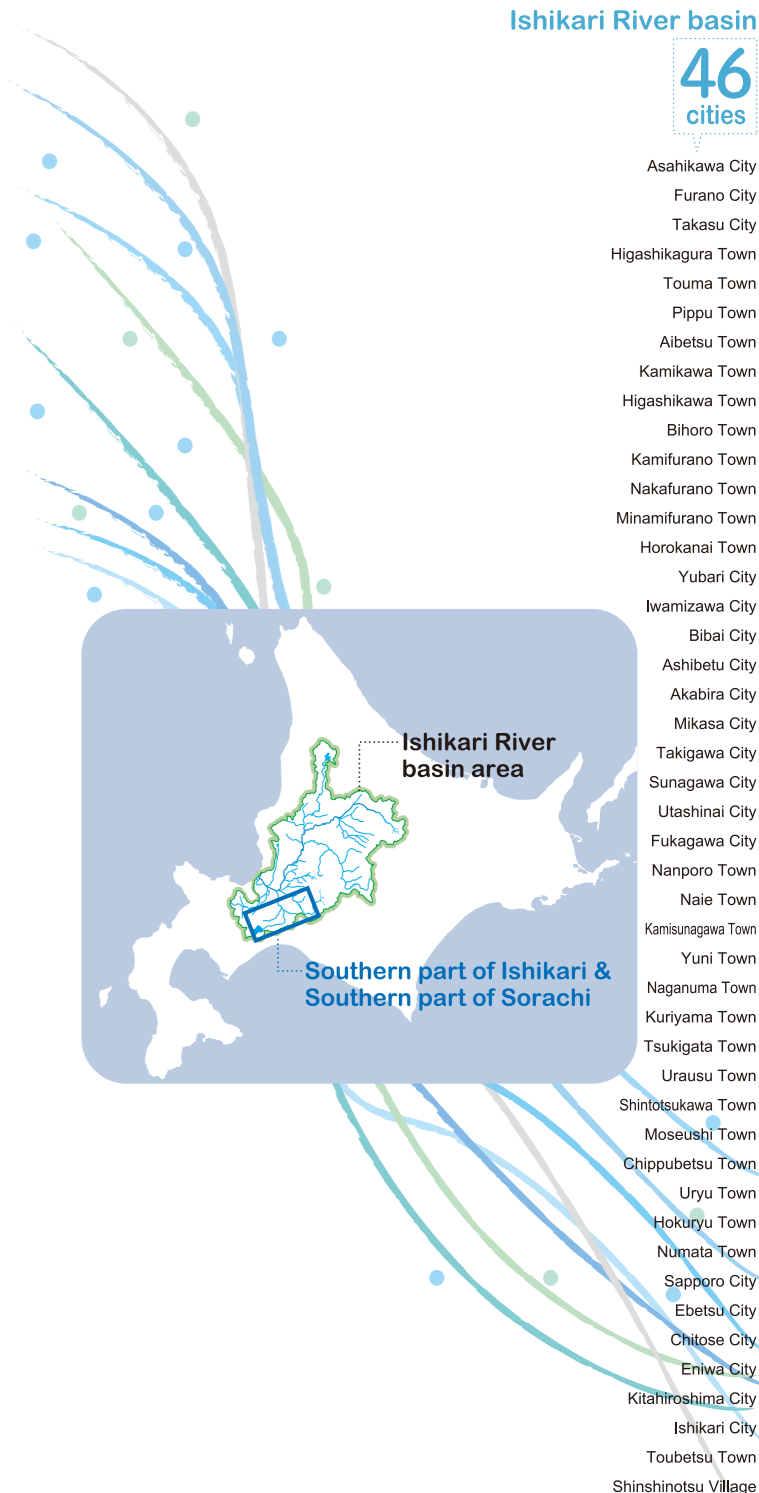


- Asahikawa City
- Furano City
- Takasu City
- Higashikagura Town
- Touma Town
- Pippu Town
- Aibetsu Town
- Kamikawa Town
- Higashikawa Town
- Bihoro Town
- Kamifurano Town
- Nakafurano Town
- Minamifurano Town
- Horokanai Town
- Yubari City
- Iwamizawa City
- Bibai City
- Ashibetsu City
- Akabira City
- Mikasa City
- Takigawa City
- Sunagawa City
- Utashinai City
- Fukagawa City
- Nanporo Town
- Naie Town
- Kamisunagawa Town
- Yuni Town
- Naganuma Town
- Kuriyama Town
- Tsukigata Town
- Urausu Town
- Shintotsukawa Town
- Moseushi Town
- Chippubetsu Town
- Uryu Town
- Hokuryu Town
- Numata Town
- Sapporo City
- Ebetsu City
- Chitose City
- Eniwa City
- Kitahiroshima City
- Ishikari City
- Toubetsu Town
- Shinshinotsu Village



