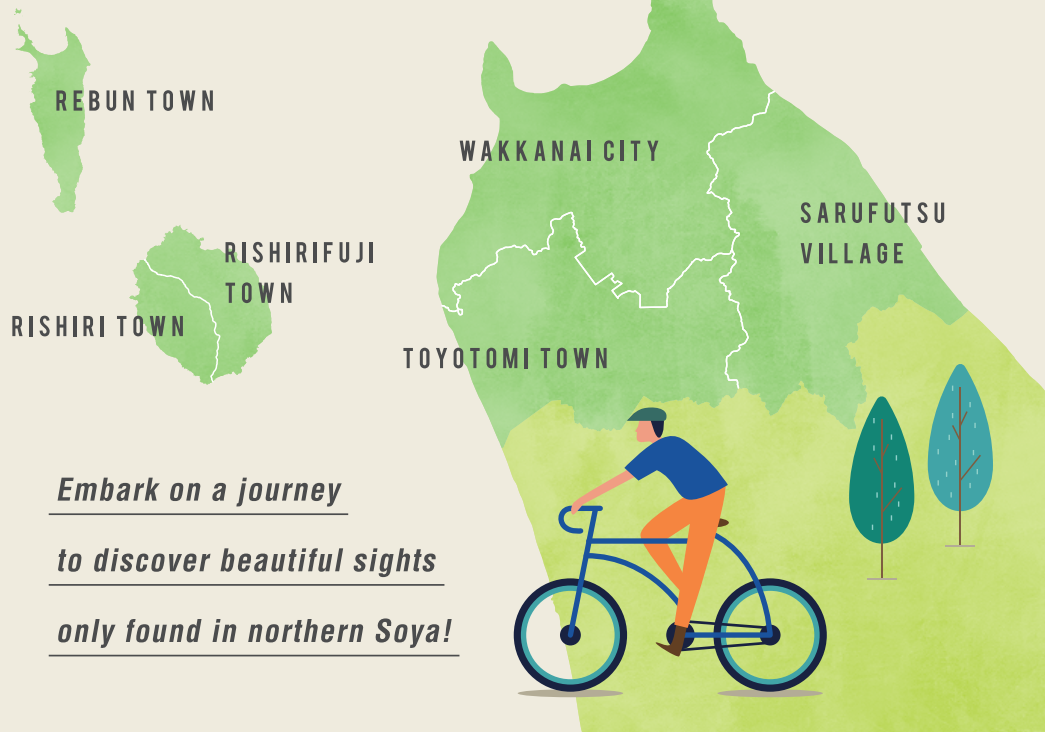


# NORTHERN HOKKAIDO

## CYCLING IN NORTHERN HOKKAIDO THE BEST CYCLING ROUTES



Embark on a journey to discover beautiful sights only found in northern Soya!

- ### Cycling Guidelines
- Inspect your bicycle prior to a ride. Check important components such as brakes and lights.
  - For safety, always wear a helmet.
  - Follow all road signs such as 'stop' and 'yield', signals, and traffic rules.
  - At intersections, stop and confirm that it is safe to proceed.
  - Distracted driving is very dangerous. Always give full attention to the road.
  - Bring a map to prevent losing your way.
  - Pack warm clothing, even in summer.
  - Ride at a safe and comfortable pace to suit your ability.
  - Be mindful of long distances between toilets and rest facilities.
  - In windy regions, be cautious of crosswinds.

- ### Gear Checklist
- Prepare thoroughly, just in case of trouble along the way.
- Helmet
  - High-energy Food
  - Map
  - Tire Lever\*
  - Gloves
  - Mobile Phone
  - First Aid Kit
  - Portable Pump\*
  - Sunglasses
  - Money
  - Portable Tools\*
  - Puncture Repair Kit\*
  - Drink Bottle
  - Rainwear
  - Spare Tube\*

**Cycle Stations** offer bicycle rentals, making a convenient starting point for your cycling trip!



### The Beauty of Northern Soya

Here in the northernmost reaches of Japan, spectacular nature stretches far and wide on a truly magnificent scale. Fields of native flowers abound throughout areas such as Sarobetsu Plains. The striking shape of Soya Hills is thought to have been formed during the last glacial period. And, in Sarufutsu Village, abundant seafood such as scallops can be enjoyed year-round. Fascinating sights are found at every turn, including Japan's northernmost point of Cape Soya, the popular islands of Rishiri and Rebun, and Japan's northernmost hot spring village of Toyotomi Onsen. Activity programs allow visitors to experience and learn about the unique nature and culture of each community. While cycling in northern Soya, you're sure to enjoy breathtaking scenery along the way.

