



Hokkaido, Iburi Cycling Tour Planning Guidebook

Let's Ride! Iburi Roads

Let's go cycling in Iburi!

Iburi Cycling Route Map

Intermediate Course Long Run Course For Intermediate Riders

Eight scenic spots in Murooran & Industrial Zone Course For Intermediate 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
- Toyouke
- Toyouura
- Date
- Noboribetsu
- Tomakomai
- Murooran

Iburi Cycling Route Map

Intermediate Course

Long Run Course For Intermediate Riders

Travel distance: about 116.7 km.
Maximum altitude reached: 1478 meters.
Assumed time required: about 7 hrs. 50 mins.

2

1

3

4

5

Intermediate Course · Elevation Profile

※General rest interval every hour or 20km

※ For more information about the area in the frame, places to be careful, etc., please look on the back, at the "Eight scenic spots in Murooran & Industrial Zone Course".

Legend

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

Guide to All Map Routes

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

Iburi Cycling Route Map

Beginner Course Leisurely Lake Toya Circuit
For Beginner Riders
Fruit-picking and Farm Course For Beginner Riders

Iburi Cycling Route Map

Advanced Course For Experienced Riders Difficulty High
Toyoura Hill Climb Challenge For Experienced Riders Difficulty High

Iburi Cycling Route Map

Intermediate Course Long Run Course For Intermediate Riders
Eight scenic spots in Muroan & Industrial Zone Course For Intermediate Riders

Iburi Cycling Route Map

Mukawa Start / Finish Course For Intermediate Riders
Tomakomai Start / Finish Course 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.

- Muroan**
 - 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
- Toyoko**
 - Cycle Shop Kobayashi (0142)76-2373
 - Takayanagi Company (0142)75-2406
- Tomakomai**
 - Cycle Shop Rin-Rin (0144)67-7172
 - Takagi Cycle, Ltd. (0144)73-1819
- Shiraoi**
 - Takashi Bicycle Company (0144)82-2537
- Noboribetsu**
 - Cycling Wakaki (0143)83-1730
 - Cycle Center K-Style Kamada (0143)86-8095
 - Nishigaki Bicycles (0143)85-2157
- Date**
 - Cycle Shop Two Rim (0142)23-3207
- Abira**
 - Sugawara Cycle Shop (0145)25-2162

Bike Stand Location

| | | | |
|------------------|---|--|--|
| Muroan City | Roadside Station Mitara Muroan | 16-15, Shukuzu 4-chome, Muroan City | (0143)26-2030 |
| Noboribetsu City | Noboribetsu Hell Valley Parking Lot | Noboribetsu Onsencho, Noboribetsu City | (0143)84-2018 (Noboribetsu Tourism Business Section, Tourism Room) |
| | Karurusu Hot Spring Parking Lot | Karurusucho, Noboribetsu City | (0143)84-2018 (Noboribetsu Tourism Business Section, Tourism Room) |
| Toyoura cho | Roadside Station Toyoura | 65-8 Asahicho, Toyouracho | (0142)83-1010 |
| Toyoko Town | Roadside Station Aputa | 84-2 Irie, Toyokocho | (0142)76-5501 |
| | Roadside Station Lake Toya | 9-4 Kagawa, Toyokocho | (0142)87-2200 |
| | Toya Water Station | 100 Toyacho, Toyokocho | (0142)89-3108 |
| Sobetsu cho | Roadside Station Sobetsu Information Center "Y" | 384-1 Takinocho, Sobetsucho | (0142)66-2750 |
| | Mt. Showashinzan Parking Lot | 188-5 Showashinzan, Sobetsucho (Natural Parks Foundation Mt. Showashinzan Section) | (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 |
| | Tairyo Banya Kojohama (Kojohama Tourist Information Center) | 56-7 Kojohama, Shiraoicho | (0144)87-2636 |

Iburi Cycling Route Map

Eight scenic spots in Muroan & Industrial Zone Course

For Intermediate Riders

Travel distance: about 38.2 km.
Maximum altitude reached: 568 meters.
Assumed time required: about 2 hrs. 35 mins.

START/GOAL Mitara Muroan

Items to Carry: Helmet, Sunglasses, Shoes, Bottle, Food, Set of tools, Spare tube, Rain gear, Cellphone, Lights, Bell, Puncture repair kit, Insurance card, First aid gear.

Maintenance: Muroan (Cycle Shop Araki, Endo, Murai, Hinuma, Plaza Kubo), Toyoko (Cycle Shop Kobayashi, Takayanagi), Tomakomai (Cycle Shop Rin-Rin, Takagi), Shiraoi (Takashi Bicycle Company), Noboribetsu (Cycling Wakaki, Cycle Center K-Style Kamada, Nishigaki Bicycles), Date (Cycle Shop Two Rim), Abira (Sugawara Cycle Shop).

Bike Stand Locations: Muroan City, Noboribetsu City, Toyoura cho, Toyoko Town, Sobetsu cho, Shiraoi Town.

Map Notes: Bicycle traffic is not allowed on Hakucho Bridge. Gravel Road (No street bikes.) Be careful of slipping. Road is narrow, vision is bad, so ride carefully. Many scenic view points. Many ups and downs. The shoulder is narrow in this section, so be careful. This section has lots of traffic, so ride carefully. Gas station is the landmark. Lots of traffic in the daytime. Follow the road until Shintomicho, Hokkaido Route 919. Muroan Station, Misaki Station, Bokoi Station, Chatsucho, Iriecho, Harukaramoi, Mt. Sokuryo, Masuichise, Masuichi Observatory, Muroan Prince Hotel is the landmark. Uchiura Bay (Funka Bay), Tokkarisho Cape, Chikiu Cape, Ponchikui, Kiriboybu, Horaimon, Charatsunai, Nirasu Rock, Oinaoshi Port, Lawson on the left, Seven Eleven is the landmark, Gas station is the landmark, Itanki Beach Sea-bathing spot, Shiomori Park Observatory, Civic Hall, Misaki Station, Misaki Tunnel, Muroan Main Line, Japan Steel Works Muroan Plant, Nippon Steel & Sumikin Metal Corporation Muroan Plant, Nippon Steel & Sumikin Metal Corporation Cement Plant, Cycle Shop Araki (0143)55-2321, Cycle Shop Endo (0143)44-1550, Plaza Kubo, Ltd. (0143)44-2983, Cycle Center K-Style Kamada (0143)86-8095, Hinuma Bicycle Company (0143)44-3406, Cycle Shop Murai (0143)22-6032, Cycle Shop Kobayashi (0142)76-2373, Takayanagi Company (0142)75-2406, Cycle Shop Rin-Rin (0144)67-7172, Takagi Cycle, Ltd. (0144)73-1819, Takashi Bicycle Company (0144)82-2537, Cycling Wakaki (0143)83-1730, Cycle Center K-Style Kamada (0143)86-8095, Nishigaki Bicycles (0143)85-2157, Cycle Shop Two Rim (0142)23-3207, Sugawara Cycle Shop (0145)25-2162.

Elevation Profile: Eight scenic spots in Muroan & Industrial Zone Course. Elevation Profile (m) vs. Distance (km). Scale: 0 to 40km, 0 to 200m.

Legend: Start-Goal Point, Direction of travel, Normal road, Heavy traffic, Upward slope, Caution, Turn around point, View Point, Restrooms, Cycle Shop.

Scale: 1km

Note: *General rest interval every hour or 20km