

Enjoy the route in sections

Recommended sections in view of a realistic daily travelling distance
Stamp books designed by Yasunari Murakami for visitors to collect stamps from each section are also on sale. For details, please visit the website.



Lake Shikaribetsu → Outstretched woodlands
→ Horoshika Pass → Nukabira

Intermediate★★★ Pass along the beautiful Lake Shikaribetsu shore and surrounding woodlands.
Blue-backed Miyabe char inhabit Lake Shikaribetsu. The reflection of Mt. Kuchibiru smiles at you.

Ride with GPS



Obihiro → Otofuke → Shikaoi
→ Shirakaba Pass → Lake Shikaribetsu

Intermediate★★★ The agricultural landscape changes with the increasing elevation as one travels away from the city area. Lake Shikaribetsu makes a dramatic appearance amid the sweeping view of Tokachi from Shirakaba Pass. Look out and you may get a glimpse of pika hiding in rocky places.
Have a panoramic view of the Tokachi Plain from Shirakaba Pass.

Ride with GPS



Obihiro → Makubetsu → Tokachi-Obihiro Airport
→ Nakasatsunai → Sarabetsu

Beginner★ Pass from the city center over the hills and through the spacious farm landscape. Takeoffs and landings at Obihiro Airport also form part of the landscape.
A vast patchwork of greens and browns spreads out below. "Oh, long time no see!"

Ride with GPS



Sarabetsu → Churui
→ Taiki → Bansei (Onsen)

Intermediate★★★ Pass through the agricultural landscape from the plateau to the seaside. Coastline vegetation changes as one travels south
Tidal winds blow on the violent Rekifune River flowing through the land of sleeping Naumann elephants.

Ride with GPS



Nukabira → Mikuni Pass → Nukabira

Advanced★★★★ Dynamic uphill & downhill
The Taushubetsu River Bridge of the former Japan National Railways' Shihoro Line appears like a mirage in Lake Nukabira.
The Taitsetsuzan mountain range can be seen in the distance.

Ride with GPS



Nukabira → Kamishihoro → Shihoro
→ Otofuke → Obihiro

Intermediate★★★ Enter into the agricultural landscape of Tokachi from Lake Nukabira.
The Hokkaido Balloon Festival showcases silent balloon flights flowing with the wind.

Ride with GPS



Toyokoro → Tokachi Riverbank
→ Ikeda → Obihiro

Beginner★ Pass along the left bank of the vast Tokachi River. Staying over at Tokachigawa Onsen is also recommended.
Tokachi wine made from mountain grapes matures in the vast Tokachi River basin.

Ride with GPS



Bansei → Lake Yudo → Lake Chobushi
→ Otsu Port → Toyokoro

Intermediate★★★ Bright ocean and brackish lakes unique to the Pacific Coast Road to the birthplace of Tokachi
The Pacific Ocean and brackish lakes sparkle in the sunlight.
Honshishamo smelt fish is delicious!

Ride with GPS



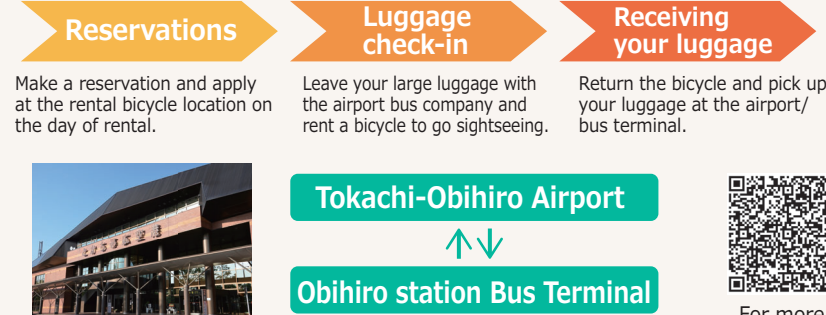
Enjoy the area from any of the various gateways

Gateways serving as Tokapuchi 400 entrances and exits have been improved. Please take advantage of these convenient gateways.