### ACCESS How to Reach Northern Soya

**By Air**

Haneda (Tokyo) ▶ Wakkanai	Year-round Service	About 1 hr 50 min
New Chitose ▶ Wakkanai	Year-round Service	About 1 hr
New Chitose / Okadama (Sapporo) ▶ Rishiri	Seasonal Service	About 50 - 55 min

**Japan Rail (JR)**

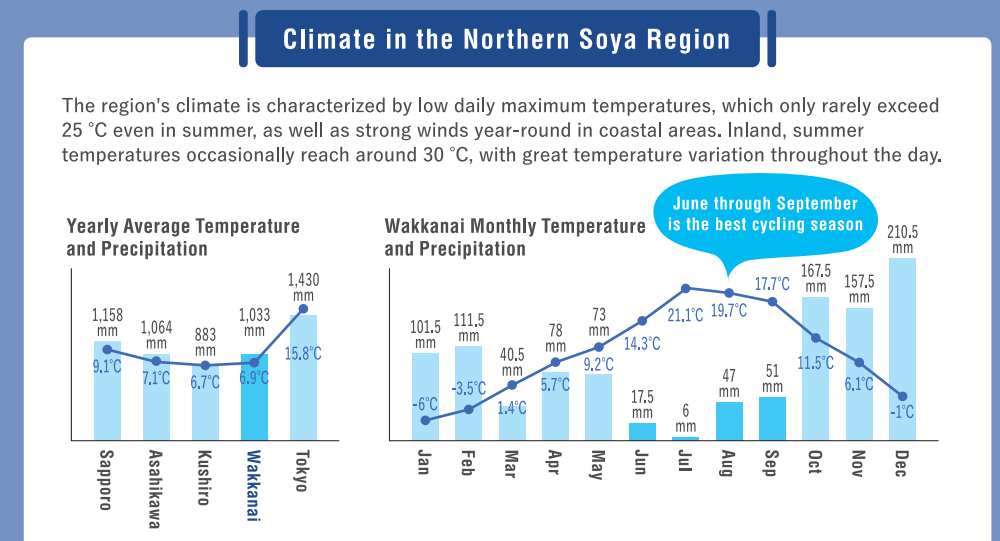
Between Sapporo and Wakkanai, JR operates the Limited Express Soya (travel time about 5 hours) and the Limited Express Sarobetsu (travel time about 5 hours 40 minutes) train services. Train travel between Asahikawa and Wakkanai takes about 3 hours 45 minutes (varies by train).

**Long-distance Inter-city Bus**

Sapporo ▶ Wakkanai	Year-round Service	About 5 hr 50 min
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**Ferry \*Seasonal Service**

Wakkanai ▶ Rishiri (Oshidomari)	Year-round Service	About 1 hr 40 min
Wakkanai ▶ Rebun (Kafuka)	Year-round Service	About 1 hr 55 min
Rebun (Kafuka) ▶ Rishiri (Oshidomari)	Year-round Service	About 40 min



- ### Cautions for Cycling in Northern Soya
- Pack warm clothing, even in summer**  
Even in summer, temperatures may drop in the mornings, evenings, or at high-elevation passes. During descents or periods of low physical activity, speed and wind will chill your body.
  - Confirm food and water points**  
Outside of urban areas, there may be spans of dozens of kilometers without availability of food or water. Make sure to carry sufficient supplies.
  - Be careful of busy national highways**  
Caution is necessary when riding on national highways, which have high traffic volume, and major roads, which are frequented by large vehicles. Also note that vehicles tend to travel faster on Hokkaido's typically wide, long, and straight roads.
  - Be careful of encounters with wild animals.**  
Hokkaido is known for its abundant wildlife, including charming Hokkaido squirrels and Ezo sika deer. However, cyclists must be cautious of dangerous animals, such as the fierce brown bear, and the Ezo red fox, which carries echinococcus parasites.



