

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

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)

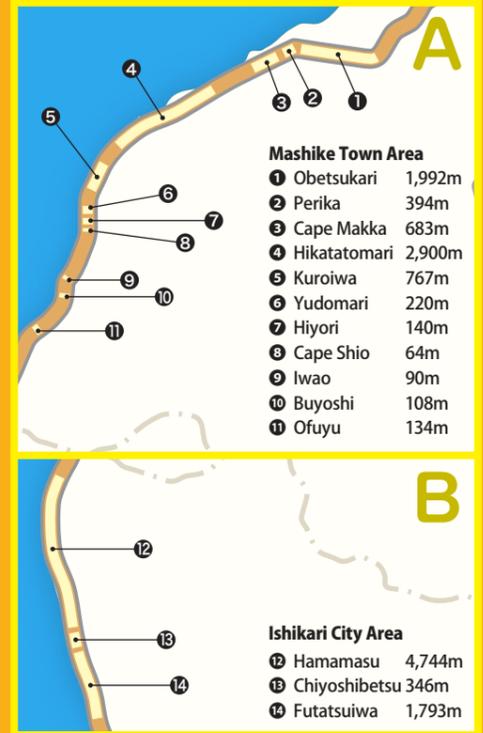
Day 2: Mountain and forest area (approx. 93km)
● Campsite⇒(Approx. 25km) ● Hamamasu Onsen⇒(Approx. 50km) ● Mashike Station (lunch) (Approx. 18km backtracking) ● Iwao Onsen Hotel Sekiyoso (accommodation)

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

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

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

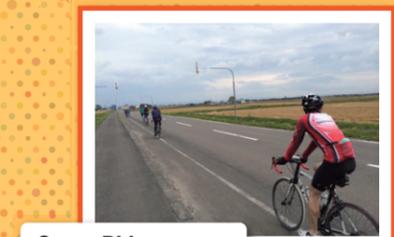
There are a lot of tunnels and snow sheds between southern Mashike and northern Ishikari, but as long as you take care this is part of the fun! Highlights include the beautiful scenery of the sea in the corner of your eye and the sunshine pouring in between the pillars of the snow sheds, followed by 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 Sasso Line (between Hokkaido-Iryodaigaku Station and Shin-Totsukawa Station) will be closed from May 2020.



Group Ride
Kisen Road, Shinshinotsu Village



Tractors and Cycling
Shishinal, Tobetsu Town



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



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.

Ishikari

Course A: Historical Loop (approx. 54km)

Course B: Ishikari City Hall Loop (approx. 80km)

Hamanasu-no-Oka Park, Visitor Center
Benten Historical park
Ishikari Tourism Association
Ishikari Natural Onsen Banyu-no-Yu

Sea of Japan

A straight road along the Ishikari River

Stay at Solli, a former private residence

Tobetsu Town Office
Ishikari-Tobetsu

Futomi Meisen Manyo-no-Yu
Ishikari-Futomi

The Nordic Winds of Michi-no-Eki Tobetsu

Ishikari City Hall

Ainosato-kōen
Takuhoku
Ainosato-kyōikudai

Check here for detailed routes

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.

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!

Bicycle rental
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

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

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

Tobetsu

Course A: The Nordic Winds of Michi-no-Eki Tobetsu Course (approx. 22km)

Course B: Delicious Food and Rural Scenery of Tobetsu Course (approx. 45km)

Tobetsu Dam

Domin-no-Mori

Tobetsu Town Office
Ishikari-Tobetsu

Futomi Meisen Manyo-no-Yu
Ishikari-Futomi

The Nordic Winds of Michi-no-Eki Tobetsu

Ainosato-kōen

Check here for detailed routes

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.

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 rental
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

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
Required time: [A] Approx. 2.5 hours cycling time
[B] Approx. 4 hours cycling time

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

Shinshinotsu

Course A: Relaxing Rural Scenery Course (approx. 20km)

Course B: Horizon Challenge Course (approx. 49km)

Moto-Nakagoya

Ishikari-Kanazawa

Shinshinotsu Village Office

Shinshinotsu
Tappu-no-Yu Onsen
Shinotsu Park Campsite

Lake Shinotsu

Glamping

Check here for detailed routes

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.

View

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 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!

Bicycle rental
Tappu-no-Yu Onsen
[Type/number of bicycles] 30 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 road in the park can be used.

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

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

Mashike

Course A: Town Course (approx. 12km)

Course B: Ororon Sea Breeze Course (approx. 27km)

Sweet shrimp

Sea of Japan

Mashike Station

Mashike Town Office

Mashike Riverside Park Auto Campsite

Kunimare Sake Brewery

Check here for detailed routes

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** 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!

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

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

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