

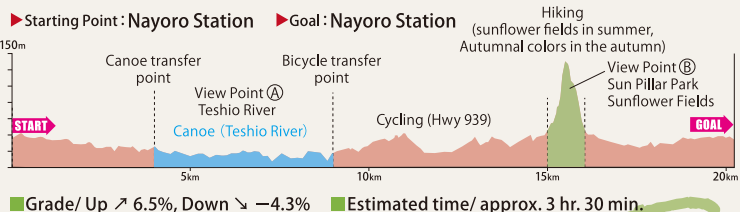
Nayoro Eco Mobility

*Courses will differ according to each season.

Distance
20.2km

Elevation Gain
98 m

This all-inclusive course allows users to bicycle, canoe, and hike through beautiful nature. Each course is accompanied by a seasoned guide so that you can enjoy forest-bathing and various activities worry-free.



Confirm your course with Ride with GPS



View Point A Teshio River

The Teshio River, the second to longest in Hokkaido, is approximately 256 km long. Besides being one of the many popular rivers amongst avid canoers, it is also a Hokkaido Heritage.

Gently canoeing down the Teshio River gives one a front-row view of the natural wonders of Nayoro.



Enjoy cycling with a local cycle guide at your side!



Applications/Inquiries

Nayoro Eco Mobility

Applications / Inquiries

Nayoro Tourism Town Revitalization Association
Nayoro Tourist Information Desk (weekdays 9:00 ~ 17:00)
TEL: 01654-9-6711

Ekimae Koryu Plaza Yorona, Higashi 1 Jo Minami
7-chome 1-10, Nayoro, Hokkaido 〒096-0001

- Period/ May - October
- Price/ ¥10,000 and up [includes experience, rentals (bicycle, helmet, canoe, lifejacket, tax, etc.)]
- Start time / 10:00 -
- Duration / about 3 hr. 30 min.
- Sign-in / Please be sure to sign in before the start time of your reserved activity for the day. The instructor will give a short explanation before the activity begins. Instructors will accompany all tours.

*Parts of the course are subject to change depending on the season.

*For details, please contact each facility.

Nayoro Kita IC



Rental Cycles

We rent out bicycles.

- *Regular bicycles - 6 (¥300/day)
- *Electric-assisted bicycles - 2 (¥500/day)
- *Cross bikes - 5 (¥1,500/day)
- *Road bikes - 5 (¥1,500/day)
- Hours/ 9:00 - 17:00
- Necessary forms/ First-time users must present some form of identification.
- Rental period/ Usually between May and October (closed during winter).
- *Prices are subject to change without prior notice.

Ekimae Koryu Plaza Yorona

START & GOAL



Off we go with a guide to show us the way!

View Point B Sun Pillar Park Sunflower Fields

Sunflowers reach their peak between early to late August. The entire city can be seen from the sunflower fields that spread across three hectares of hillside, and if you look out from the summit, it looks as though a bright yellow carpet were spread over the hillside.



Hike through the sunflower fields of Sun Pillar Park in the summer!

Bicycle ▶ Hiking ▶ Bicycle

In the autumn you may want to enjoy "forest bathing," as you hike.



Leave the bicycle with the staff and get in a canoe

Bicycle ▶ Canoe

The sunflower fields were used in filming a movie!

Take a left turn right before the river and head to the riverside

Daigaku Park

252

40

Convenience Store

239

Nayoro Station

40

Convenience Store

252

2

18 km

14 km

11 km

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North Hokkaido cycling Course

Asahikawa/Kamuy Kotan Course

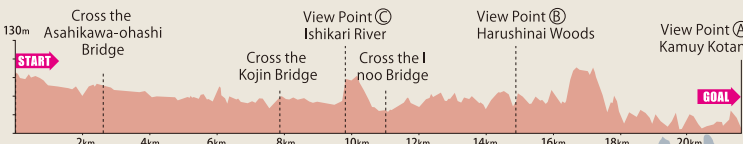


This 21.6 km course, long and relatively flat, starts at Asahikawa Station, and into the cycling road that runs along the Ishikari River to Kamui Kotan. Provides a comfortable and refreshing ride to the destination.

Distance
21.6km

Elevation Gain
120 m

▶ Starting Point : Asahikawa Station ▶ Goal : Kamui Kotan



■ Grade/ Up ↗ 3.2%, Down ↘ -3.7%

■ Estimated time/aprox. 1 hr. 30 min.

