

Tokapuchi 400 –Regional routes and recommended spots–

This exhilarating route starts and ends at Tokachigawa Onsen and runs through vast Tokachi Plain. During the season, salmon and trout, the bounty of the Tokachi River, can be seen running up the river (end of August to end of October). This gentle route allows visitors to experience the beauty of Tokachi.

- Access to the Tokachigawa Onsen Tourist Guide Center
- By bus — From Obihiro Station Bus Terminal, board a bus bound for Tokachigawa Onsen, disembark at Garden Spa Tokachigawa Onsen, and walk for 5 min.
- By car — Approx. 20 min. from central Obihiro

Riverside route

This route allows cyclists to ride on the riverbank right next to the Tokachi River.

Chiyoda Weir

Salmon and trout, the bounty of the Tokachi River, can be seen running upstream around September and October.

Tokachigawa Onsen Tourist Guide Center

A variety of bicycles, from sports bikes to electric bicycles, are available for rent.

Garden Spa Tokachigawa Onsen

This Michi-no-Eki offers healing and food with a spa, restaurants, a market, and a workshop.

幕別 1

Churui Scenic Route Length: 15.1 km. Elevation gain: 202 m
Departure and arrival: Tokachi Naumann Onsen Hotel Arco

This route offers a magnificent view of southern Tokachi. The 4-km-long Churui Slope offers a challenging downhill run. The hot springs will soothe your tired body after the ups and downs. With a hotel and Michi-no-Eki as its base, the route is also well-suited for travelers.

- Access to Tokachi Naumann Onsen Hotel Arco
- By bus — Get off at the stop in front of the Naumann Elephant Museum. By car — Approx. 50 min. from central Obihiro

Churui Slope

The Churui Slope is a 4-km stretch of downhill that offers magnificent views.

Churui Scenic Café

Take a break at the café terrace in Churui Kyoji Farm which is spread out on a small hill.

Rural scenery of southern Tokachi

Scenic Café Churui provides a panoramic view of the rural scenery of southern Tokachi.

Tokachi Naumann Onsen HOTEL arco

This facility, which includes a hotel and restaurant, is the base of the Churui Scenic Route.

幕別 2

Iwanai Trail Length: 2.6 km. Elevation gain: 44 m
Departure and arrival: Iwanai Senkyo (Iwanai Town, Obihiro City)

Intermediate course where you can feel the great outdoors

- Access to Iwanai Senkyo
- By car — Approx. 50 min. from central Obihiro

Rural scenery

Visitors can enjoy cycling in the vast fields while viewing scenery that changes with the season.

Try Agri Itaira no Oka

This facility offers farming experiences and direct sales of vegetables, and is also an activity center for the Tokachi Girls' Farm.

新広 1

Iwanai Trail Introduction video

IWANAI TRAIL OBIHIRO

Bansei Onsen Course Length: 52.3 km. Elevation gain: 290 m
Departure and arrival: Bansei Onsen

This is a course for advanced cyclists where they can feel the frontier spirit that has been passed down from generation to generation, enjoy the bounty of colorful nature, and get in touch with their vision of the future.

- Access to Bansei Onsen
- By bus — From Obihiro Station Bus Terminal, board a bus bound for Hiro Office, disembark in front of Cosmall Taiki, and take a free shuttle bus from there (available every Thursday).
- By car — Approx. 70 min. from central Obihiro

Taikocho Space Exchange Center SORA

This facility exhibits actual small rocks launched in Taiko Town and an overview of their experiments, and also has a 1,000-meter runway.

Bansei Onsen

In the bath with a view of the sea, visitors can enjoy iodine spring water, which has one of the highest concentrations in Japan.

大樹 1

(19) Naitai Terrace

This terrace is at the top of Naitai Highland Farm, Japan's largest public farm. Guided downhill cycling tours can be taken here.

(20) Horoshika Pass

This pass is said to be the highest-elevation prefectural road in Hokkaido. The Spring Opening Cycling event is held on the day before the winter road closure is lifted.

(21) Lake Shikaribetsu

This only natural lake in Daisetsuzan National Park is the highest in Hokkaido, 810 meters above sea level.

(22) Shihoro Highlands Nupuka Village

Panoramic views of the Tokachi Plain can be enjoyed here, and cottages and campsites are also available.

