Recommended cycling routes

Check out some recommended cycling routes in Ishikari City, Tobetsu Town, Shinshinotsu Village and Mashike Town. Take your time and enjoy exploring the area. You can even combine different courses and stay at local accommodation along the way.



The Ishikari City courses may both be intermediate in terms of difficulty, but the scenery they offer is completely different. Course A (the Historical Loop) heads from the Ishikari Bay New Port area to Ishikari Lighthouse before taking in the rural scenery of Oyafuru and Bitoi. Course B (the Ishikari City Hall Loop), starts at the morning market at Ishikari Bay New Port before heading from Atsuta to Tobetsu Town via Ishikari Lighthouse.

Total distance: [A] 53.5km [B] 79.1km

Maximum elevation difference: [A] 8m [B] 89m

Total altitude: [A] 1m climb, 6m descent

[B] 215m climb, 219m descent

Required time: [A] Approx. 3.5 hours cycling time

[B] Approx. 5.5 hours cycling time

View

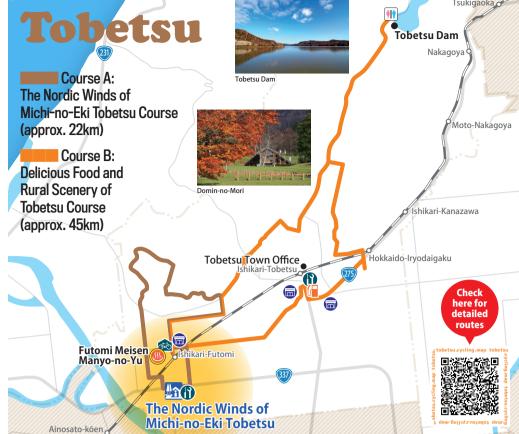
Hamanasu-no-Oka Park
A park where about 180
types of coastal plants can
be seen from spring to fall.
Take a break from cycling
and enjoy walking along the
wooden path in the cool sea
breeze. The beach roses are
at their best from late June
to early July!

Ishikari Tourism Center: Yume Port

[Type/number of bicycles] 6 city bicycles (with basket)
[Rental season / times] Early April to end of October /
9:00am to 5:00pm [Price] Free

[Contact] Ishikari Tourism Association Phone: 0133-62-4611 [Address] 107, Oyafune-cho, Ishikari city

Contact: Planning Division, Planning and Economic Department, Ishikari City (Phone: 0133-72-3193)



Tobetsu Town's courses head through rural scenery unique to Hokkaido and beautiful countryside reminiscent of Northern Europe. Course A takes you to the exotic Swedish Hills, the spectacular Rekusando Memorial Park, and the Nordic Winds of Michi-no-Eki Tobetsu. On Course B, you can enjoy cycling through the countryside while sampling some of the best food in the area. Going from local produce to handmade udon, handmade bread and delicious meat, you're sure to be full by the time you're done.

Total distance: [A] 21.7km [B] 45.2km

Maximum elevation difference: [A] 76m [B] 66m

Total altitude: [A] 106m climb, 107m descent
[B] 71m climb, 77m descent

[B] Approx. 4 hours cycling time

Required time: [A] Approx. 2.5 hours cycling time

View

The Nordic Winds of Michi-no-Eki Tobetsu

A roadside rest area where you can enjoy the warmth of the wooden interior and take in beautiful views wherever you sit. There are plenty of items for takeout, with small sweets and bread that are perfect for taking on with you as you ride.

Bicycle rent

Tobetsu Tourism Information Plaza FIKA

[Type/number of bicycles] 6 electric bicycles (7 gears)
[Rental season / times] Late April to end of October /
10:00am to 5:00pm (last admission: 4:00pm) [Price] 500 yen
[Contact] Tobetsu Tourism Information Plaza FIKA Phone:
0133-27-5388 [Address] JR Ishikari-Futomi Station, 1499-3,
Futomimachi, Tobetsu Town

Contact: Planning Division, Planning Department, Tobetsu Town (Phone: 0133-23-3073)



These routes around Shinshinotsu Village really make the most of the terrain. With almost no hills,

Course A is a relaxing ride regardless of your level of cycling experience. The sight of the windbreak forests that are so emblematic of Hokkaido is also a highlight. On Course B, you can gain a fuller appreciation of the scale of the magnificent scenery as you look straight out to the horizon.

Total distance: [A] 20.4km [B] 48.6km

Maximum elevation difference: [A] 6m [B] 8m

Total altitude: [A] 0m climb, 0m descent
[B] 3m climb, 7m descent
Required time: [A] Approx. 1.5 hours cycling time

[B] Approx. 3.5 hours cycling time

around Lake Shinotsu, along with hot spring accommodation in an area where you can enjoy a variety of activities all year round, including farming experiences, park golf, and smelt fishing. Jumping in the hot spring is a perfect way to round off the day!



There is also a cycling course

Contact: Chamber of Commerce and Tourism, General Affairs Division, Shinshinotsu Village (Phone: 0126-57-2111)



The sea is the focus of the routes around Mashike Town. The fragrant sea breeze blows through the town, where old stores made from stone and wood still stand. Course A takes you around some of the highlights, including Kunimare Sake Brewery and Mashike Itsukushima Shrine. Course B a lets you go a little further and enjoy the sea and mountains views of Mashike. For visitors to Mashike, the seafood is a must-try!

Total distance: [A] 11.9km [B] 27.2km

Maximum elevation difference: [A] 47m [B] 93m

Total altitude: [A] 76m climb, 74m descent
[B] 209m climb, 204m descent

Required time: [A] Approx. 0.5 hours cycling time

[B] Approx. 1 hours cycling time

View

Riverside Park

This all-natural turf park in a peaceful forest has views overlooking the sea. The area is perfect for a family trip, with an RV campsite, cottages and areas for soccer and park golf. Don't forget to bring your bike!



Bicycle rental

Mashike Tourist Information Office

[TYPE/NUMBER OF BICYCLES] 6 city bicycles [Rental season / times] Late April to end of October / 9:30am to 4:00pm [Price] Free

[Contact] Mashike Tourist Information Office Phone: 0164-53-1108

[Address] 1-chome, Benten-cho, Mashike Town

Contact: Commerce and Tourism Division, Mashike Town (Phone: 0164-53-3332)