

Hokkaido Activity Guide



[Cycling Roads]

Sapporo

- 1 Toyohira River Cycling Road

Southern Hokkaido

- 2 Lake Onuma Cycling Road (Nanae)

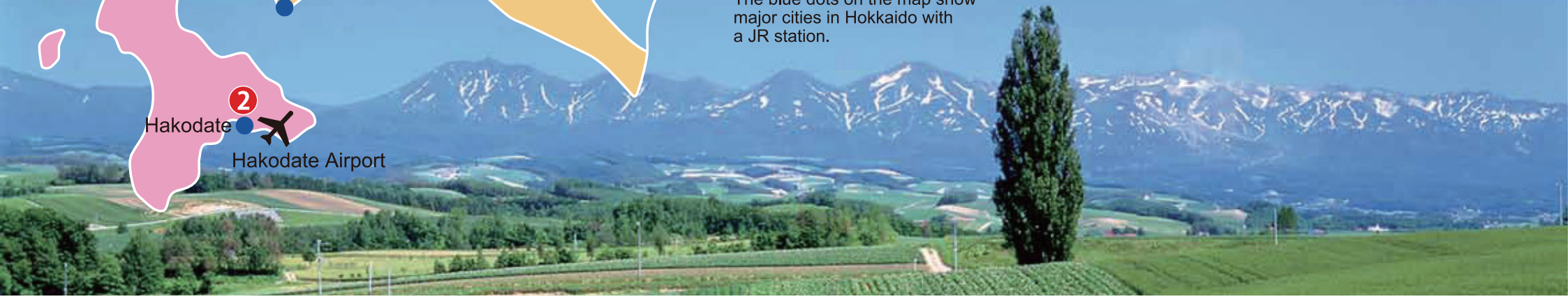
Northern Hokkaido

- 3 Biei Cycling Road (Biei)

Eastern Hokkaido

- 4 Mt. Tento Cycling Road (Abashiri)

* The blue dots on the map show major cities in Hokkaido with a JR station.



Toyohira River Cycling Road

Central area, Sapporo City

This cycling road, which takes approx. 50 minutes to complete, runs on the bank of the Toyohira River from Kanjo-Kita Ohashi Bridge to Moiwa-Ue no Hashi Bridge before one gets to Makomanai Park. With playgrounds, tennis courts, rest places and other sites along the road, it is a comfortable course ideal for families.

*The cycling road cannot be used during the winter.

Starting point Approx. 15 min. by bicycle from JR Sapporo Station

- Course distance: approx. 11 km
- Recommended levels: [Elementary](#) [Intermediate](#) [Advanced](#)
- Accepted units: [Groups](#) [Individuals](#)
- Contact: Bicycle Countermeasures Section,
General Affairs Department, Construction Bureau,
the Sapporo Municipal Government
- Tel.: +81-11-211-2456 [Jp](#)
- E-mail: jitensha@city.sapporo.jp [Kr](#) [En](#) [Ch](#)
- URL: <http://www.city.sapporo.jp/kensetsu/dokan/jitensha/cyclingmap.html> [Jp](#)

Featuring tourist information



Soup curry
Soup curry has developed into a specialty of Sapporo. There are many variations, but it always includes a mixture of vegetables produced in Hokkaido. The city has more than 130 soup curry restaurants.

*Sapporo
*<http://www.welcome.city.sapporo.jp/>



Genghis Khan mutton barbecue
Genghis Khan, a specialty of Sapporo, can be served in two ways: either broil marinated meat, or dip broiled meat in a sauce.

*Sapporo
*<http://www.welcome.city.sapporo.jp/>

B Toyohira River Green Space
This green space runs 72.5 kilometers through the city center on both banks of the Toyohira River. It is home to rest areas and sports facilities (e.g., a baseball ground, a soccer field, tennis courts and a park golf field), and is also a great place to appreciate fireworks displays in summer.