(23) Otofuke NATSUZORA NO FURUSATO

A facility where you can find delicious food from Tokachi. The vending machines here sell bicycle supplies such as French bicycles and seatlets.

(24) Tokaccha

A variety of bicycles can be rented here. One-way rental bicycles and shipping service are also available.

(1) Mikuni Pass Observatory

Highest point on a national highway in Hokkaido. Guided tours of downhill cycling can be enjoyed here.

(2) Matsumi Ohashi Bridge

The view created by a magnificent expanse of nature and the beautiful bridge form is scenery typical of Mikuni Pass.

(3) Rows of white birch trees

In natural surrounds that captivate cyclists, white birch trees look strikingly beautiful.

(4) Taushubetsu River Bridge

This is a concrete arch bridge that was used for the defunct Japanese National Railways Shihoro Line. A guided tour takes participants to the foot of the bridge (it's underwater from August to October).

(5) Onsen Park

The footpath allows visitors to enjoy the nature and sightseeing attractions of the Higashitaisetsu area. You may see wild animals here.

(6) Higashitaisetsu Nature Center

This facility allows visitors to enjoy the nature and sightseeing attractions of the Higashitaisetsu area. Bicycles for rent are also available here.

(7) Lake Nukabira Observatory

This observatory allows visitors to enjoy panoramic views of the Tokachi Plain. Renting an electric bike is available for novice cyclists.

(8) Tokachigaoka Observatory

This observatory allows visitors to enjoy panoramic views of the Tokachi Plain. Renting an electric bike is available for novice cyclists.

(9) Tokachi Ecology Park

The vast forests and green fields of the Tokachi River cover an area of 141 ha. There are cottages and campsites here.

(10) Ikeda Wine Castle

This facility resembling an old medieval castle in Europe includes a factory of Tokachi Wine and a restaurant.

(11) Tokachi Riverbank

This is one of Japan's largest riverbanks. Cycling while viewing round bales in autumn is superb.

(12) Japanese elm trees

These two trees, which are estimated to be approximately 150 years old, unite to create a single beautiful form.

(13) Rural scenery

Visitors can enjoy cycling in the vast fields while viewing scenery that changes with the season.

(14) Try Agri Itaira no Oka

This facility offers farming experiences and direct sales of vegetables, and is also an activity center for the Tokachi Girls' Farm.

(15) Tokachi-Obihiro Airport

This is the air gateway to Tokachi. Visitors may see a training flight of the Civil Aviation College's Obihiro Branch. One-way rental bicycles and shipping service are also available.

(16) Next to the airport runway

Collaboration of bicycles and airplanes! This is a popular photo spot where stunning photos can be taken under airplanes flying in and out of the airport.

(17) Glamping Resort Feriendorf

This holiday village is lined with German cottages. Cottages are also available.

(18) ANDOOR

This facility providing a bicycle rental service and accommodation serves as a base for cycle tourists in southern Tokachi.

Legend

- Tokapuchi 400 cycling route
- Regional routes
- The section marked with a dashed line is closed to traffic during winter (early Nov. - late Apr.).
- Start/goal point
- Cycle station
- Cyclist-friendly lodging
- recommended spots
- Michi-no-Eki roadside rest area
- Bicycle rental
- Bicycle repair
- Airport
- JR station

As of April 30, 2023

Access to 400 Tokapuchi

Access (times are approximate)

To Otofuke

- By bus
 - From Sapporo Station Terminal: 3 hr. 30 min. (Potato Liner: jointly operated by Chuo Bus, JR Bus, Hokuto Kotsu, Tokachi Bus, and Takushoku Bus)
 - From Asahikawa Station: 3 hr. 55 min. (North Liner: Takushoku Bus)
 - From New Chitose Airport: 2 hr. 10 min. (Tokachi Milky Liner: Obiun Kanko and Hokuto Kotsu)
 - From Tancho Kushiro Airport: 1 hr. 40 min. (Sweets Liner: Takushoku Bus)
 - From Tokachi Obihiro Airport: 1 hr. 15 min. (Tokachi Obihiro Airport connecting bus: Tokachi Bus)
- By car
 - Approx. 2 min. from Otofuke-Obihiro IC
 - From central Sapporo: 2 hr. 40 min.
 - From central Asahikawa: 2 hr. 50 min.
 - From New Chitose Airport: 2 hr.
 - From central Kushiro: 1 hr. 45 min.

