

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 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 (Adhesivebandages antiseptic fluid) |

Maintenance

The below locations offer bike maintenance.

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

- | | |
|---|---|
| <p>Muroan</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>Toyako</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
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
	Karurusu Hot Spring Parking Lot	Karurusucho, Noboribetsu City	(0143)84-2018
Toyoura cho	Roadside Station Toyoura	65-8 Asahicho, Toyouracho	(0142)83-1010
Toyako Town	Roadside Station Aputa	84-2 Irie, Toyakocho	(0142)76-5501
	Roadside Station Lake Toya	9-4 Kagawa, Toyakocho	(0142)87-2200
	Toya Water Station	100 Toyacho, Toyakocho	(0142)89-3108
Sobetsu cho	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
	Tairyō Banya Kojohama (Kojohama Tourist Information Center)	56-7 Kojohama, Shiraoicho	(0144)87-2636

Iburi Cycling Route Map

Tomakomai Start/Finish Course For Intermediate Riders

Travel distance: about 72.8 km.
Maximum altitude reached: 65 meters.
Assumed time required: about 4 hrs. 50 mins.

It's easy to get lost in the park. Be careful!

There are many port vehicles, so be careful!

There are trucks and other large vehicles so ride carefully!

The shoulder is narrow. Watch for traffic!

The shoulder is narrow. Watch for traffic!

Be careful of large vehicles!

Be careful of large vehicles!

Be careful of the shoulder.

Lake Utonai

Tomakomai Start/Finish Course - Elevation Profile

Takagi Cycle, Ltd. (0144) 73-1819
Cycle Shop Rin-Rin (0144) 67-7172

Legend

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

*General rest interval every hour or 20km