## EXPERIENCE

- Wakkanai City Curling**  
Unique opportunities to experience northern Soya's beautiful seas and abundant nature!  
All are welcome to try this fascinating sport, often called "Chess on Ice"! Rental equipment available.
- Rishiri Town Sea Urchin Catching**  
Use the same techniques as local fishers to catch Rishiri Island's renowned sea urchin, then enjoy your catch at its very freshest!
- Rishiri Town Seaweed Pressed Leaf Craft Activity**  
Make postcards, bookmarks, and more, using seaweed washed up on the shore and flowers that grow on Rishiri Island.
- Toyotomi Town Toyotomi Onsen Hot Spring Village**  
Japan's northernmost hot spring village features one of the world's few hot springs that contains petroleum.
- Rishirifuji Town & Rebun Town Trekking**  
Well-maintained footpaths on both islands offer rewarding walks through nature.

## SIGHTSEEING

- Rebun Town Kitano Canary Park**  
This park is known as a location used in the award-winning film, "A Chorus of Angels". Reitan Elementary School Mitsaki Branch, which was constructed as a set for the movie, is now open to the public. From this picturesque park, you can enjoy magnificent views of Rishiri Island.
- Toyotomi Town Sarobetsu Wetland Center**  
Operated by the Ministry of the Environment, this information facility stands at the entry to Sarobetsu Plain. Inside, photo and video presentations explain the history of the wetlands, and the inhabiting plants and animals.
- Wakkanai City Wakkanai Noshoppu Aquarium**  
Japan's northernmost aquarium exhibits about 1,300 animals of 100 species, with a focus on northern species such as adorable balloon lampfish, earless seals, and more.

### COMMEMORATE YOUR VISIT

Commemorate your visit to northern Soya with special certificates

- Rishirifuji Town Proposal Certificate**  
This certificate is approved by Ishiya Confectionery, maker of the famous 'Shiroi Kobito' cookies. Propose to your partner at Shiroi Kobito Hill, then present a photo at the tourist information center to receive your certificate.
- Wakkanai City Certificate of Arrival at the Northernmost Point in Japan**  
This certificate is issued by souvenir shops near Cape Soya, the location of 'The Monument of the Northernmost Point in Japan'. The date and time of purchase will be stamped into your certificate.
- Rebun Town Rebun Island Passport**  
This certificate is issued by the tourist information center. You may also record your achievements completing the island's various trekking courses.

### DINING

Visitors may also enjoy fresh seafood and dairy at lodges and hotels

- Wakkanai City Tako-shabu (Octopus Shabu-shabu)**  
In this renowned Wakkanai cuisine, thinly-sliced octopus is dipped into steaming water, creating a delightfully toothsome texture.

- Wakkanai City Soya Black Beef**  
This beef brand is distinguished by its richly flavorful red meat and mild-tasting fat. There are many ways to savor this local delicacy, such as steaks and hamburgers.

- Sarufutsu Village Scallop Curry**  
This renowned local curry is packed with plenty of extra-large Sarufutsu scallops. Also try other scallop dishes, such as scallop rice.
- Wakkanai City Chamen (Wakkanai Seafood Noodles)**  
Featuring crispy noodles topped with a thickened vegetable and seafood sauce, 'chamen' is a true soul food beloved by Wakkanai's locals.

### SHOPPING

Local souvenirs are also available at hotels and ferry terminals

- Rishiri Kombu (Kelp)**  
Rishiri Kombu, which grows amidst rough seas, is prized for its rich and refined flavor, which is perfect for stock. A number of unique kombu products include hanori kombu, hayani kombu, and kombu shoyu.

- Local Liquors**  
Of the various kombu shochu (kelp-infused distilled liquor) throughout Hokkaido, 'Rebun Island Kombu Shochu' stands out as a long-selling favorite. Try mixing with hot water to enjoy the fragrance of the sea.
- Local Accessories & Gifts**  
Goods decorated with goofy local characters make lighthearted souvenirs. Choose from a variety of highly-original local tea shirts to find a design that suits the occasion.