To JR Obihiro station/Obikuru

- By JR
 - From Sapporo Station: 2 hr. 30 min.
 - From New Chitose Airport Station: 2 hr.
 - From Kushiro Station: 1 hr. 30 min.
- By bus
 - From Sapporo Station Terminal: 3 hr. 55 min. (Potato Liner: Sapporo Route Reservation Center)
 - From Asahikawa Station: 4 hr. 10 min. (Sweets Liner: Takushoku Bus)
 - From New Chitose Airport: 2 hr. 40 min. (Tokachi Milky Liner: Obiun Kanko and Hokuto Kotsu)
 - From Tokachi Obihiro Airport: 2 hr. (Sweets Liner: Takushoku Bus)
- By air
 - From Haneda Airport: 1 hr. 30 min.
 - From Obihiro Station and major tourist hotels: 40 min.
- By car
 - From central Sapporo: 2 hr. 50 min.
 - From central Asahikawa: 3 hr.
 - From New Chitose Airport: 2 hr. 15 min.
 - From central Kushiro: 2 hr.

Bicycle rental

Area No.	Facility	Small-wheeled bicycle	Electric bicycle	Road	Hybrid	MTB	e-bike	Children's bicycle	Others	One-way rental	Hours	Contact
B-3	Higashitaisetsu Nature Center	○	○	○	○	○	○	○	○	*3	9:00-16:30	01564-4-2224
C-3	Kamishihoro Transportation Terminal	○	○	○	○	○	○	○	○		9:00-16:30	01564-7-7200
C-3	Michi-no-Eki Kamishihoro	○	○	○	○	○	○	○	○	*3	9:00-16:30	01564-7-7222
D-3	Michi-no-Eki Pia 21 Shihoro *4	○	○	○	○	○	○	○	○		10:00-16:00	01564-5-521315
E-3	Tokaccha (inside Obikuru)*1	○	○	○	○	○	○	○	○	*2	9:00-18:00	0155-23-5920
E-3	Tokachigawa Onsen Tourist Guide Center	○	○	○	○	○	○	○	○		9:00-18:00	0155-32-6633
F-3	ANDOOR*1	○	○	○	○	○	○	○	○		8:30-17:30	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.
*3 Rental bicycles can be dropped off between the Higashitaisetsu Nature Center and Michi-no-Eki Kamishihoro. Please inquire for details.
*4 Available for rent only from Monday to Saturday. *5 Contact the Shihoro Tourism Association.

Bicycle repair

Area No.	Facility	Carry-in service	In-field service	Hours	Contact
C-3	Sakai Bicycle Shokai	○	Inquires required	8:00 - 19:00	01564-2-2056
C-3	Cycle Store Ichikawa	○	Inquires 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.	○	Inquires required	9:00 - 19:00	0155-24-3088
F-4	Cycle Shop Otani	○	Inquires required	9:00 - 17:00	015-574-2051
F-4	Cycle Shop Sakano	○	Inquires 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)

What's Regional routes

The regional routes are linked to Tokapuchi 400, a national cycling route, and are recommended cycling routes with different appeal and 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.

What's Cycle station/Cyclist-friendly lodging

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.

Cycle station

The following features are available:

- Restroom
- Cycle rack
- Water supply/Vending machine
- Rest area

Cyclist-friendly lodging

The following features are available:

- Indoor bicycle storage
- Luggage storage at the front desk
- Laundry available

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.

The cycle station is marked with this symbol:

For more information, please check the Tokapuchi 400 website.

Emergency contact card

MEDICAL INFORMATION

Name: _____ TEL: _____

Emergency contact: _____

Blood type: Rh + / - ()

Previous illnesses: _____

Date of birth: _____ Name/relationship: _____

Disorders under treatment: _____

TEL: _____

Family medical institution: _____

Regular medication: _____

Address: _____

Family medical institution: _____

Food and drug allergies: _____

Have you ever been sick from anesthesia or dental work? _____

TEL: _____

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