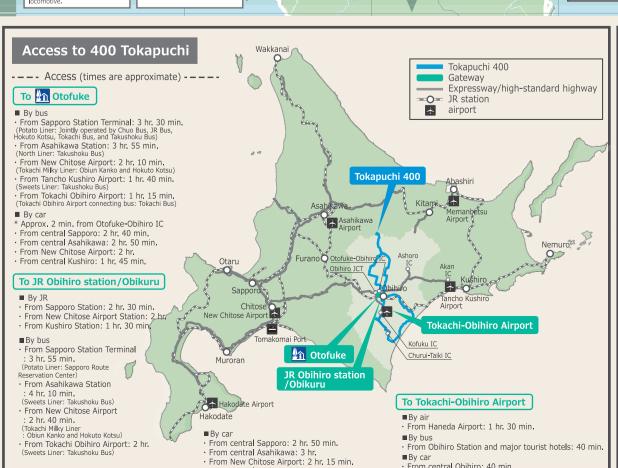


Tokapuchi 400 —Regional routes and recommended spots—





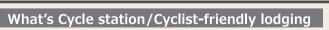
· From central Kushiro: 2 hr.

• From central Obihiro: 40 min.

Area No.	Facility	Small-wheel /city bicycle	Electric city bicycle	Road	Hybrid	MTB	e-bike	Children's bicycle	Others	One-way rental	Hours	Contact
B - 3	Higashitaisetsu Nature Center				0		0	0	0	*3	9:00 16:30	01564-4-222
	Kamishihoro Transportation Terminal				0						9:00 16:30	01564-7-720
C-3	Michi-no-Eki Kamishihoro	0	0		0		0	0		*3	9:00 16:30	01564-7-772
D - 3	Michi-no-Eki Pia 21 Shihoro *4	0	0			0		0			10;00 16:00	01564-5-5213
E-3	Tokaccha (inside Obikuru)*1	0	0	0	0	0	0	0		*2	9:00 18:00	0155-23-592
	Tokachigawa Onsen Tourist Guide Center	0	0	0	0	0	0			*2	9:00 18:00	0155-32-663
F - 3	ANDOOR*1	0		0	0		0			*2	8:30 17:30	0155-66-589
						-		_				
*1 It is *2 You okachi-	Glamping Resort Feriendorf s possible to deliver a rental bicycl may hire a one-way rental bicycl obihiro Airport or ANDOOR. Inqui ttal bicycles can be dropped off be	e and ship ire the fac	baggage ilities for	betwee	n Tokacch	a and th	e Tokachi	,			,	
*1 It is *2 You okachi- *3 Ren *4 Ava	s possible to deliver a rental bicycl may hire a one-way rental bicycl Obihiro Airport or ANDOOR. Inqui	e and ship ire the fac tween the o Saturda	baggage illities for Higashit y.*5 Cont	o Airport between details. aisetsu N act the S	by advar n Tokacch lature Cer	nce reser a and the	vation. e Tokachi Michi-no	-Eki Kam	sen Tour		required Center,	
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*1 It is *2 You ookachi- *3 Ren *4 Ava Bio	s possible to deliver a rental blcycl may hire a one-way rental blcycl cobilirio Alipport or ANDOOR. Inqui tal bicycles can be dropped off be illable for rent only from Monday to cycle repair	e and ship ire the fac stween the o Saturda Carry-	b baggage illities for Higashit y.*5 Cont In e ser	o Airport between details. aisetsu N act the S	by advar n Tokacch lature Cer Shihoro To	nce reser a and th nter and purism As	vation. e Tokachi Michi-no- ssociation	-Eki Kam n.	sen Tour		required Center,	
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characteristics in each region.

Each regional route is guided by a sign like the one on the right. More regional routes will be added as needed.



This spot provides necessary services and hospitality

to cyclists so that cycle tourists visiting Tokachi can enjoy the appeal of Tokachi with peace of mind.

O Cycle station The following features are available:

The cycle station is marked with this symbol ▶▶

Restroom Cycle rack Water supply/ Rest area

Tokachigawa Salmon Route

Access to the Tokachigawa Onsen Tourist Guide Center

This exhilarating route starts and ends at Tokachigawa Onsen and runs through the vast Tokachi Plain.

During the season, salmon and trout, the bounty of the Tokachi River, can be seen running up the river (end of Augusto end of October). This gentle route allows visitors to experience the bounty of Tokachi.

Departure and arrival: Tokachigawa Onsen Tourist Guide Center

O Cyclist-friendly lodging The following features are available: 0

Indoor bicycle storage Luggage storage Laundry available at the front desk Services offered may vary depending on the facility's operating conditions. For more information, please inquire via the Tokapuchi 400 website or at each facility.

For more information, please check the Tokapuchi 400 website.

Е	mergency contact card	MEDICAL INFORMATION			
	Emergency contact	Blood type $Rh + / - ()$			
Name	TEL	Previous illnesses			
Date of birth	Name/relationship	Diseases under treatment			
TEL		Regular medication			
Address	Family medical institution	Food and drug allergies			
	TEL	Have you ever been sick from anesthesia for an injury or dental work?			

I agree to provide my information on this card to others in the event of an accident or illness.