### Recommended Shopping Venues

- Sarufutsu Village Hotel Sarufutsu Furusato no ie**  
Shops here offer an excellent selection of fresh seafood and local Sarufutsu dairy. Sarufutsu boasts one of the largest catches of natural scallops in all of Japan. Local scallops are manufactured into a variety of souvenir products.
- Wakkanai City Fukuko Market**  
Browse a wide range of products, from live crab and dried seafood to ready-to-serve dishes and gifts of all sorts. You're sure to find the perfect souvenir.
- Wakkanai City Food Market Aizawa**  
This supermarket is a favorite among the local community, and also offers a wonderful selection of souvenirs, such as seafood products from Wakkanai, Rishiri, and Rebun.

\* This document (pamphlet) has been produced with the support of the Japan Tourism Agency 'Promotion Projects for International Tourists Visiting Japan'.



### Rishiri Island Model Routes

**Cycle Station: Space Travel E-bike Tours (Supetora)**  
 Address: 246 Oiso, Oshidomari, Rishirifuji-cho, Rishiri-gun  
 Tel: 0163-85-7675

Rental Season: May - Oct  
 Rental Hours: 9:00 - 16:00 (Same day returns only)

E-bike Rentals	Guided Tours
3.5 hr ¥5,000	Half-day Group Tour ¥8,800
7 hr ¥8,000	Private Tour (7 hr) ¥32,000

### Circuit Model Routes

**COURSE 10 Beginner** Distance: 12.4 km  
 Travel Time: About 1 hr 30 min

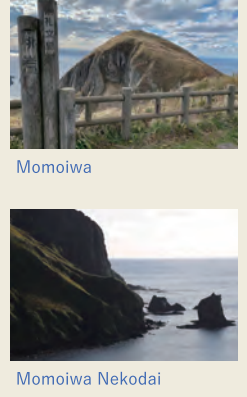
**Oshidomari » Rishirifuji Onsen » Cycling Road » Himenuma Pond » Oshidomari**

**COURSE 11 Beginner** Distance: 40 km  
 Travel Time: About 2 hr

**Oshidomari » Cycling Road » Kutsugata » Kamui Kaigan Park » Oshidomari**

**COURSE 12 Intermediate** Distance: 63.5 km  
 Travel Time: About 6 hr 30 min

**Rishiri Cycle Road (Circuit around Rishiri Island)**  
**Oshidomari » Kutsugata » Senposhi » Oniwaki (Otatomari Swamp) » Oshidomari**



### Model Routes Starting & Ending at Toyotomi Onsen, Toyotomi Town

**Cycle Station: Yunomori Pokke**  
 Address: Aza-onsen, Toyotomi-cho, Teshio-gun  
 Tel: 0162-73-6850

Rental Season: May - Oct  
 Rental Hours: 9:00 - 17:00 (Same day returns only)

Regular Bicycles	Electric Assist Cycle
Up to 3 hr ¥500	Up to 3 hr ¥1,000

### Model Routes Starting & Ending at Toyotomi Onsen, Toyotomi Town

**Cycle Station: Sarobetsu Wetland Center**  
 Address: 8662 Aza-kamisarobetsu, Toyotomi-cho, Teshio-gun  
 Tel: 0162-82-3232

Rental Season: May - Oct  
 Rental Hours: 9:00 - 17:00 (Same day returns only)

Electric Assist Cycles
Up to 3 hr ¥1,000

### Circuit Model Routes

**COURSE 8 Intermediate** Distance: 23 km  
 Travel Time: About 2 hr

**Toyotomi Onsen » Sarobetsu Wetland Center » Toyotomi Onsen**

### Circuit Model Routes

**COURSE 9 Intermediate** Distance: 24 km  
 Travel Time: About 2 hr

**Toyotomi Onsen » Okibosochi Ranch » Toyotomi Onsen**



### Rebuton Island Model Routes

**Cycle Station: Cat Rock**  
 Address: 958-12 Waushi, Kafuka-mura, Rebuton-cho, Rebuton-gun  
 (In front of Kafuka Port Ferry Terminal)  
 Tel: 090-7517-1095

