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 View 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

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

A park where about 180 types of coastal plants can be seen from spring to fall. Take a break from cycling and enjoy walking cool sea breeze. The beach

roses are at their best from late June to early July

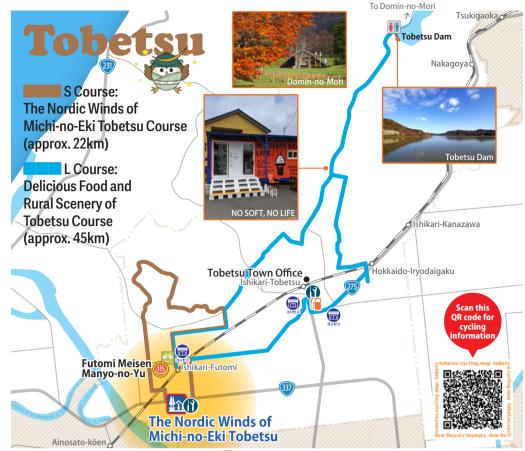


Ishikari Tourism Center: Yume Port

[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)



In Tobetsu, the iconic rice fields of Hokkaido meet beautiful landscapes reminiscent of the Nordic countries. The short course takes you through the Sweden Hillsa sight you wouldn't have expected to see in Japanand 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

Hokuo No Kaze Michi-no-Eki Tobetsu

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





Tobetsu Tourism Information Plaza FIKA

[Type/number of bicycles] 4 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 (plus insurance) [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)



The short course has almost no hills! This course is ideal for those looking for an easy cycling experience.

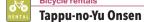
Along the way, you'll see vast expanses of wind-breaking forest, an iconic feature of Hokkaido. The long course is a straight route with a view of the horizon—the breathtaking scenery will make you aware of how big the natural world is. Both courses are designed to get the most out of the area's topography.

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

Tappu-no-Yu Onsen There is also a cycling course around Lake Shinotsu, along with hot spring accommodation in an area where you can enjoy a





[Type/number of bicycles] 20 city bicycles [Rental season / times] Late April to end of October / 10:00am to 4:00pm [Price] Free

[Contact] Tappu-no-Yu Onsen (Phone: 0126-58-3166) [Address] Dai-45-sen Kita-2, Shinshinotsu Village

* The cycling

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



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

[L] Approx. 1 hour cycling time + time to enjoy the stops

+ time to enjoy the stops



Riverside Park

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





[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

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