Air gateway
Tokachi-Obihiro Airport

Leave your large luggage with the airport bus company and rent a bicycle for sightseeing.
◆ How to use the empty-handed bicycle rental service



Empty-handed bicycle rental Period: Late April – late October
Inquiries: activity centre ANDOOR TEL. 0155-66-5894
*Please be sure to make a reservation. Bicycle rental staff are not stationed at the airport.



Railway and bus gateway
JR Obihiro station • Bus Terminal Obikuru

Various types of rental bicycles are available, including city, sport, and children's bicycles. E-bikes make uphill and ascending routes easier.



Bicycle rental Tokaccha Period: Late April – late October
Inquiries: Eco-Bus Center Rikuru TEL. 0155-23-5920

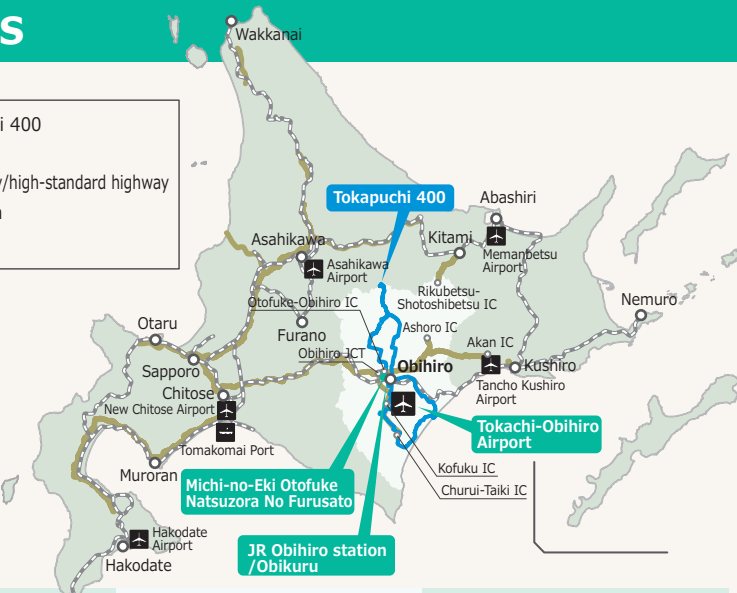
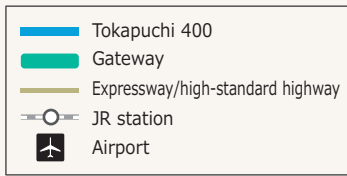
Road gateway
Michi-no-Eki Otofuke
Natsuzora No Furusato

Load your bicycle into your car and enjoy all of Tokachi by car and bicycle!



*Rental bicycles are also available at Michi-no-Eki Otofuke (roadside rest area)
Inquiries: TEL. 0155-65-0822
*Parking to stay overnight is not permitted.

Access



To Michi-no-Eki Otofuke
Natsuzora No Furusato

- By bus
• Sapporo/ 3 hr. 30 min.
• Asahikawa/ 4 hr.
• Kushiro/ 1 hr. 40 min.
- By car
• Sapporo/ 2 hr. 40 min.
• Asahikawa/ 2 hr. 50 min.
• Kushiro/ 1 hr. 40 min.
* Approx. 2 min. from Otofuke-Obihiro IC

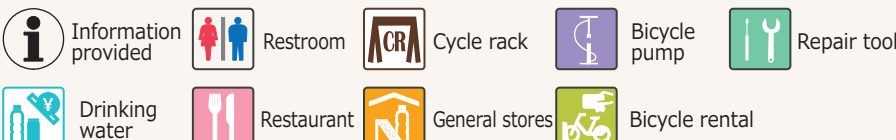
To JR Obihiro station
/Obikuru

- By JR
• Sapporo/ 2 hr. 30 min.
• New Chitose Airport/ 2 hr.
• Kushiro/ 1 hr. 30 min.
- By bus
• Sapporo/ 3 hr. 55 min.
• Asahikawa/ 4 hr. 10 min.
• Kushiro/ 1 hr. 30 min.
- By car
• Sapporo/ 2 hr. 50 min.
• Asahikawa/ 3 hr.
• Kushiro/ 2 hr.

