

ISHIKARI CYCLING RIVER & SALMON HISTORY

Date 11 September 2023

Start Location Nakajima Koen (Nakajima Park) Subway Station **Exit 3** at 8:00AM

Highlights

- Learn about the ecology and history of salmon in the Toyohira River.
- Enjoy beautiful seaside views while strolling along the beach at Hamanasunooka Park.
- For lunch, local cuisine Ishikari Nabe in Kindaitei.
- Discover salmon fishing via displays of authentic wooden tools and traps used from the Jomon Period.
- Breathe the brisk and refreshing air of Ishikari Bay while cycling on coastal and riverside roads.



★The staff is waiting for you at Exit 3 of Nakajima Koen Subway Station.

Itinerary

8:00AM Nakajima Koen Subway Station Exit Meeting 30 min.

8:30AM **START** ●Bicycle fitting at Nakajima Park. Review your itinerary and traffic rules, and meet the tour staff and other cyclists.

9:15AM The Sapporo Salmon Museum Stay 25 min.

10:30AM The riverbed of the Toyohira River Break 10 min.

11:30AM Parking lot next to ROYCE Break 10 min.

12:20PM Hamanasunooka Park Stay 30 min.

1:00PM Lunch at Kindaitei Lunch 60 min.

2:05PM Ishikari Sand Hill Library Stay 25 min.

3:30PM ROYCE Ainosato Park Break 20 min. Eat soft-serve ice cream

5:30PM **GOAL** (Nakajima Koen Subway Station)
※ Runs at a speed of about 20 km / h (slow pace)



Hamanasunooka Park



Lunch at Kindaitei



Ishikari Sand Hill Library

What to bring

- Water bottle
- Comfortable clothes (jersey, windbreaker, cycling wear, etc.)
- Comfortable shoes (sneakers, etc. No sandals, please.)
- Backpack (to carry valuables, as no baskets or panniers will be on your bicycle)
- Gloves (They will also protect your hands)
- Sweat towel
- Portable rain gear (windbreaker, etc.)
- Sunscreen

What's APP Group



Ride with GPS

You can check out the course here.

※ **EMERGENCY CONTACT** ※

Misae Tatematsu (Kinki Nippon Tourist) / m.tatematsu045@kntct.com / 080-7719-2661

[DOA12 course] Total distance: approximately 82km

