

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 child 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.

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Helmet | <input type="checkbox"/> Rain gear (windbreaker, etc.) |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Cellphone |
| <input type="checkbox"/> Shoes | <input type="checkbox"/> Lights (Including reflectors) |
| <input type="checkbox"/> Bottle | <input type="checkbox"/> Bell |
| <input type="checkbox"/> Food | <input type="checkbox"/> Puncture repair kit |
| <input type="checkbox"/> Set of tools | <input type="checkbox"/> Insurance card |
| <input type="checkbox"/> Spare tube | <input type="checkbox"/> 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


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
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

Iburi Cycling Route Map

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.



Toyoura

START/GOAL

Toyoura Station

Lake Toya

Lake Toya


Toyoura

Toyoura Station

Legend

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

Toyoura Hill Climb Challenge・Elevation Profile



*General rest interval every hour or 20km