



Hokkaido, Iburi Cycling Tour Planning Guidebook

Let's Ride! Iburi Roads
Let's go cycling in Iburi!

Iburi Cycling Route Map
Beginner Course Leisurely Lake Toya Circuit For Beginner Riders
Fruit-picking and Farm Course For Beginner Riders



Planning • Production:
Hokkaido Iburi General Subprefectural Bureau

Riding Etiquette

Let's follow traffic rules and ride safely, as best we can.

- Be especially careful of vehicles and pedestrians while riding.
- When riding on sidewalks, ride slowly, and always yield to pedestrians.
- Don't use headphones, cellphones, or umbrellas while riding.
- Don't ride on the right side of the road, or after drinking alcohol.
- Always turn on front and rear lights when riding in dark areas.
- When riding in a group, ride in a column.
- Be especially careful at traffic signals and intersections.

Your information

As it will be necessary in the case of accidents or emergencies, please write and carry your personal information with you.

Name: _____
 Address: _____
 Emergency contact (Name): _____
 Emergency contact (Phone): _____
 Blood type: A B O AB (RH+/RH-)

In case of an accident or emergency, dial 119 (ambulance, fire department) or 110 (police department).

- Mukawa
- Atsuma
- Abira
- Shiraoi
- Sobetsu
- Toyako
- Toyoure
- Date
- Espeyetsu
- Tomakomai
- Murooran



Iburi Cycling Route Map
Beginners Course Leisurely Lake Toya Circuit For Beginner Riders
 Travel distance: about 39.2 km.
 Maximum altitude reached: 153 meters.
 Assumed time required: about 2 hrs. 40 mins.

Legend

- Start・Goal Point
- ➔ Direction of travel
- Normal road
- Heavy traffic
- Upward slope
- Caution
- Turn around point
- View Point
- Restrooms
- Cycle Shop



The lakeside path is especially recommended for its beautiful scenery!

Free Wi-Fi Area
※Limit of 30 mins. for one use.

Be careful of slipping on fallen leaves!

The shoulder is narrow in this section, so be careful.



Sobetsu Information Center

※General rest interval every hour or 20km

Guide to All Map Routes

You can combine different courses. Enjoy your original route map.

Iburi Cycling Route Map

Beginner Course
Fruit-picking and Farm Course

Leisurely Lake Toya Circuit
For Beginner Riders

Iburi Cycling Route Map

Advanced Course
Toyoura Hill Climb Challenge

For Experienced Riders
Difficulty High

Iburi Cycling Route Map

Intermediate Course
Eight scenic spots in Muroran & Industrial Zone Course

Long Run Course
For Intermediate Riders

Iburi Cycling Route Map

Mukawa Start / Finish Course
Tomakomai Start / Finish Course

For Experienced Riders
For Intermediate Riders

Let's Ride! Iburi Roads Route Map WEB SITE

<http://www.iburi.pref.hokkaido.lg.jp/ss/srk/cycling/>

Items to Carry

Please carry the items below, in case of accidents.

- Helmet
- Sunglasses
- Shoes
- Bottle
- Food
- Set of tools
- Spare tube
- Rain gear (windbreaker, etc.)
- Cellphone
- Lights (Including reflectors)
- Bell
- Puncture repair kit
- Insurance card
- First aid gear (Adhesive bandages antiseptic fluid)

Maintenance

The below locations offer bike maintenance.

※ Depending on type of bike, service may not be available. Please inquire by telephone.

- | | |
|---|---|
| <p>■ Muroran</p> <ul style="list-style-type: none"> • Cycle Shop Araki (0143)55-2321 • Cycle Shop Endo (0143)44-1550 • Cycle Shop Murai (0143)22-6032 • Hinuma Bicycle Company (0143)44-3406 • Plaza Kubo, Ltd. (0143)44-2983 | <p>■ Date</p> <ul style="list-style-type: none"> • Cycle Shop Two Rim (0142)23-3207 |
| <p>■ Tomakomai</p> <ul style="list-style-type: none"> • Cycle Shop Rin-Rin (0144)67-7172 • Takagi Cycle, Ltd. (0144)73-1819 | <p>■ Toyoko</p> <ul style="list-style-type: none"> • Cycle Shop Kobayashi (0142)76-2373 • Takayanagi Company (0142)75-2406 |
| <p>■ Noboribetsu</p> <ul style="list-style-type: none"> • Cycling Wakaki (0143)83-1730 • Cycle Center K-Style Kamada (0143)86-8095 • Nishigaki Bicycles (0143)85-2157 | <p>■ Shiraoi</p> <ul style="list-style-type: none"> • Takahashi Bicycle Company (0144)82-2537 |
| <p>■ Abira</p> <ul style="list-style-type: none"> • Sugawara Cycle Shop (0145)25-2162 | |

Bike Stand Location

City/Town	Location	Address	Contact
Muroran City	Roadside Station Mitara Muroran	16-15, Shukuzu 4-chome, Muroran City	(0143)26-2030
Noboribetsu City	Noboribetsu Hell Valley Parking Lot	Noboribetsu Onsencho, Noboribetsu City	(0143)84-2018
	Karurusu Hot Spring Parking Lot	Karurusucho, Noboribetsu City	(0143)84-2018
Toyouracho	Roadside Station Toyoura	65-8 Asahicho, Toyouracho	(0142)83-1010
	Roadside Station Aputa	84-2 Irie, Toyakocho	(0142)76-5501
	Roadside Station Lake Toya Toya Water Station	9-4 Kagawa, Toyakocho 100 Toyacho, Toyakocho	(0142)87-2200 (0142)89-3108
Sobetsucho	Roadside Station Sobetsu Information Center "i"	384-1 Takinocho, Sobetsucho	(0142)66-2750
	Mt. Showashinzan Parking Lot	188-5 Showashinzan, Sobetsucho	(0142)75-2241
Shiraoi Town	The Ainu Museum	2-3-4 Wakakusacho, Shiraoi Town	(0144)82-3914
	Hashimoto Pottery Hall (Takeura Tourist Information Center)	118-146 Takeura, Shiraoicho	(0144)87-4975
	Taiyo Banya Kojohama (Kojohama Tourist Information Center)	56-7 Kojohama, Shiraoicho	(0144)87-2636

Iburi Cycling Route Map

Fruit-picking and Farm Course

For Beginner Riders

Travel distance: about 42.4 km.
Maximum altitude reached: 457 meters.
Assumed time required: about 2 hrs. 50 mins.

START/GOAL

Sobetsu Information Center "i"

Turn right toward Noboribetsu. At the end of the street, turn right at the signal.

It's an easy-riding back road. Sometimes large vehicles go through, so be careful!

There are a lot of "o" orchards!

It's an easy-riding back road. Sometimes large vehicles go through, so be careful!

Legend

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Fruit-picking and Farm Course - Elevation Profile

Date History Museum

Takayanagi Company (0142) 75-2406

Cycle Shop Kobayashi (0142) 76-2373

General rest interval every hour or 20km