[Reference]
Ishikari River Conference Bureau 061-1498 Kyomachi 1, Eniwa City, Hokkaido
Tel. 0123-33-3131 (Eniwa City Office Construction Division) <http://ishikarigawa.net>
Published on September 5, 2014

Ishikari River cycling map

Eniwa C., Chitose C.,
Kitahiroshima C.,
Naganuma T., Yuni T.

Area Map
South of Ishikari
&
South of Sorachi

Go cycling in a comfortable breeze
Feel the attraction of the countryside



Eniwa Valley/Lake Shikotsu challenging course

87 km/about 5 hours 50 minutes/
Altitude difference 589 m/Level★★★

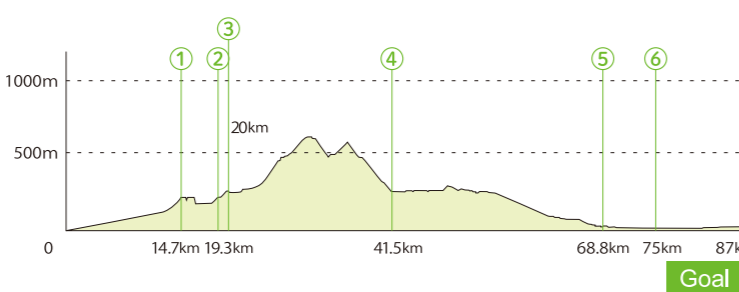
Eniwa C./Chitose C.



- ① Lake Eniwa (Izarigawa dam)
Banjiri, Eniwa City
tel. 0123-33-3131
(Eniwa City, Flowers and Plants/Tourism Division)
Artificial lake of the Izarigawa dam. Many people visit the "Sakura Park" and "Free Plaza" below the embankment of the dam.
- ② Rarumanai Falls
Banjiri, Eniwa City
tel. 0123-33-3131
(Eniwa City, Flowers and Plants/Tourism Division)
There are two superb view spots: on the bridge over the falls (upper falls-viewing space) and lower falls-viewing space under the stairs.
- ③ Hakusen Falls
Banjiri, Eniwa City
tel. 0123-33-3131
(Eniwa City, Flowers and Plants/Tourism Division)
The name of the falls originated from a white folding fan that the falls resembles. There is a shop called "Banjiri 897".



- ④ Shikotsu-Toya National Park, Lake Shikotsu
Shikotsu Lake Hot Spring, Chitose City tel. 0123-25-2402 (Shikotsu Lake Visitor Center)
Japan's northernmost open water lake having top water quality in Japan (40 km in circumference). There are many hot springs and shops around the lake.
- ⑤ Meisui Fureai Park
Rankoshi, Chitose City tel. 0123-23-3442
This park was built when the "Naibetsu River spring," used as domestic water for the citizens of Chitose City, was selected as one of the 100 exquisite and well-conserved waters. It is a place for relaxation and refreshment.
- ⑥ Chitose Salmon Aquarium
2-chome 312, Hanazono, Chitose City (In Roadside Station Salmon Park Chitose) tel. 0123-42-3001
You can observe salmon and freshwater fish in the northern area. * Renewal open in summer, 2015



Rivers and countryside course

76 km/About 5 hours/Altitude difference 117 m/Level★★☆

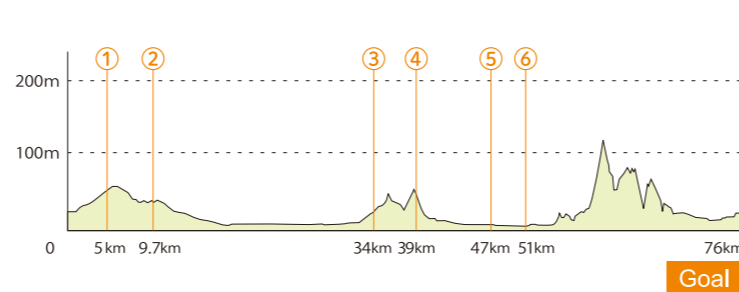
Eniwa C./Chitose C./Naganuma T./Kitahiroshima C.



