



Hokkaido, Iburi Cycling Tour Planning Guidebook

Let's Ride! Iburi Roads

Let's go cycling in Iburi!

Iburi Cycling Route Map
Advanced Course For Experienced Riders Difficulty High
Toyouura Hill Climb Challenge For Experienced Riders Difficulty High

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).

Iburi Cycling Route Map

Advanced Course

Difficulty High For Experienced Riders

Travel distance: about 118 km.
 Maximum altitude reached: 2065 meters.
 Assumed time required: about 7 hrs. 55 mins.

Legend

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

Advanced Course・Elevation Profile

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 Overweight and a bit! Difficulty High

Iburi Cycling Route Map

Intermediate Course Long Run Course For Intermediate Riders

Eight scenic spots in Muroran & Industrial Zone Course For Intermediate Riders

Iburi Cycling Route Map

Mukawa Start / Finish Course For Experienced 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.

- | | |
|--|---|
| <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>Toyoura</p> <ul style="list-style-type: none"> •Cycle Shop Kobayashi (0142)76-2373 •Takayanagi Company (0142)75-2406 | <p>Toyoko</p> <ul style="list-style-type: none"> •Cycle Shop Rin-Rin (0144)67-7172 •Takagi Cycle, Ltd. (0144)73-1819 |
| <p>Tomakomai</p> <ul style="list-style-type: none"> •Cycle Shop Rin-Rin (0144)67-7172 •Takagi Cycle, Ltd. (0144)73-1819 | <p>Shiraoi</p> <ul style="list-style-type: none"> •Takahashi Bicycle Company (0144)82-2537 |
| <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>Abira</p> <ul style="list-style-type: none"> •Sugawara Cycle Shop (0145)25-2162 |

Bike Stand Location

Location	Address	Phone Number
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
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	(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

Toyoura Hill Climb Challenge

One of the steepest courses in Hokkaido For Experienced Riders

Travel distance: about 42.4 km. Maximum altitude reached: 803 meters. Assumed time required: about 2 hrs. 50 mins.

Start/Goal Point: Toyoura

Direction of travel: Indicated by red arrows on the route.

Callouts:

- Watch your speed on the down-slope.
- Be careful crossing.
- Watch for vehicles when turning left!
- Watch for fast vehicles!
- Don't miss the entrance!
- Might your heart break?
- This section has the steepest grades of all the courses.

Landmarks: Lake Toya, Toyoko, Toyoura, Asahiura, Tsukiura, Mitoyo, Shimizu.

Businesses: Cycle Shop Kobayashi (0142) 76-2373, Takayanagi Company (0142) 75-2406.

Restrooms: Toya Water Station (Toya Mizu no Eki).

Legend:

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

Elevation Profile: Toyoura Hill Climb Challenge • Elevation Profile (m) vs Distance (km)

General rest interval every hour or 20km