To Tokachi-Obihiro
Airport

- By air
• Haneda Airport / 1 hr. 30 min.
- By bus
• JR Obihiro Station/ 40 min.
• Michi-no-Eki Otofuke / 1 hr. 30 min.
- By car
• central Obihiro/ 40 min.
• Michi-no-Eki Otofuke / 40 min.

Gateway features



*Please ask the facility staff to borrow tools and inflators.

Enjoy regional routes

There are many attractive areas around the Tokapuchi 400 route. Routes include gentle courses that can be enjoyed by beginners, off-road courses, and challenging courses through mountainous areas. Why not take a short trip from Tokapuchi 400?

幕1 Tokachigawa
Salmon Route

A gentle route starting and ending at Tokachigawa Onsen
No.: 幕1
Length: 21.5 km
Elevation gain: 116 m
Beginner★



幕2 Churui Scenic
Route

A route with magnificent views of southern Tokachi
No.: 幕2
Length: 15.1 km
Elevation gain: 202 m
Beginner★



帯1 Iwanai Trail
MTB Trail Course

A course handcrafted by local enthusiasts in a scenic area famous for its autumn foliage
No.: 帯1
Length: 2.8 km
Elevation gain: 59 m
Intermediate★★



大1 Bansei Onsen
Course

A route showcasing rich variety, with Bansei Onsen at the base.
No.: 大1
Length: 47.7 km
Elevation gain: 251 m
Advanced★★★



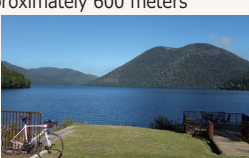
Regional routes are
being added!

More regional routes will be added as needed. Please visit the website for the latest information!



鹿1 Challenging Route
Leading to the Lake in
the Sky

An advanced route with an appealing elevation difference of approximately 600 meters
No.: 鹿1
Length: 18.4 km
Elevation gain: 581 m
Advanced★★★



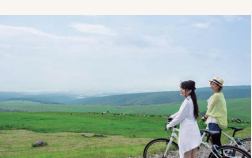
鹿2 Fast Route through
the Great Outdoors

An intermediate route with gentle gradients
No.: 鹿2
Length: 21.7 km
Elevation gain: 396 m
Intermediate★★



上1 Naitai Highland
Ride

A route focused on the vast scenery of Naitai Highland Farm
No.: 上1
Length: 40.5 km
Elevation gain: 673 m
Intermediate★★



上2 Kamishihoro Hills
Ride

A beginner's route with gentle paths and scenic views
No.: 上2
Length: 30.0 km
Elevation gain: 263 m
Beginner★



Other model courses

In addition to the regional routes, there are also many other routes in the Tokachi area, such as those that offer spectacular panoramic views and a sense of history.



Tourist information of Tokachi

The official website of the Tokachi Tourism Federation provides extensive information on sightseeing in Tokachi, Hokkaido, including gourmet food, leisure, lodgings, events, and the year-round climate.



For more information

Weather on Tokapuchi 400

Pinpoint weather information for the Tokapuchi 400 route is provided.

- The following hourly weather information is available.
- Weather ● Wind speed ● Temperature ● Humidity
- Risk of hypothermia/WBGT (risk of heat stroke)

Check the forecast for rain clouds expected up to three hours later.

Provided by weathernews



Maintenance handbook available!

