

Enjoy cycling through northern Ishikari and Mashike!

Northern Ishikari and Mashike Area

Cycling Route Map

Food!

Fun!

Scenery!

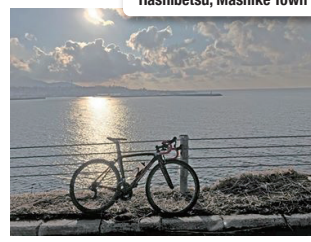
Let's go cycling!

Beware of tunnels!

Extra care must be taken in tunnels as they are narrow and the road surface tends to get wet. They are also dark, so don't forget to turn on your lights.

Looking at the Sea

Hashibetsu, Mashike Town



Wide-area course

Approx. 290km

Maximum elevation difference 249m

Altitude 2,447m

Enjoy sea, mountains and greenery!

Take on the long course! (Estimate: 3 days, 2 nights)

This course takes three days for cyclists with a pace of about 100km per day. Unwind as you take in the beautiful sights of the sea, mountains, lakes, forests and the occasional town. Surrounded by nature, the course has a whole new range of pleasures to enjoy depending on the season and direction. In spring, the smell of fresh greenery abounds among the still melting snow, the cool sea breeze feels fresh in the heat of summer, and in fall incredible colorful leaves hang overhead. If three consecutive days isn't possible for you, the course can also be taken on in stages!

* Be sure to check the route in advance, as some stretches have no restrooms, convenience stores or other rest areas.

Model 290km Route Itinerary

Rest areas are marked with

Day 1: Sea area (approx. 75km)
Michi-no-Eki Tobetsu (Approx. 40km) - Michi-no-Eki Ishikari Ai Road Atsuta (lunch) (Approx. 35km) - Domin-no-Mori Kamuishiri Area Campsite (accommodation, cottages also available)

Day 2: Mountain and forest area (approx. 93km)
Campsite (Approx. 25km) - Hamamasu Onsen (Approx. 50km) - Mashike Station (lunch) (Approx. 18km backtracking) - Iwao Onsen Hotel Sekiyoso (accommodation)

Day 3: Forest, countryside and town area (approx. 120km)
Iwao Onsen Hotel Sekiyoso (Approx. 10km) - Seicomart, Hamamasu (lunch) - Lake Tobetsu Fukuro/Bokyo Bridge/Komatsu no Sawa Bridge (approx. 110km with rest areas en route) - Michi-no-Eki Tobetsu

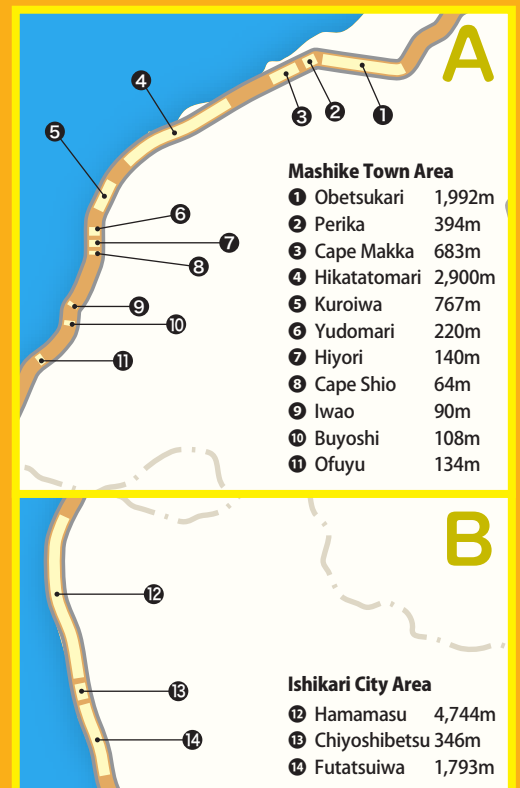


Lake Tobetsu Fukuro

Reference
Total distance: Approx. 290km
Maximum elevation difference: 249m
Average slope: 0% overall, 3.5% climb, 1.2% descent
Total altitude: 2,447m climb, 2,397m descent

* Michi-no-Eki Tobetsu has been used as the start and finish point as a reference.

There are a lot of tunnels and snow sheds between southern Mashike and northern Ishikari, but as long as you take care this is part of the fun! Highlights include the beautiful scenery of the sea in the corner of your eye and the sunshine pouring in between the pillars of the snow sheds, followed by the sea, capes and occasional sight of people fishing. There are 14 tunnels in this section, along with numerous snow sheds and bridges, so cycle with care.



* "Tunnel" has been omitted.

- Michi-no-eki (roadside rest area)
- Convenience store
- Restroom
- Gas station
- Onsen (Spa)
- Hot springs and accommodation
- Area with restrants and convenience stores
- Route
- Prefectural Road
- Bicycle rental
- Bicycle rack, pump, tools, etc.
- Radio quiet zone (radio waves may not reach some areas)
- Northern Ishikari and Mashike Cycling Tourism Photo Contest award winners

* The JR Sassho Line (between Hokkaido-Iryodaigaku Station and Shin-Totsukawa Station) will be closed from May 2020.

Wakkanai
Wakkanai Airport

Asahikawa
Asahikawa Airport

Sapporo
Okadama Airport
New Chitose Airport

Hakodate

Group Ride
Kisen Road, Shinshinotsu Village

Tractors and Cycling
Shishinai, Tobetsu Town

Truss Bridge
Shinko-Chuo, Ishikari City (Boyo Bridge)

Sea of Japan

Michi-no-Eki
Ishikari Ai Road Atsuta

Ishikari City

START & GOAL

The Nordic Winds of Michi-no-Eki Tobetsu

Mashike Station

Start! The Nordic Winds of Michi-no-Eki Tobetsu

The Nordic Winds of Michi-no-Eki Tobetsu Goal!

