

Recommended cycling routes

Check out these 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 short course starts at the Ishikari Bay New Port Area and takes you through the rice fields of Oyafuru and Bitoi. On the long course, you'll stop at the morning market in Ishikari Bay New Port before passing the Ishikari Lighthouse and making your way through the Atsuta area to the town of Tobetsu. Both courses are for intermediate-level cyclists, but each has its own great sights and stops.

Total distance: [S] 53.5km [L] 79.1km
Maximum elevation difference: [S] 8m [L] 89m
Total climb and descent: [S] 1m climb, 6m descent [L] 215m climb, 219m descent
Required time: [S] Approx. 3.5 hours cycling time + time to enjoy the stops
[L] Approx. 5.5 hours cycling time + time to enjoy the stops

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



The short course has almost no hills! This course is ideal for those looking for an easy cycling experience. Along the way, you'll see vast expanses of wind-breaking forest, an iconic feature of Hokkaido. The long course is a straight route with a view of the horizon—the breathtaking scenery will make you aware of how big the natural world is. Both courses are designed to get the most out of the area's topography.

Total distance: [S] 20.4km [L] 48.6km
Maximum elevation difference: [S] 6m [L] 8m
Total climb and descent: [S] 0m climb, 0m descent [L] 3m climb, 7m descent
Required time: [S] Approx. 1.5 hours cycling time + time to enjoy the stops
[L] Approx. 3.5 hours cycling time + time to enjoy the stops

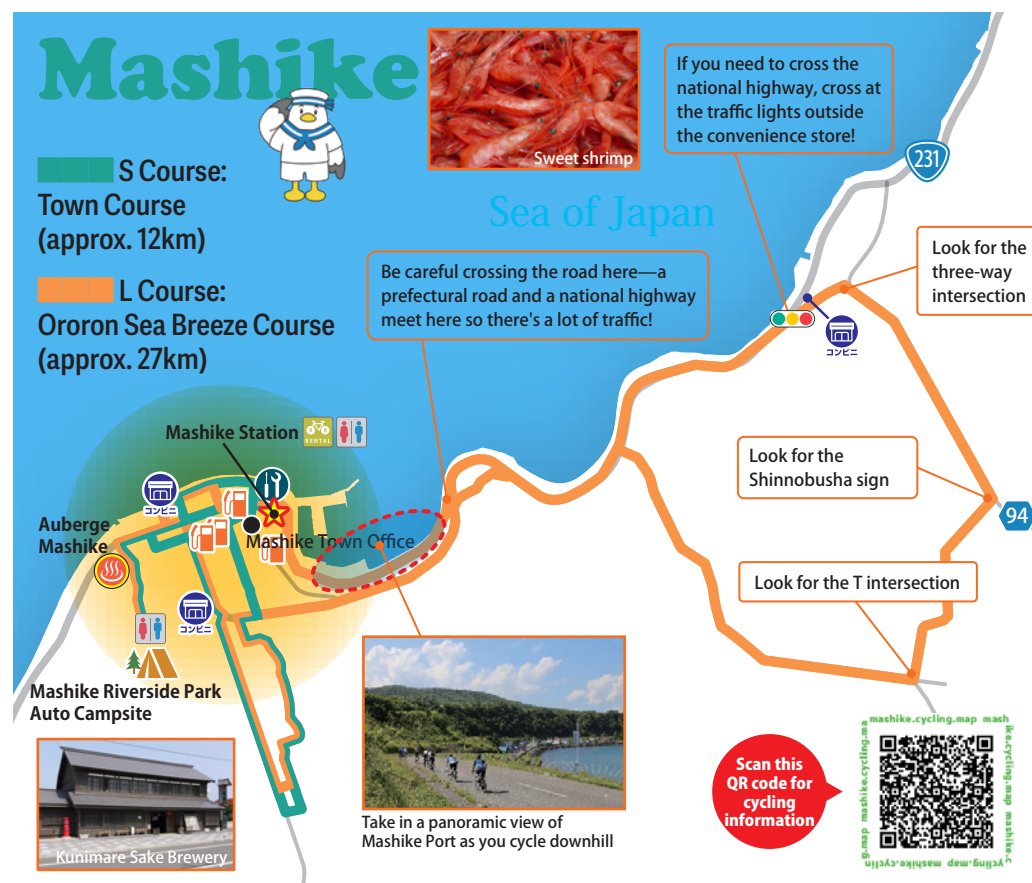
Contact: Chamber of Commerce and Tourism, General Affairs Division, Shinshinotsu Village (Phone: 0126-57-2111)



In Tobetsu, the iconic rice fields of Hokkaido meet beautiful landscapes reminiscent of the Nordic countries. The short course takes you through the Sweden Hills—a sight you wouldn't have expected to see in Japan—and the amazing landscape of Leksand Memorial Park. You can also stop at the Hokuo No Kaze Michi-no-Eki Tobetsu roadside rest area. The long course is a foodie's dream—you'll check out a store selling local specialties, make your own udon noodles and enjoy handmade bread!

Total distance: [S] 21.7km [L] 45.2km
Maximum elevation difference: [S] 76m [L] 66m
Total climb and descent: [S] 106m climb, 107m descent [L] 71m climb, 77m descent
Required time: [S] Approx. 2.5 hours cycling time + time to enjoy the stops
[L] Approx. 4 hours cycling time + time to enjoy the stops

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



Mashike is a town known for its fragrant sea breeze. Stone and wooden stores mark the town's historical heyday, with historic spots like Kunimare Sake Brewery and Itsukushima Shrine telling fascinating cultural stories. The short course takes you around all the best sights in Mashike. The long course goes further out of the way, offering incredible views of the sea and mountains. And don't forget to try Mashike's delicious seafood!

Total distance: [S] 11.9km [L] 27.2km
Maximum elevation difference: [S] 47m [L] 93m
Total climb and descent: [S] 76m climb, 74m descent [L] 209m climb, 204m descent
Required time: [S] Approx. 0.5 hours cycling time + time to enjoy the stops
[L] Approx. 1 hour cycling time + time to enjoy the stops

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

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 rentals
Mashike Tourist Information Office
[Type/number of bicycles] 6 city bicycles, 4 electric bicycles
[Rental season / times] Late April to end of October / 9:30am to 4:00pm [Price] City bicycles free, electric bicycles 500 yen for 3 hours
[Contact] Mashike Tourist Information Office (Phone: 0164-53-1108)
[Address] 1-chome, Benten-cho, Mashike Town

★"S" refers to the short course and "L" refers to the long course in each description.

Created by Northern Ishikari and Mashike Cycling Tourism Promotion Council (Ishikari City/Tobetsu Town/Shinshinotsu Village/Mashike Town)

Details are correct as of September, 2021