- ① Ekorin Mura
277-4, Makiba, Eniwa City tel. 0123-34-7800
There are 30 theme gardens in "Ginga Teien". You can see alpacas in "Midorino Bokujo". There are various restaurants.
- ② Yukanboshi River Park Sculpture Square
5-chome 657-1, Komabamachi, Eniwa City tel. 0123-34-7800
There are six sculptures well-matched to the surrounding natural environment.
- ③ Roadside Station "Maoui no Oka Park"
Higashi 10 Senminami 7, Naganumacho, Yubari-gun tel. 0123-84-2120
Roadside station along National Road 274 (Jukai Road). There are restaurants, shops, farmer's market, a park golf course, and a sightseeing tower.



- ④ Azuma Teien
Higashi 6 Senkita 3, Naganumacho, Yubari-gun tel. 0123-88-0700
This Japanese garden was built by Jujiro Higashi in 1896. You can enjoy more than 400 kinds of flowers and plants.
- ⑤ Nishinaganuma Pocket Park Direct Sales Depot
Nishi 6 Senminami, Naganumacho, Yubari-gun tel. 011-376-7157
Farmer's store along Prefectural Road 3. Fresh local vegetables, fruits, rice, and processed food, such as pickles, are available. There is a restroom and a gateball field.
- ⑥ Kitahiroshima River Disaster Prevention Station
586, Kyoei, Kitahiroshima City tel. 011-372-3311
Located at the foot of the Chitose Bridge where National Road 274 crosses Chitose River. "Fureai Rest Space" is best resting area during cycling.



Hills and countryside course

90 km/About 6 hours/Altitude difference 133 m/Level★★★

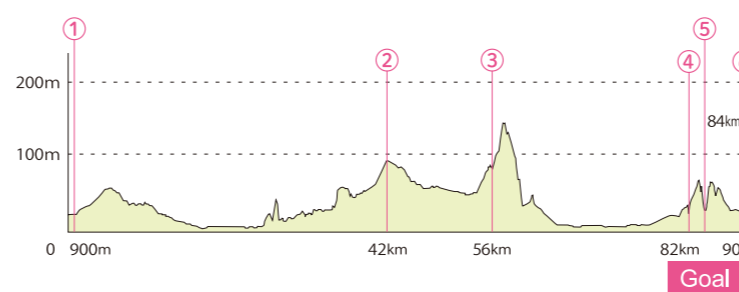
Eniwa C./Chitose C./Yuni T./Naganuma T./Kitahiroshima C.



- ① Izarigawa River Green Space
1-chome, Koganeikita, Eniwa City tel. 0123-29-4836
(Eniwa City Planning Cooperative Association)
Green space along Izarigawa River near the center of the city. There are fountains, water channels, and a healing space with water and green leaves of plants.
- ② Scenery of Hilly Area
Higashioka, Chitose City tel. 0123-24-8818
(Chitose Tourist Association)
The scenery of the wide hilly area is very marvelous. Horses in the ranch make you feel better.
- ③ Furusan Reservoir Natural Park (Water View Umenosato Park)
Furusan, Yuni-cho, Yubari-gun tel. 0123-83-2111 (Yuni-cho town office)
Located on a hill of Furusan where there are about 160 plum trees and walking trails.



- ④ Rurumap Natural Park Fureland
Nishimamatsu 275, Eniwa City tel. 0123-37-5333
This nature-experiencing park opened in April, 2012. Harvesting experience, a soft ice cream shop, and a farmer's market are popular.
- ⑤ Former Shimamatsu Communication Station (National Historic Site)
Shimamatsu 1, Kitahiroshima City tel. 011-372-3311 (Kitahiroshima City Culture Section)
Hokkaido's oldest lodging built for the lodging and transportation. Established in 1873 for the main Sapporo road.
- ⑥ Roadside and riverside station "Hana Road Eniwa" Water Garden
Minamishimamatsu 817-18, Eniwa City tel. 0123-37-8787
There are water channels in the garden. You can enjoy beautiful flowers in the "Flower Garden".



Checking List for possessions

Items required for long rides.
You Let's carry them in a saddle bag or backpack.

<input type="checkbox"/> Helmet	<input type="checkbox"/> Gloves	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Drink bottle	<input type="checkbox"/> Supplementary food	<input type="checkbox"/> Portable tools
<input type="checkbox"/> Spare tube	<input type="checkbox"/> Tire levers	<input type="checkbox"/> Portable air pump
<input type="checkbox"/> Puncture repair kit	<input type="checkbox"/> Mobile phone	<input type="checkbox"/> Money
<input type="checkbox"/> Rainwear	<input type="checkbox"/> Map	<input type="checkbox"/> First aid outfit

Five rules for riding bicycle safely

Bicycles are classified as "light vehicles" like automobiles in Japan. When you ride a bicycle, you should be careful for pedestrians and vehicles and follow the rules and manners.

