



Hokkaido, Iburi Cycling Tour Planning Guidebook

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

**Iburi Cycling Route Map**  
Intermediate Course  
Eight scenic spots in Murooran & Industrial Zone Course



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
- Toyakoh
- 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.

**Legend**

- Start·Goal Point
- Direction of travel
- Normal road
- Heavy traffic
- ~ Upward slope
- ⚠ Caution
- ↻ Turn around point
- ★ View Point
- ♿ Restrooms
- 🚲 Cycle Shop

**Sobetsu Information Center "i"**

**Intermediate Course**

Travel distance: about 116.7 km.  
 Maximum altitude reached: 1478 meters.  
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**2**

Direction of travel

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

In this area Hokkaido's country scenery is spread out in front of you.

Because it's an easy-riding back road, there isn't much traffic. It's comfortable!

At the transformer, is the landmark.

The end of the street.

Seven-Eleven is the landmark.

Move to Map Point A (Return)

**1**

Uchiura Bay (Funka Bay)

**START/GOAL**

Mitaru Murooran

Bicycle traffic is not allowed on Hakucho Bridge.

Toward the tree-lined street.

Be careful when crossing intersections with no signals.

Seven-Eleven is the landmark.

Gas station is the landmark.

Follow the road until Yamatecho, Hokkaido Route 919.

On the right (parking lot). Turn left toward Murooran Station.

Move to Map Point A (Out)

**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".