Rental Season: May - Oct  
 Rental Hours: 8:00 - 17:00 (Same day returns only)

Regular Bicycle	Electric Assist Cycle
1 hr ¥500	1 hr ¥700

### Circuit Model Routes

**COURSE 13 Beginner** Distance: 8 km  
 Travel Time: About 1 hr

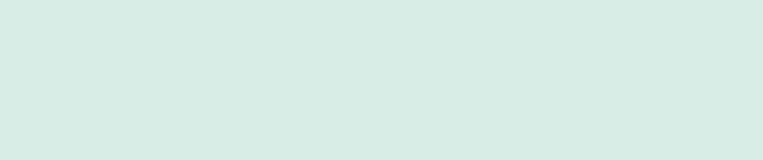
**Kafuka Port » Momoiva Observatory » Kafuka Port**

**COURSE 14 Beginner** Distance: 10 km  
 Travel Time: About 1 hr

**Kafuka Port » Momoiva Nekodai » Jizoiwa » Kafuka Port**

**COURSE 15 Beginner** Distance: 6 km  
 Travel Time: About 40 min

**Kafuka Port » Kitano Canary Park » Kafuka Port**



### CYCLING DIFFICULTY LEVELS

\* Standards used by the publisher of this pamphlet

<b>Beginner</b>	Elevation Change Less than 100 m Travel Time Under 4 hr	<b>Intermediate</b>	Elevation Change Includes changes of 100 m or more Travel Time 4 hr or more
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# CYCLING IN NORTHERN HOKKAIDO THE 15 BEST CYCLING ROUTES

A nature-filled island with about 300 species of alpine plants, famed for its abundant sea urchin and other seafood

**A Rebuton Town**  
 The town of Rebuton is situated on Rebuton Island, Japan's northernmost island, which is also known as the "floating island of flowers" for the blossoms of its some 300 species of alpine vegetation. Of the many beautiful sights throughout the island, Cape Sukai stands out for its cove and sea floor, which were carved out by raging waves of the Sea of Japan. Here, the blue water is so clear that the beautiful shape of the sea floor can be observed — a true scene of art created by nature.



A treasure trove of nature, from magnificent views of Mt. Rishiri to alpine plants and wild birds

**B Rishiri Town**  
 Located along the southwest coast of Rishiri Island, the township of Rishiri a true treasure trove of nature. The community is known for its abundant blossoming alpine vegetation from spring through summer, and also as a habitat for many species of wild birds, including the Rishiri Japanese robin. Mikaeridai Park, located at an elevation of 450 m adjacent to the fifth station of Mt. Rishiri, the highest mountain on the island, offers a magnificent overlook of the island's southwest region. From here, you can even look down upon Rebuton Island. (Please note that this park cannot be reached by public transportation.)



The beauty of Mt. Rishirifuji, one of the One Hundred Mountains of Japan, reflected in the surface of a mysterious pond

**C Rishirifuji Town**  
 Rishirifuji Town is located on the eastern side of Rishiri Island. The town's prosperous fisheries are renowned for kelp and sea urchin. To the north lies Himenuma Pond, an iconic symbol of Rishiri Island, which is known for its breathtaking views of Mt. Rishirifuji, one of the One Hundred Mountains of Japan. On clear, calm days, Mt. Rishirifuji can be seen reflected in the pond surface, creating a magnificent sight known as "upside-down Rishirifuji".



From this border city, Sakhalin (formerly Karafuto) can be seen 43 km beyond the cape

**D Wakkanai City**  
 Wakkanai is Japan's northernmost city, and is the economic center of the Soya region. Having served as a gateway to northern areas such as Sakhalin Oblast, Russia, the city has a rich, diverse history. The Monument of the Northernmost Point in Japan, located at Cape Soya within Wakkanai, inspiring many tourists from throughout the nation to visit the very tip of Japan.