Confirm your course
with Ride with GPS



Kamui Kotan

View Point A

This valley is a sacred place for the Ainu and is called "Kamuy (god) Kotan (village)" in Ainu. The area is known for legendary rock formations and Natural Monument potholes that appear in Ainu legends. Cross the suspension bridge to the other side of the river, and you will find the remains of the former Kamui Kotan Station for the Hakodate Main Railway Line where you can take a break.



Kamui Kotan

GOAL

View Point C

Ishikari River

The cycling road, which runs parallel to the Ishikari River, opens up to beautiful spacious landscapes. This is a good place to take a break and take in the wonderful view of the Ishikari River.

View Point B

Harushinai Woods

This cycling road that follows the riverside is rich with beautiful nature. Enjoy a ride through a tunnel of trees, rocky roads, tunnels, and so much more!

Cycling Manners

Keep left while riding!!

Bicycles are considered a non-motorized vehicle and must be ridden on the left side of the road. Riding on the right side of the road, and riding parallel to another bicycle is forbidden by Japanese Traffic Laws.

Do not ride recklessly!

Riding under the influence of alcohol, while holding an umbrella, using your cell phone, using headphones, or speeding is very dangerous. Please refrain from this type of behavior.



Nayoro
Shibetsu
Kembuchi
Asahikawa

Here!

Sapporo
New Chitose Airport



Asahikawa Rental Cycles

Registration

Asahikawa Tourism and Local Products Information Center
(JR Asahikawa Station East Concourse)
Miyashita-dori 8-chome, 3-1, Asahikawa
TEL.0166-26-6665

■ Rental Period/ Early June - late October
■ Sign-in/ June - September/ 8:30 - 17:00,
October/ 9:00 - 17:00
* City Cycles - 12 (¥800/day)
* Cross Bike - 20 (¥1,500/day)
* Tandem Bike - 2 (¥3,000/day)
* Electric-Assistance Bicycle - 10 (¥3,000/day)

Check out the website
for more details!



Registration

Cycle Shop Fuji Shokai
5-Jo-dori 8-chome Mig 4, Asahikawa
TEL.0166-23-4589

■ Rental Period/ Late April-late October
■ Sign-in/ 10:00 - 18:00
* City Cycles - 3 hrs/ ¥500
* Cross Bike - 3 hrs/ ¥1,500
* Road Bikes - 3 hrs/ ¥2,500
* Cyclocross Bikes - 3 hrs/ ¥3,000

Check out the website
for more details!



Cycle Taxi

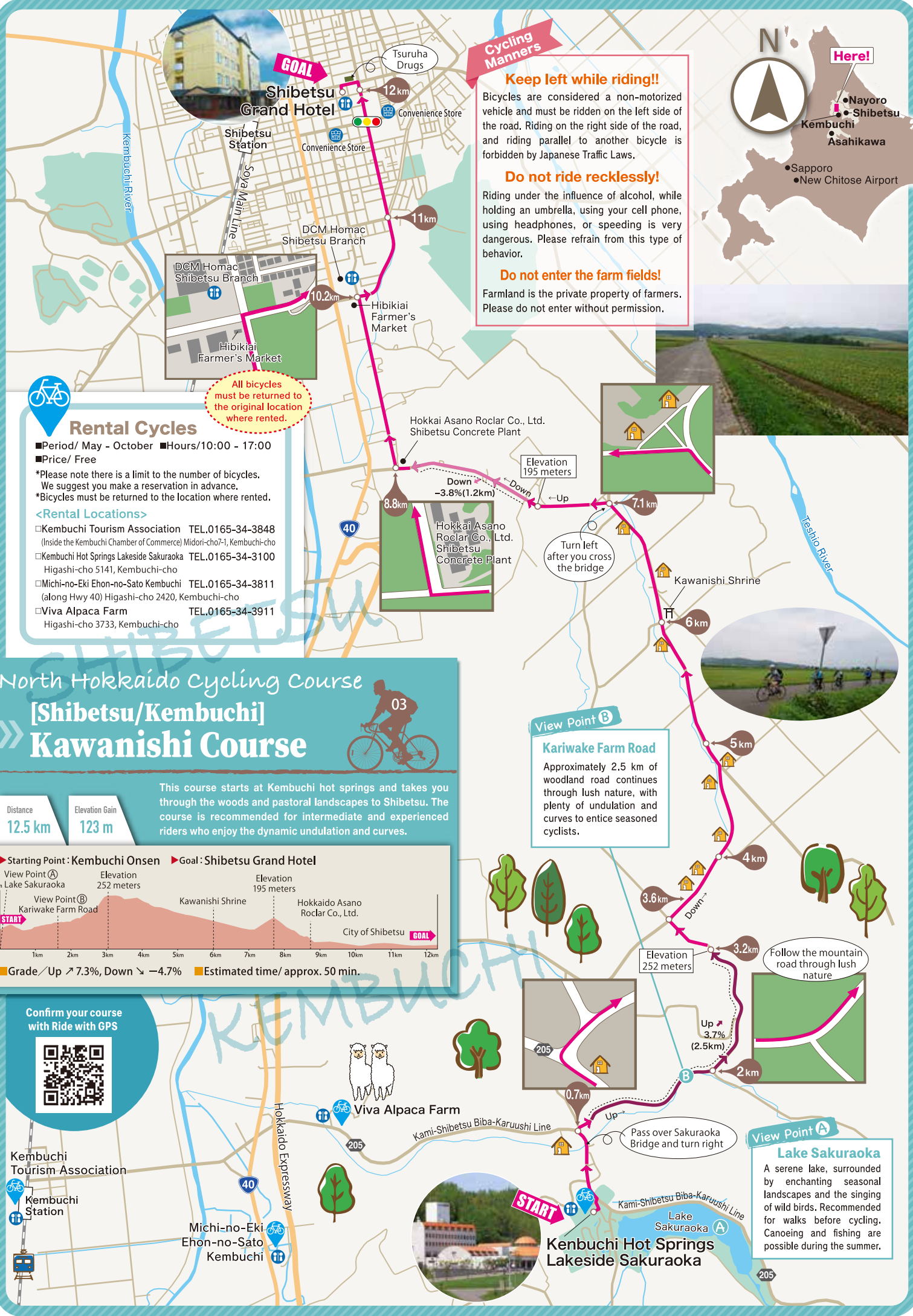
Cycle only on the roads you want to!