- Bicycles should be ridden on roads.
- They should keep to the left.
- Pedestrians take precedence on sidewalks. Bicycles should be ridden slowly and should keep to the left.
- Follow the Japanese traffic rules.
 - ★ Drunk cycling, two people riding on a bicycle at the same time, and cycling side by side is prohibited.
 - ★ Turn on the light at night.
 - ★ Follow the traffic signal, stop temporarily, and check safety at intersections.
- Wear helmets.

Day visit spas

Hot springs are good for relieving the fatigue after cycling.

- Eniwa Onsen Honoka** Toiso 397-2, Eniwa City tel. 0123-32-2615
- Eniwa Onsen La Foret** Enami 4-1, Eniwa City tel. 0123-32-4171
- Shikotsu Lake Hot Spring Association** (including Marukoma Onsen) Lake Shikotsu Hot Spring, Chitose City tel. 0123-25-2201
- Takeyama Kogen Hot Spring Hotel** Tomiogaoka 896, Kitahiroshima City tel. 011-373-2827
- Yunni no Yu** With accommodations Fushimi 122, Yuni-cho, Yubari-gun tel. 0123-83-3800
- Umaoi Hot Spring** With accommodations Aza Fushiko Bangaichi, Naganuma-cho, Yubari-gun tel. 0123-88-3737
- Naganuma Hot Spring** With accommodations Higashi 6 Senkita 4, Naganumacho, Yubari-gun tel. 0123-88-2408

Cycle shops

- Inoue Motorcycle Company** Shimamatsu-higashimachi 1-Chome 1-16, Eniwa City tel. 0123-36-8363
- Nakajima Cycle Shop** Aioimachi 62, Eniwa City tel. 0123-32-3287
- Cycle House Watanabe** Sakaemachi 77, Eniwa City tel. 0123-32-3245
- Takeuchi Cycle Company** Sumiyoshicho 1-Chome 3-1, Eniwa City tel. 0123-32-2553
- Takeuchi Company** Izumimachi 105, Eniwa City tel. 0123-32-2051
- Kyosei Cycle Company** Shinonomecho 1-Chome 6-4, Chitose City tel. 0123-23-2655
- Minato Cycle Company** Suehiro 5-Chome 10-14, Chitose City tel. 0123-23-4194
- Sato Cycle** Shimizucho 3-Chome 9-4, Chitose City tel. 0123-23-2352
- Nanba Cycle** Tomioka 4-Chome 1-5, Chitose City tel. 0123-23-2721
- Hori Cycle Company** Saiwaicho 6-Chome 14, Chitose City tel. 0123-23-2787
- Yamamoto Cycle Shop** Chiyodamachi 5-Chome 6-1, Chitose City tel. 0123-23-3853
- Kitahiro Auto Matsumura Company** Kyoeimachi 4-Chome 18-1, Kitahiroshima City tel. 011-372-1313
- Okamoto Cycle** Shintomicho-nishi 1-Chome 1-12-101, Kitahiroshima City tel. 011-375-9930
- Seto Cycle** Ginza-minami 1-Chome 7-7, Naganuma-cho, Yubari-gun tel. 0123-88-2259

Roadside station food and sweets for cyclists. Power charge with delicious sweets

<h4>Road and river station "Flower Road Eniwa"</h4> <p>Vegetable curry (680 yen) Good combination of rice and vegetables produced in Eniwa</p> <p>Pumpkin soft ice cream (300 yen). Using Ebisu pumpkins produced in Eniwa</p>	<h4>Bakery Karinba</h4> <p>Pumpkin melon bread (150 yen)</p> <p>Pumpkin pudding bread (150 yen)</p>	<h4>Roadside Station "Maoui Hill Park"</h4> <p>Clean pork bowl (620 yen) A lot of SPF pork and vegetables grown in Naganuma</p> <p>Original meat bun (270 yen) Large and juicy</p> <p>Soft ice cream (280 yen) Popular ice cream with a rich taste</p>
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Cyclist Comments

- Superb view
- Beautiful rivers Izari River water
- Tomatoes in Ecorin Village
- New findings near Sapporo
- Beautiful Eniwa Valley Steep slope
- Easy to run
- Easy flat roads for beginners
- Healing flower sites
- The lakes are also beautiful.
- Ice cream is delicious.