*Sapporo
*<http://www.welcome.city.sapporo.jp/>

Rental Bicycle Information

Place: Rent-a-cycle Sapporo
Rental fees: city bicycle: 1,000 yen/day, compact bicycle: 1,200 yen/day (A bicycle will be delivered to the hotel where the renter stays after an appointment has been made.)
Contact: Tel.: +81-11-223-7662



Nakajima Park
An area with water and greenery, this park is located in the heart of Sapporo with Mt. Moiwa in the background. It is used as a venue for a variety of events, such as festivals and sports competitions, and serves as an urban oasis of relaxation for local residents and visitors of all ages.

*Sapporo
*<http://www.welcome.city.sapporo.jp/>

Lake Onuma Cycling Road

Area around Onuma Park, Nanae Town

This cycling road is located in a quasi-national park including the three lakes of Onuma, Konuma and Junsai, which were all created by the eruption of Mt. Komagatake, an active volcano in the central part of the Oshima Peninsula in southwestern Hokkaido. The road covers a total length of 14 km and takes cyclists around the largest lake in the park, Lake Onuma. If you have much time, it is worthwhile getting off your bike at the trailhead to Mt. Higurashi and climbing to the mountaintop.

Starting point Near JR Onuma Koen Station

■ **Course distance:** approx. 20 km

■ **Recommended levels:** Elementary Intermediate Advanced

■ **Accepted units:** Groups Individuals

■ **Contact:** Onuma International Exchange Plaza

■ **Tel.:** +81-138-67-2170 Kr En Ch

■ **E-mail:** info@onumakouen.com Kr En Ch

■ **Website URL:** <http://www.onuma-guide.com> (Marugoto Onuma) Kr En Ch

■ **Facebook URL:** <http://www.facebook.com/Onuma.Konuma> Kr En Ch

Featuring tourist information



Water shield plant, an Onuma specialty

Called Junsai in Japanese, water shield with its crunchy texture covered in a jelly-like substance is very tasty. Buckwheat noodles, ramen and other dishes containing Junsai are available in the Onuma area.

*Onuma International Communication Plaza

*Tel.: +81-138-67-2170 *<http://www.onuma-guide.com/>



Lake Onuma cruising

Lake Onuma offers the opportunity to take a leisurely cruise or a boat ride. The cruise, passing islands in both Lake Onuma and Lake Konuma, takes 30 minutes.

*Tel.: +81-138-67-2229

*<http://www.onuma-park.com>

Rental Bicycle Information

Place: Friendly Bear (located near JR Onuma Koen Station)

Rental fees: 500 yen/hour, 1,000 yen/day

Contact: Tel.: +81-138-67-2194



Biei Cycling Road

Area around Shirogane Hot Springs, Biei Town

On this cycling road, cyclists can enjoy a leisurely tour while appreciating the sights of the Tokachi Mountain Range and the White Birch Way, which was selected as one of the 100 best landscapes in Hokkaido. The road offers many scenic vistas, including the mysterious Blue Pond, the Shirahige-no-Taki Falls that drop 20 meters, and the National Shirogane Wild Bird Forest. If you have much time, please enjoy a leisurely soak at Shirogane Hot Springs.

Starting point Approx. 20 min. by car from JR Biei Station

■ **Course distance:** 1-hour course (approx. 4.2 km), 2-hour course (approx. 9.6 km), half-day course (approx. 16 km)

■ **Recommended levels:** [Elementary](#) [Intermediate](#) [Advanced](#)

■ **Accepted units:** [Groups](#) [Individuals](#) *For small groups, please contact us.

■ **Contact:** Biei Tourism Association

■ **Tel.:** +81-166-92-4378 [Kr](#) [En](#) [Ch](#)

■ **E-mail:** info@biei-hokkaido.jp [Kr](#) [En](#) [Ch](#)

■ **URL:** <http://www.biei-hokkaido.jp/index.html> [Jp](#)

■ **Person in charge:** Iwasa

←To JR Biei Station

Approx. 20 min. by car from JR Biei Station

Biruke-no-Mori (Shirogane Tourist Information Center)

Start

D Kaiku Kiln

1-hour course (4.2 km)

A Blue Pond

White Birch Way

2-hour course (approx. 9.6 km)

Shirogane Hot Spring Resort

C Shirogane Tourist Center

B Shirahige-no-Taki Falls

Shirogane Fudou-no-Taki falls

Shirogane National Campsite

Biei Nature Village Campsite

Shirogane Wild Bird Forest

Bird watching facilities available

C

Shirogane Hot Spring Resort
This hot spring resort offers a bird's-eye-view of the Tokachidake Mountains, including Mt. Tokachidake, Mt. Bieifuji and Mt. Furanodake. Six bathing facilities in this area are open to day guests.