We began a new service that combines tourism with cycling! We are affiliated with Cycle Shop Fuji Shokai, so you can come and enjoy cycling empty-handed! For example, you can cycle all the way to Kamui Kotan, have a cycle taxi pick you up, and go straight to downtown Asahikawa! Ex.) Asahikawa ⇄ Kamui Kotan (one-way) + Road Bike x 2 for 2 persons is ¥5,000 and up (with tax)
* Excludes fee for the rental cycles.

Registration Asahi Taxi Company
TEL.0166-47-3327

* Available for your various needs.





Cycling Manners

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Do not enter the farm fields!

Farmland is the private property of farmers. Please do not enter without permission.

Rental Cycles

- Period/ May - October ■Hours/10:00 - 17:00
- Price/ Free

*Please note there is a limit to the number of bicycles. We suggest you make a reservation in advance.
*Bicycles must be returned to the location where rented.

<Rental Locations>

- Kembuchi Tourism Association TEL.0165-34-3848
(Inside the Kembuchi Chamber of Commerce) Midori-cho7-1, Kembuchi-cho
- Kembuchi Hot Springs Lakeside Sakuraoka TEL.0165-34-3100
Higashi-cho 5141, Kembuchi-cho
- Michi-no-Eki Ehon-no-Sato Kembuchi TEL.0165-34-3811
(along Hwy 40) Higashi-cho 2420, Kembuchi-cho
- Viva Alpaca Farm TEL.0165-34-3911
Higashi-cho 3733, Kembuchi-cho

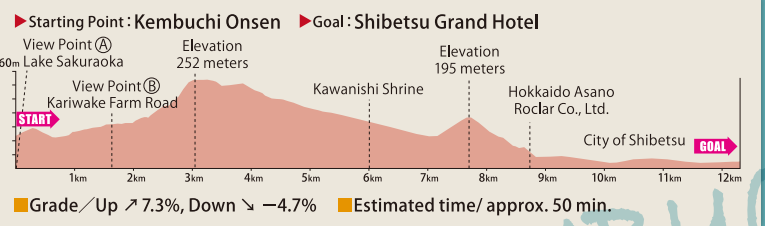
All bicycles must be returned to the original location where rented.

North Hokkaido cycling Course
[Shibetsu/Kembuchi]
Kawanishi Course



Distance **12.5 km**
Elevation Gain **123 m**

This course starts at Kembuchi hot springs and takes you through the woods and pastoral landscapes to Shibetsu. The course is recommended for intermediate and experienced riders who enjoy the dynamic undulation and curves.



