



Tokapuchi 400
 Cycle Tourism Route
 HOKKAIDO

To mountains, plains and the sea
 Cycling route running through vast Tokachi

◆ Total route length: approx. 400 km
 Published in 2023

Tokapuchi 400 website launched
 Information on the Tokapuchi 400 route is available.

Tokapuchi 400 Search

The videos of the route are available on YouTube
 The videos show the appeal of cycling in Tokachi.

Enjoy a long bike ride in Tokachi.
 Tokapuchi 400 PR video Search

Have fun with a rental bicycle in Tokachi.
 Have fun with a rental bicycle in Tokachi Search

↓ Visit here for information on cycling routes in Hokkaido ↓
 Communication website for cyclists
Hokkaido Cycling Routes
<https://cycle-hokkaido.jp/>

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)



- Legend**
- Expressway/high-standard highway
 - National highway
 - Main prefectural road/general prefectural road
 - Tunnel/shed/bridge
 - Tokapuchi 400 cycling route
 - Recommended route direction
 - Gradient
 - Cell phone dead area
 - 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
 - Vending machine
 - Convenience store
 - Seicomart
 - Restaurant
 - Café/diner
 - Accommodation
 - Hot spring (available to day trip visitors)
 - View point/scenic spot

Enlarged Obihiro City map

Efforts to improve the cycling environment of Tokapuchi 400

■ Cycling route guidance
 Signboard stickers and pavement markers are placed at some intersections and along straight roads so that cyclists can travel the route safely.

■ Cycling route warning
 Directional arrows are drawn on the road surface in sections such as the entrance of tunnels and sharp corners to indicate bicycle riding to both cyclists and motorists and ensure a safe road traffic environment.
 Warning signs are also installed in sections with heavy automobile traffic, sharp curves with poor visibility, narrow tunnel entrances and bridges, and sections with steep gradients where speeds are high.

Emergency support

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

Request to cyclists
 Do not enter farmland, farm roads or pastures without permission. (Bacteria on your shoes or tires can make crops sick.)
 *Those who wish to enjoy the fields and pastures are encouraged to take advantage of the experience tours and other activities that allow them to explore specially permitted areas.

