

Enjoy cycling through  
northern Ishikari and Mashike!

## Northern Ishikari and Mashike Area

# Cycling Route Map

2021

Scenery!

Food!

Fun!

Let's go  
cycling!

About  
**290km**

Maximum  
elevation  
difference  
**249m**

Altitude  
**2447m**

★ Scan this QR code to see where you are on the route.  
<https://ridewithgps.com/routes/32191337>

We use the Ride with GPS app.  
This may not be compatible with the operating systems of some phones.



### 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

## Enjoy the sea, mountains and greenery!

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

This route is around 290km in total—cycle half of it in one go or take a few days and stay at some of the great locations along the way. As you make your way along this route, you'll see stunning views of the sea, mountains, forest and lakes, with glimpses of town streets. Each season delights the senses in a unique way—the fragrance of new greenery amid the last clumps of snow in spring, the gentle sea breeze in the heat of summer, the vivid hues of the leaves overhead in fall. In a nature-rich area like this, the same scenery can look completely different depending on the season and the direction you're traveling in. This is a route you don't have to do all at once—try part of it now and give yourself a new challenge later on.

\* Be sure to check the route in advance, as some stretches don't have many restrooms, convenience stores or other rest areas.

### 290km Loop Model Course 2021 Starting from Michi-no-Eki Shinshinotsu

Rest areas are  
marked with ☺

#### Day 1: 3 Michi-no-Eki in 1 day! (Around 60km)

○ Michi-no-Eki Shinshinotsu → (around 19km) → ○ Hokuo No Kaze Michi-no-Eki Ishikari Airodo Atsuta → (around 38km) → Michi-no-Eki Ishikari Airodo Atsuta → (around 3km) → Atsuta Camping Ground (stay the night)

#### Day 2: Challenge yourself with lots of hills! (Around 114km)

○ Atsuta Camping Ground → (around 66km, via Domin No Mori Forest, rest stop included) → ○ Hamamasu Hot Springs - Lunch → (around 48km) → Auberge Mashike (stay the night)

#### Day 3: Sea, Forest, Lakes and Fields! (Around 114km)

○ Auberge Mashike → (around 1km) → ○ Mashike Station (out and back) → (around 42km) → Kawashimo, Hamamasu District - Lunch → (around 73km, via Lake Fukuro) → Michi-no-Eki Shinshinotsu



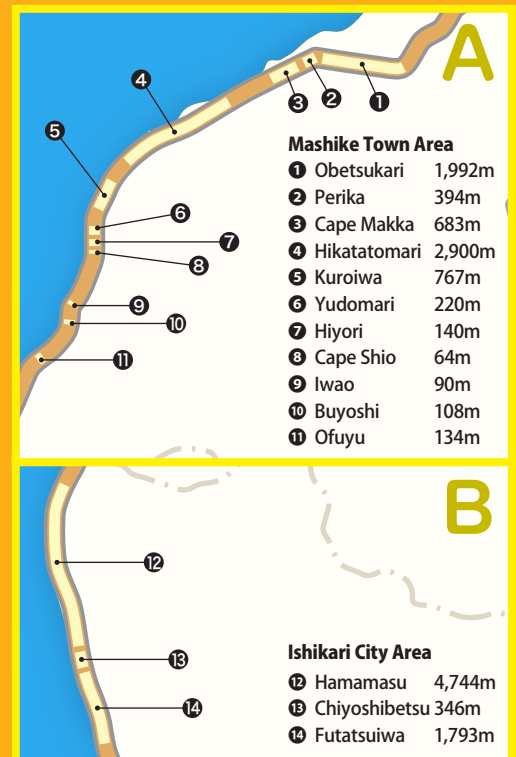
Sunset at Shinotsu Park Camping Ground

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

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

### Tunnels on the route

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 out of 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.



- Michi-no-Eki (roadside rest areas. Gateways are indicated by ☺)
- Restroom
- Gas station
- Onsen (Hot springs)
- Hot springs and accommodation
- Convenience store
- Restaurant area (convenience store also available)
- National Highway
- Prefectural Road
- Bicycle rental
- Bicycle racks, pumps, tools, etc.
- Radio quiet zone (signals may not reach some areas)
- Locations that have won awards in the Northern Ishikari and Mashike Cycling Tourism Photo Contest

Check out the promotional video  
for this route and see the beautiful  
natural landscapes, delicious food  
and friendly locals you'll encounter  
along the way!



Website: Northern Ishikari and Mashike Area Cycling Route  
<http://www.sapporocyclelabo.jp/cycle-routemap/>