View Point B

Kariwake Farm Road

Approximately 2.5 km of woodland road continues through lush nature, with plenty of undulation and curves to entice seasoned cyclists.

View Point A
Lake Sakuraoka

A serene lake, surrounded by enchanting seasonal landscapes and the singing of wild birds. Recommended for walks before cycling. Canoeing and fishing are possible during the summer.

Confirm your course with Ride with GPS



Kembuchi Tourism Association
Kembuchi Station

Michi-no-Eki
Ehon-no-Sato
Kembuchi

START
Kembuchi Hot Springs
Lakeside Sakuraoka

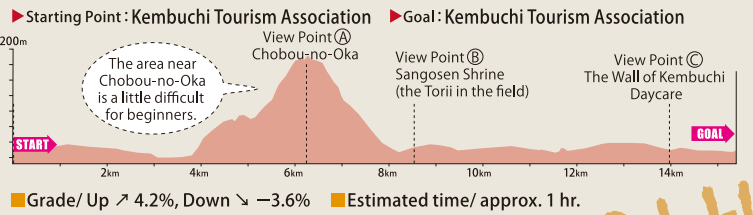
Kembuchi Country Ride

04

Distance
15.1km

Elevation Gain
86 m

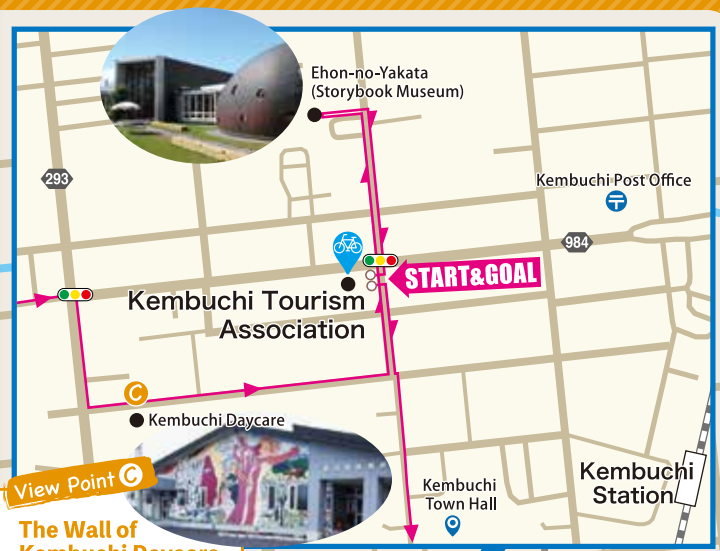
This course allows even beginners to easily enjoy cycling. Take in the peaceful pastoral landscapes of Kembuchi as you head for the "Choubou-no-Oka" viewpoint. It is easy to bicycle as most of the road is flat (except for Choubou-no-Oka).



Confirm your course with Ride with GPS



KEMBUCHI



The Wall of Kembuchi Daycare

The town of Kembuchi is home to storybooks. An adorable mural, painted by the popular storybook illustrator Hiroshi Abe, is painted on the side of the daycare center and is one of the scenic spots here.



View Point B

Sangosen Shrine (the Torii in the field)

The mysterious view of a Torii, (spiritual bird perch) erected amidst the hillside fields, gives one the feeling of looking at a scene right out of a storybook.



All bicycles must be returned to the original location where rented.



Rental Cycles

■Period/ May - October ■Hours/10:00 - 17:00
■Price/ Free

*Please note there is a limit to the number of bicycles. We suggest you make a reservation in advance.
*Bicycles must be returned to the location where rented.

<Rental Locations>

- Kembuchi Tourism Association TEL.0165-34-3848
(Inside the Kembuchi Chamber of Commerce) Midori-cho-1, Kembuchi-cho
- Kembuchi Hot Springs Lakeside Sakuraoka TEL.0165-34-3100
Higashi-cho 5141, Kembuchi-cho
- Michi-no-Eki Ehon-no-Sato Kembuchi TEL.0165-34-3811
(along Hwy 40) Higashi-cho 2420, Kembuchi-cho
- Viva Alpaca Farm TEL.0165-34-3911
Higashi-cho 3733, Kembuchi-cho

View Point A

Choubou-no-Oka

This scenic spot, with a 360-degree panorama view of the fields that change color with each season, is a favorite among locals to take photos.



Sangosen Shrine

Down ↘ -3.0% (1.9km)

Up ↗ 3.4% (1.2km)

Choubou-no-Oka

Elevation 196 meters

Minami Kembuchi Park Ground

Cycling Manners

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Here!

