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.

北F 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

Lake Shikaribetsu Nature Center | Horoshika Pass | Nukabirakohan Park

北G 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 Taisetsuzan mountain range can be seen in the distance.

Inquiries about "Downhill Tours": Higashitaisetsu Nature Center TEL. 01564-4-2261

Ride with GPS

Lake Nukabira | Matsumi Ohashi Bridge | Mikuni Pass

北E 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.

Have a panoramic view of the Tokachi Plain from Shirakaba Pass. Look out and you may get a glimpse of pika hiding in rocky places.

Ride with GPS

Rows of white birch trees | Michi-no-Eki Otofuke Natsuzora No Furusato | Lake Shikaribetsu

北H 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

Michi-no-Eki Kamishihoro | Michi-no-Eki Pia 21 Shihoro | Rural scenery

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

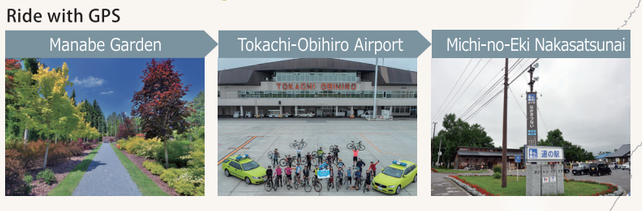
Beginner ★

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

Manabe Garden | Tokachi-Obihiro Airport | Michi-no-Eki Nakasatsunai



南D 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

Vineyard | Tokachigaoka Observatory | TOTO Road Fishway

南B 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

Michi-no-Eki Churui Nauman Onsen | Rekifune River | Bansei Onsen

南C 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

Lake Yudo | Otsu Coast | Japanese elm trees

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

*Will be discontinued in November 2026.

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 ★★★

芽1 MEM CORN ROAD ~With Memuro Heritage and the Hidaka Mountains~

A route featuring the rich natural scenery characteristic of Tokachi

No.: 芽1
Length: 37.0 km
Elevation gain: 279 m
Beginner ★

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 ★

Regional routes are being added!

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

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	○	○	○	○	○	○			*2	09:00 18:00	0155-32-6633
E-3	Michi-no-Eki Otofuke Natsuzora No Furusato						○				09:00 17:00	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.

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

Empty-handed bicycle rental is recommended!

Leave your large luggage with the airport bus company and rent a bicycle for sightseeing.

◆ How to use the empty-handed bicycle rental service

Reservations — Make a reservation and apply at the rental bicycle location on the day of rental.

Luggage check-in — Leave your large luggage with the airport bus company and rent a bicycle to go sightseeing.

Receiving your luggage — Return the bicycle and pick up your luggage at the airport/ bus terminal.

Tokachi-Obihiro Airport
↑↓
Obihiro station Bus Terminal

For more information

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

E-bikes are also available. Wide variety of rental bicycles

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

For more information

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

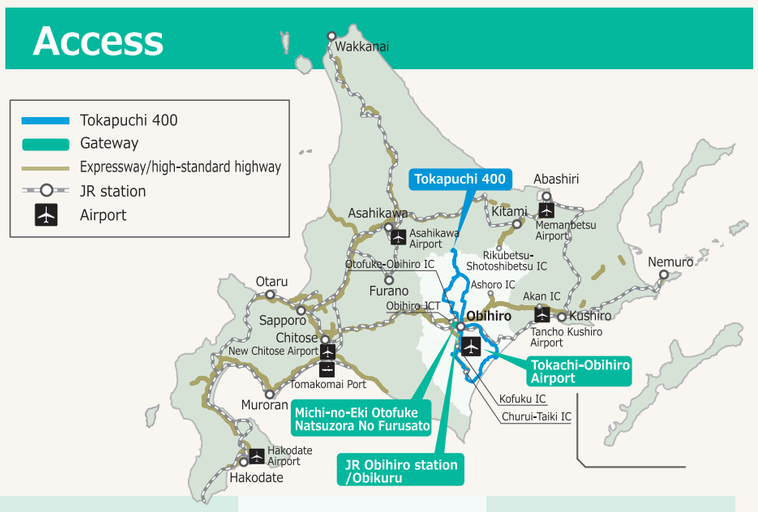
Park your car in the large parking lot and cycle.

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

For more information

***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. 27 min.
- Asahikawa/ 3 hr. 56 min.

By car
- Sapporo/ 2 hr. 16 min.
- Asahikawa/ 2 hr. 45 min.
- Kushiro/ 1 hr. 46 min.
  * Approx. 2 min. from Otofuke-Obihiro IC

To JR Obihiro station /Obikuru

By JR
- Sapporo/ 2 hr. 24 min.
- New Chitose Airport / 1 hr. 59 min.
- Kushiro/ 1 hr. 32 min.

By bus
- Sapporo/ 3 hr. 30 min.
- Asahikawa/ 4 hr. 10 min.

By car
- Sapporo/ 3 hr.
- Asahikawa/ 3 hr. 10 min.
- Kushiro/ 2 hr. 05 min.

To Tokachi-Obihiro Airport

By air
- Haneda Airport / 1 hr. 30 min.

By bus
- JR Obihiro Station/ 38 min.
- Michi-no-Eki Otofuke / 1 hr. 28 min.

By car
- central Obihiro/ 40 min.
- Michi-no-Eki Otofuke / 38 min.

Gateway features

Information provided | Restroom | Cycle rack | Bicycle pump | Repair tool | Drinking water | Restaurant | General stores | Bicycle rental

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

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 While Riding

8 Cycling Etiquette Tips for Enjoying Tokapuchi 400

1. Be careful not to drive too fast.
2. Check areas with no mobile reception and rest spots in advance.
3. Choose a suitable vehicle and keep it well maintained.
4. Turn on your front and rear lights.
5. Do not enter farmland or pastures without permission.
6. Do not feed wild animals.
7. Be equipped for emergencies.
8. Be aware of areas and times when there are many agricultural tractors.

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.

とかちであそぼう とかち晴れ

For more information

Emergency contact card

Name _____ Blood type Rh + / − ( )
Date of birth _____ TEL _____
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.