views of Japan, Onuma Quasi-National Park is the starting and finishing point of this course. The long course is uphill of Shirotai Skyline where you can get a great view of Hakodate ..., cycle 100km around grand Komagadake. This is a long ride event aiming to enjoy the local foods and exchange with people.

Courses

- Long course (100km)
- Short course (65km)

September  Biei

Scheduled for late September

Biei Century Ride

Taking place in Biei Town, a vast landscape filled with farms, mountain views of Mt. Tokachi and rolling hills, it is a strikingly beautiful ride. Every time you travel across another gentle hill, new and heart-warming visual delights await you.

Courses

- Biei Century Ride Stage 1 (60km) Stage 2 (100km)
- Biei No Oka Meguri Course Panorama Course (25km) Patchwork Course (30km)

September  All Hokkaido

Scheduled for September

‘Tour De Hokkaido’

This is one of Japan’s premier cycling events, and was first held in 1987. The course changes every year, and exciting competition is on show at every stage of the event. There is also shortened versions of the races held on the same days for amateur cyclists who want to experience some of the thrills of the main event.

Courses

- 1st Amateur Stage (Time Trial) - 1.8km Obihiro City Special Course alongside Tokachi River
- 2nd Amateur Stage (Road Race) - Advanced (137km) Intermediate / Beginners (90km) Makubetsu Town - Toyokoro Town - Makubetsu Town
- 3rd Amateur Stage (Critérium) 2.2 - 33km - Special Course through Moerenuma Park (Sapporo City)

Other Races and Cycle Events in the Region

※For further details, please contact to the event organizer or local promotion organizations.

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<th>Course</th>
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<td>Road (50km, 100km)</td>
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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認定プロサイクリングガイドがご案内する
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●サイクリングギアレンタル
●食事付き
●サイクリングタイトル_

お問合せは
0120-963-776

詳しくはこちら！http://www.hokkaido-cycling.jp/
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お問合せ：ポロクルカウンター
TEL 011-242-6896

詳しくはホームページで！ポロクル

Hokkaido Cycle Tourism Promotion Association
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