*Biei Shirogane Onsen Tourist Association
*Tel.: +81-166-94-3025
*<http://www.biei-shiroganeonsen.com/>



Kaiku Kiln

This is the studio of a local ceramic artist engaged in creative activities. Unique objets d'art and works with relief art are displayed in a museum-like atmosphere.

*<http://www.kaikukiln.com/>



Blue Pond

You can see the aquamarine hues of the Blue Pond as the sunlight is reflected by aluminum contained in the groundwater from the Shirogane Hot Spring area that is mixed with water from the Biei River.

*Biei Tourism Association Tel.: +81-166-92-4378
*<http://www.biei-hokkaido.jp/>



Shirahige-no-Taki Falls

This name, meaning white-beard waterfalls, was given because the falls look like an old man's beard. The falls create beautiful cobalt blue streams in the Biei River into which the water drops.

*Biei Tourism Association Tel.: +81-166-92-4378
*<http://www.biei-hokkaido.jp/>

Rental Bicycle Information

Place: Biruke-no-Mori (Shirogane Tourist Information Center)

Rental fees (regular bicycle): 250 yen/hour

*2,000 yen if the rented bicycle is returned to Terashima Shokai Shop in front of JR Biei Station

Contact: Biei Tourism Association (Tel.: +81-166-92-4378)

Mt. Tento Cycling Road

Along the Abashiri River, Abashiri City

This cycling road allows cyclists to tour local landmarks while enjoying the sight of Mt. Tento, a popular place of scenic beauty in Abashiri Quasi-National Park. The route fully exposes the cyclists to the appeal of Abashiri as they pass by popular tourist spots, including Japan's only prison museum, the gate of a real prison and the Okhotsk Ryu-hyo Museum (where visitors can touch actual sea ice).

Starting point Approx. 7 min. by car or about 20 min. on foot from JR Abashiri Station

■ Course distance: 16.9 km (one way)

■ Recommended levels: [Elementary](#) [Intermediate](#) [Advanced](#)

■ Accepted units: [Groups](#) [Individuals](#)

*For small groups, please contact us.

■ Contact: Abashiri Tourist Association

■ Tel.: +81-152-44-5849 [Kr](#) [En](#) [Ch](#)

■ E-mail: info@abakanko.jp [Kr](#) [En](#) [Ch](#)

■ URL: http://www.abakanko.jp/event/cycle_rental/ [Kr](#) [En](#) [Ch](#)

Featuring tourist information



D

Okhotsk Ryu-hyo Museum

The themes featured in this municipal science museum situated on top of Mt. Tento are drift ice and the Sea of Okhotsk.

*Tel.: +81-152-43-5951

*<http://www.ryuhyokan.com/>



Okhotsk Abashiri Zangi-don

This local specialty is a bowl of rice topped with deep-fried Okhotsk Salmon (pink salmon) that had been marinated in white fish sauce.

*Abashiri Tourist Association

*http://abashiri.jp/tabinaavi_en/

Rental Bicycle Information

Place: Tourist Information Center in Michinoeki (Roadside Station) Ryuhyokaido Abashiri
Rental fees: from 500 yen for up to 3 hours
Contact: Tel.: +81-152-45-5849

B



Abashiri Prison front gate

The prison name is nationally known because the prison has shared the history of Abashiri. The prison itself is not open to the general public, but the Abashiri Prison Museum is a must-visit.