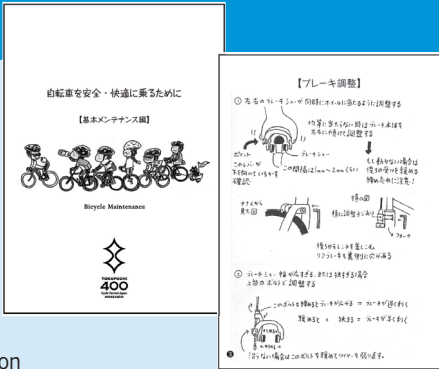
Check your bicycle before departure to ensure a safe and comfortable trip! Available on the Tokapuchi 400 website.

Be sure to inspect your bike before you ride it! Clean it up when you get back!

- Pre-departure inspection
- Brake adjustment
- Inspection of the handlebar area
- Post-return inspection
- Puncture repair
- Removal of tires
- Chain cleaning and adjustment
- Safe items to have



For more information



Bicycle rental

Area No.	Facility	Small-wheel /city bicycle	Electric city bicycle	Road	Hybrid	MTB	E-bike	Children's bicycle	Others	One-way rental	Hours Start End	Contact
B-3	Higashitaisetsu Nature Center				○		○	○	○	*3	09:00 16:30	01564-4-2224
C-3	Kamishihoro Transportation Terminal				○						09:00 16:30	01564-7-7200
C-3	Michi-no-Eki Kamishihoro	○	○		○		○	○		*3	09:00 16:30	01564-7-7722
D-3	Shihoro Japanese Inn*4	○	○								10:00 16:00	01564-5-2527
E-3	Tokaccha (inside Obikuru)*1	○	○	○	○	○	○			*2	09:00 18:00	0155-23-5920
E-3	Tokachigawa Onsen Tourist Guide Center	○	○	○	○	○	○				09:00 17:00	0155-32-6633
E-3	Michi-no-Eki Otofuke Natsuzora No Furusato						○				08:30 17:30	0155-65-0822
F-3	ANDOOR*1 (activity centre ANDOOR)	○		○	○	○	○			*2	08:30 17:30	0155-66-5894
F-3	Glamping Resort Feriendorf			○	○	○	○		○		Inquiries required	0155-68-3301

*1 It is possible to deliver a rental bicycle to Tokachi-Obihiro Airport by advance reservation.
*2 You may hire a one-way rental bicycle and ship baggage between Tokaccha and the Tokachigawa Onsen Tourist Guide Center, Tokachi-Obihiro Airport or ANDOOR. Inquire the facilities for details.
*3 Rental bicycles can be dropped off between the Higashitaisetsu Nature Center and Michi-no-Eki Kamishihoro. Please inquire for details.
*4 A reservation is required by at least one day in advance.

Cycling rules

Five rules for the safe use of bicycles

- (1) In principle, ride on the left side of the roadway.
As an exception, one may use the sidewalk, but pedestrians always have priority.
- (2) Obey traffic signals and stop signs at intersections and check for safety.
- (3) Turn on the lights at night. (4) No drinking and riding (5) Wear a helmet.

Points to note when traveling on Tokapuchi 400

Do not enter farmland, farm roads or pastures without permission.
Germs and similar matter adhering to your shoes and tires can cause disease of crops and animals in the area where you travel.

At certain times of the year there are certain areas where many tractors and other agricultural machinery abound.
Be especially careful around fields during the spring cropping season (around May and June) and fall harvest (around September and October).

In some areas, rest facilities are few and far between.
Please check the Tokapuchi 400 website and cycle map and ride with caution.

Ride prepared for emergencies by carrying more drinking water, portable food, and a fully charged cellphone.

Be careful not to go too fast. There are straight flat roads and long descents.

Emergency contact card

Name	Blood type
Date of birth	Rh + / - ()
Address	
Emergency contact	
① TEL	
Name	relationship
② TEL	
Name	relationship
I agree to provide my information on this card to others in the event of an accident or illness.	