A town renowned for Japan's northernmost hot spring village, vast plains, and abundant dairy

**E Toyotomi Town**  
 Toyotomi is defined by the magnificent scale of the town's nature. The vast Sarobetsu Wetland is renowned as Japan's largest high moor in a lowland plain. The town is also home to one of Japan's largest ranches, Okibosochi Ranch, with an area of about 320 Tokyo Domes. From early summer through autumn, some 1,400 head of cattle are put out to pasture, grazing across gently rolling hills as far as the eye can see. This idyllic scene is iconic of Hokkaido. (Please note that this ranch cannot be reached by public transportation.)



This village is home to vibrant scallop fishery and dairy industries

**F Sarufutsu Village**  
 The largest village in Japan's northernmost region of Hokkaido, Sarufutsu also boasts one of the largest catches of natural scallops in all of Japan. The long and straight Esanuka Road, which extends some 4 km to the north and 8 km to the south, has no artificial construction such as guard rails or streetlights over its 16 km span, creating a uniquely rewarding driving experience. Alongside National Route 238, Sarufutsu Park includes a Roadside Station, and is an ideal place to take a break from cycling or spend a night.



### Model Routes Starting & Ending at Wakkanai Station

**Cycle Station: Wakkanai Sight-seeing Association**  
 Address: 1st Floor KITAcolor, Within JR Wakkanai Station  
 Tel: 0162-24-1216

Rental Season: Late Apr - Oct  
 Rental Hours: 9:30 - 17:00 (Same day returns only)

Electric Assist Cycle (with convenient basket)
Up to 1 hr ¥1,000 Per additional 1 hr + ¥1,000
Day Use ¥3,000 Good value when renting for more than three hours.

Cross Bike
Up to 1 hr ¥500 Per additional 1 hr + ¥500
Day Use ¥2,000 Good value when renting for more than four hours.

### Circuit Model Routes

**COURSE 1 Beginner** Distance: 10.6 km  
 Travel Time: About 1 hr

**JR Wakkanai Station » Cape Noshappu » JR Wakkanai Station**

**COURSE 2 Beginner** Distance: 21 km  
 Travel Time: About 1 hr 30 min

**JR Wakkanai Station » Cape Noshappu » Yuhigaoka Parking Lot » JR Wakkanai Station**

**COURSE 3 Intermediate** Distance: 61.4 km  
 Travel Time: About 4 hr

**JR Wakkanai Station » Cape Noshappu » Soya Sunset Road » Kohone no Ie (Rest Facility) » Soya Welcome Road » JR Wakkanai Station**

**COURSE 4 Beginner** Distance: 61.4 km  
 Travel Time: About 4 hr

9:30 Depart from rental office  
**JR Wakkanai Station » Soya History Road » Shuitsuna Michi » Cape Soya » JR Wakkanai Station**  
 13:00 Arrive (return cycles), return by Soya Bus → Wakkanai Station  
 (Buy lunch, souvenirs, 14:55 departure → 15:53 arrival, ¥1,420 one way)  
 \* Bus schedules are subject to change.

### Model Routes Starting & Ending at Cape Soya

**Cycle Station: Base Soya**  
 Address: 1st Floor Cape Soya Observatory, Wakkanai-shi  
 Rental Season: Late Jul - Sep  
 Rental Hours: 9:30 - 17:00 (Same day returns only)

Electric Assist Cycle	Mountain Bike
1 Day ¥3,000	1 Day ¥2,000

### Circuit Model Routes

**COURSE 5 Beginner** Distance: 11 km  
 Travel Time: About 1 hr 30 min

**Cape Soya » Observatory Parking Lot » Cape Soya**

**COURSE 6 Beginner** Distance: 18 km  
 Travel Time: About 3 hr

**Cape Soya » Soya Hills » Northernmost White Path » Soya Fishing Port » Cape Soya**

Scan this code for scenic cycling videos

### Circuit Model Routes

**COURSE 7 Intermediate** Distance: 100 km  
 Travel Time: About 6 hr

**Cape Soya » Sarufutsu Park » Esanuka Road » Sarufutsu Park » Cape Soya**

About 1 hr 30 min by rental car from Wakkanai (one way)