*Abashiri Tourist Association

*http://abashiri.jp/tabinaavi_en/

A

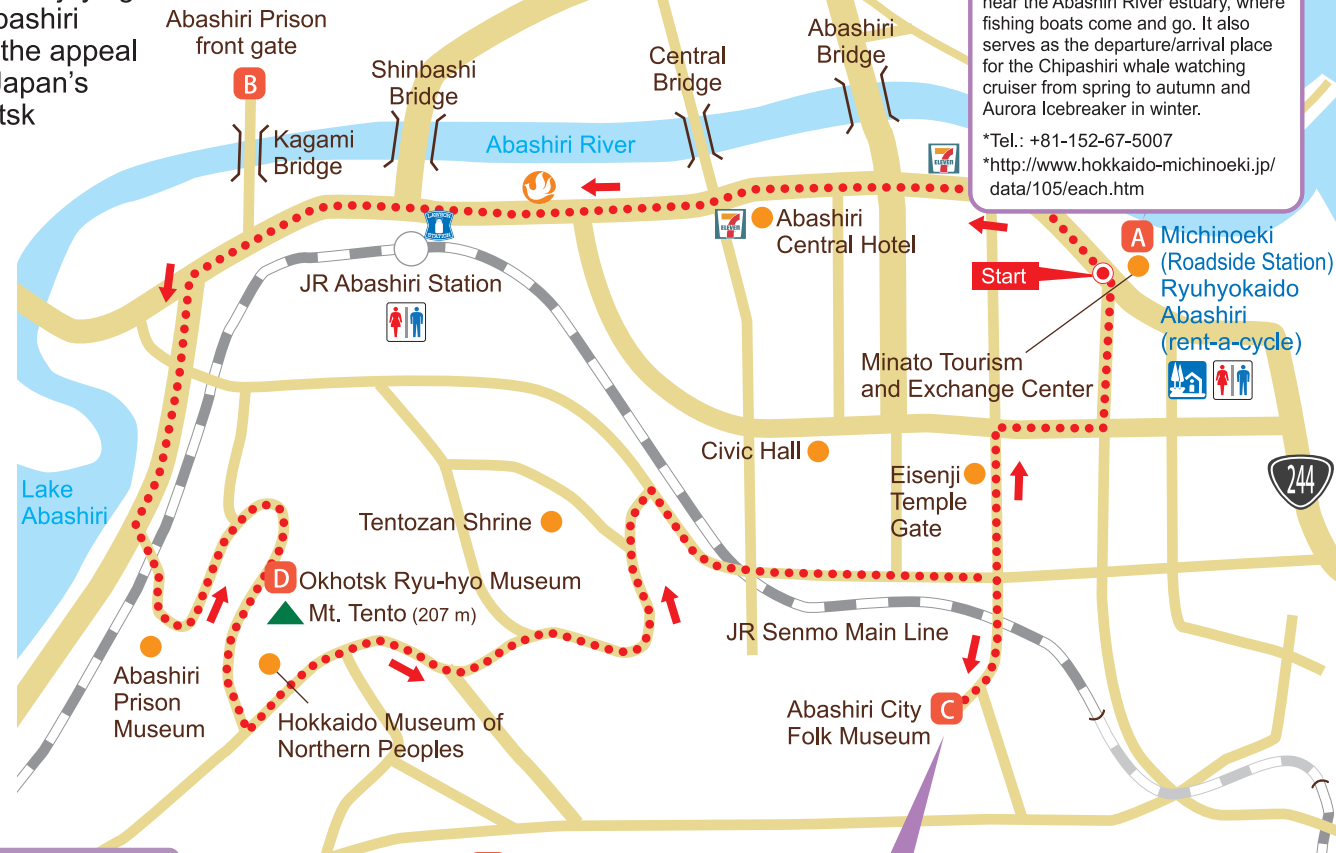


Michinoeki (Roadside Station) Ryuhyokaido Abashiri

This roadside rest area is located near the Abashiri River estuary, where fishing boats come and go. It also serves as the departure/arrival place for the Chipashiri whale watching cruiser from spring to autumn and Aurora Icebreaker in winter.

*Tel.: +81-152-67-5007

*<http://www.hokkaido-michinoeki.jp/data/105/each.htm>



C



Abashiri City Folk Museum

This museum showcases a variety of natural, historical and cultural artifacts in Abashiri. Most notably, it is home to many articles unearthed from Moyoro Shell Midden, the discovery of which led to the modern understanding of local Okhotsk culture.

*Tel.: +81-152-43-3090

*<http://www.city.abashiri.hokkaido.jp/270kyoiku/050kyoudo/>