



**TOKAPUCHI
400**
Cycle Tourism Japan
HOKKAIDO



The latest information is available on the Tokapuchi 400 website.

Tokapuchi 400 route information, regional routes, event information, recommended spots, bicycle maintenance booklet, and more



▲ HP



▲ Ride with GPS

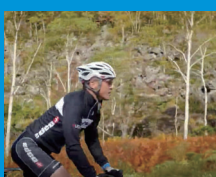
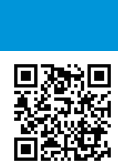


▲ Google Maps

The videos of the route are available on YouTube

▼ Enjoy a long bike ride in Tokachi.

▼ Have fun with a rental bicycle in Tokachi.



Information on cycle routes in Hokkaido is available.



HOKKAIDO CYCLING ROUTES

■ Organizer: Hokkaido TOKACHI Cycle Tourism Route Council

■ Secretariat: Road Planning Division, Obihiro Development and Construction Department

Contact
About cycling routes
Road Planning Division, Obihiro Development and Construction Department
TEL.0155-24-4106

About information on sightseeing in the Tokachi area
Tokachi Tourism Federation
TEL.0155-22-1370

Traveling on the Tokapuchi 400 route

Route guidance signs are in place.

These signs are installed on lighting poles, road surfaces, and other locations.

Cautionary signs are in place.

These signs are installed at tunnel entrances, sharp curves, and other locations where particular caution is required.



Cautionary signs

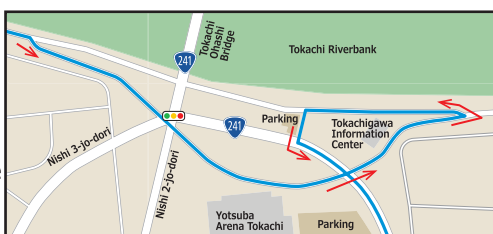


Route guidance sign

Some areas require special attention.

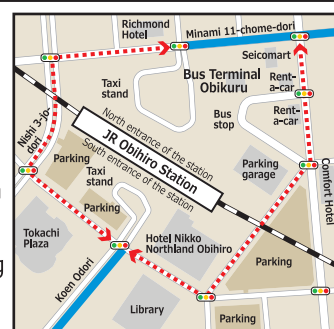
! [Tokachi Ohashi Bridge]

When heading toward Obihiro Station from the riverbed, please use the road passing under Route 241.



! [JR Obihiro Station]

Please don't push your bicycle through the premises of Obihiro Station. When crossing the station from north to south, please use the streets on either side of the station area.



Line of flow when crossing the JR line

Bicycle repair

Bicycle repair shop

Area No.	Facility	Carry-in service	In-field service	Hours	Contact
C-3	Sakai Bicycle Shokai	○	Inquiries required	8:00 - 19:00	01564-2-2056
C-3	Cycle Store Ichikawa	○	Inquiries required	8:00 - 19:30	01564-2-2230
E-3	Kamada Ringyo Co., Ltd.	○	○*	10:00 - 19:00	0155-23-7101
E-3	Osumi Shokai Co., Ltd.	○	Inquiries required	9:00 - 19:00	0155-24-3088
F-4	Cycle Shop Otani	○	Inquiries required	9:00 - 17:00	015-574-2051
F-4	Cycle Shop Sakano	○	Inquiries required	9:00 - 17:00	015-574-2056

*Puncture: from 1,750 yen; travel expense within 2 km: from 1,500 yen (subject to change depending on the distance)

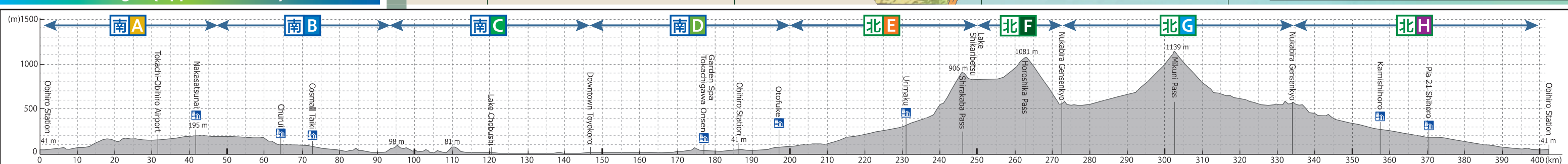
TAXI Emergency support taxi

Call a taxi for help

Facility	Bicycle transportation	Hours	Address	Contact
TK Taxi	○*	24 hours	Nishi 19-jo Minami 1-chome 7-30, Obihiro	0155-33-9595
Marimo Hire	○*	24 hours	Odori Minami 17-chome 12, Obihiro	0155-23-8181

*One car can carry up to four passengers and four bicycles. Fares for a large taximeter cab (20% up) or time-based fares (per 30 min.) apply.

Total route length (Approx.403 km)



Tokapuchi 400 facility information

Gateways with a full range of convenient features

- Gateway**
 - Tokachi-Obihiro Airport
 - JR Obihiro Station · Bus Terminal Obikuru
 - Michi-no-Eki Otofuke

Cyclist-friendly facilities

- Cycle station**

Offering the following functions as a rest facility:
Restroom/Cycle rack/bicycle pump/Repair tool/Water supply/Vending machine
- Cyclist-friendly lodging**

Offering the following functions as an accommodation facility:
Indoor bicycle storage/Luggage storage at the front desk/Laundry available

Cycle station sign **For more information**



Legend

- Expressway/high-standard highway
- National highway
- Main prefectural road/general prefectural road
- Tunnel/shed/bridge
- Tokapuchi 400 cycling route
- Recommended route direction
- Cell phone dead area
- Area where rest facilities are few and far between
- Regional route
- JR station
- Gateway
- Airport
- Emergency telephone
- Public telephone
- Michi-no-Eki roadside rest area
- Restroom
- Bicycle rental
- Bicycle repair
- Bicycle pump rental
- Repair tool rental
- Cycle rack at Michi-no-Eki/Gateway/Seicomart
- Tube sales at Michi-no-Eki/Gateway/bicycle stores
- Vending machine
- Seicomart (convenience store)
- Other convenience/general stores
- Restaurant
- Café/diner
- Accommodation
- Hot spring (available to day trip visitors)
- View point/scenic spot
- Photo spot
- Enlarged map detail
- Cycle station
- Cyclist-friendly lodging

Tokachi-Obihiro Airport <--> Tokapuchi 400 Guide map

*The roads around the parking lot are one-way.

See the enlarged map here

Please see the enlarged map here. Route information from Google Maps and Ride with GPS is provided on the Tokapuchi 400 website.

Heavy Traffic
For details, see the enlarged map above.

Outline of Tokapuchi 400 sections

