

JTO Hokkaido Round Bicycle Journey

2026 JULY 10th(Fri)~26th(Sun) 17days

Total Distance:2313km Elevation Gained:16139m

<https://www.navitime.co.jp/coursebuilder/course/c1ec828c132541bf8a8bf23d8e6b4a66>

Hakodate → Shiriuchi → Hiratanai → Iwanai → Ishikari → Tomamae → Wakkanai → Esashi → Saroma → Shibetsu → Utoro → Nemuro → Akkeshi → Tokachi → Erimo → Tomakomai → Oshamanbe → Hakodate



2026 Summer Hokkaido Seaside Round 17-Rides

- ① 10th(Fri) Hakodate→Shiriuchi 59km+227m
- ② 11th(Sat) Shiriuchi→Setana 155km+1929m
- ③ 12th(Sun) Setana→Iwanai 154km+1181m
- ④ 13th(Mon) Iwanai→Ishikari 159km+1340m
- ⑤ 14th(Tue) Ishikari→Haboro 169km+1521m
- ⑥ 15th(Wed) Haboro→Wakkanai 144km+637m
- ⑦ 16th(Thu) Wakkanai→Esashi 115km+609m
- ⑧ 17th(Fri) Esashi→Saroma 167km+1141m
- ⑨ 18th(Sat) Saroma→Utoro 116km+599m
- ⑩ 19th(Sun) Utoro→Shibetsu 78km+1101m
- ⑪ 20th(Mon·Hol) Shibetsu→Nemuro 137km+845m
- ⑫ 21th(Tue) Nemuro→Akkeshi 109km+1030m
- ⑬ 22th(Wed) Akkeshi→Tokachigawa 139km+713m
- ⑭ 23th(Thu) Tokachigawa→Erimo 116km+598m
- ⑮ 24th(Fri) Erimo→Tomakomai 178km+938m
- ⑯ 25th(Sat) Tomakomai→Oshamanbe 141km+896m
- ⑰ 26th(Sun) Oshamanbe→Hakodate 177km+834m

Hakodate July 10th Sunrise at 4:13 Sunset at 19:12

July 9th Stay recommend Hakodate Hotel KIKUYA

〒040-0063 Hokkaido Hakodate-city Wakamatsucho8-23 0138-26-1144

Breakfast & Lunch for Hakodate morning buffet open from morning to noon



Another stay recommends Natural onsen spa hotel Paco Hakodate La Gent Stay Hakodate ekimae La Vista Hakodate Bay
 Sightseeing recommend at Hakodate Goryokaku castle Goryokaku tower Hakodate city musium Hakodate night view



Outside meal recommend Hakodate dining Gaya SakanaSanko Hakodate genghis khan grill Italian Go Go



July 10th(Fri) Meet at: 13:00 Hotel Kikuya Start at 13:30

•Before start , we have briefing for course , accommodations. Please gather after breakfast lunch and bicycle preparing.
 Shinkansen super express from Tokyo recommend Tokyo 6:32→Hakodate 11:20(Change at Hakodate Hokuto)
 Airplane recommend Haneda airport→Hakodate airport 7:10→8:30 9:45→11:05
 Hakodate airport to Hakodate station:9km Local bus moving

①Hakodate→Shiriuchi 59km+227m Saty in Shiriuchi spa

<https://www.navitime.co.jp/coursebuilder/course/8cc7c217bdda4d39b9615d4ff0070647>



Lunch recommend(Near Hakodate station Outside morning market) Asari Uni sea urchin Murakami Shikaroku Tonki



Sightseeing recommend Hakodate Gokoku shrine Harisutosu christian orthodox church Hakodate bay Mt.Yakushi



Red brick warehouses Aomori-Hakodate ferry memorial hall Mashumaru Kameda Hachiman shrine Trappist monastery



Stay Shiriuchi spa utopia Warakuen Hokkaido Kamiiso-gun Shiriuchi-cho Yunosato284 0139-26-2341





Other stay recommend Ryokan Seihachi Yokoyama ryokan Takeuchi ryokan

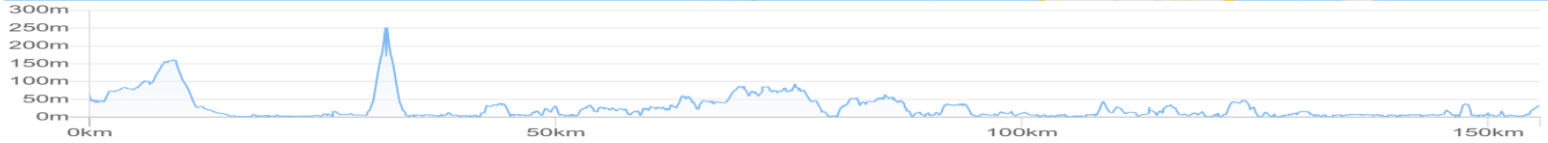
Outside dinner recommend: Hokuto Donkoro Izakaya Izumi Wasabi



Public Bicycle carry moving recommend Hakodate station→Kikouchi station→Shiriuchi 14:09→15:46→16:01 16:50→18:27→18:42
Kikouchi station→Shirichi→Yunouchi spa entrance 15:50→16:05→16:22 18:32→18:47→19:07

②Shiriuchi→Setana 155km + 1929m

<https://www.navitime.co.jp/coursebuilder/course/d7a14ca5500b4ec2be312f1e2c001ad5>



Lunch recommend Kaminokuni-cho(91km) Miya Sushi Barbecue Rakuen Dobasupa Waka Michinoeki Kaminokuni Monju



Esashi terminal(104km) Tsurumi dining Menyaiichi ramen Panya becky Hinoki tei(Sunday holiday)



Sightseeing recommend Matsumae castle Matsumae domain mansions Ubagami shrine Michinoeki Kitamaebune Matsumae



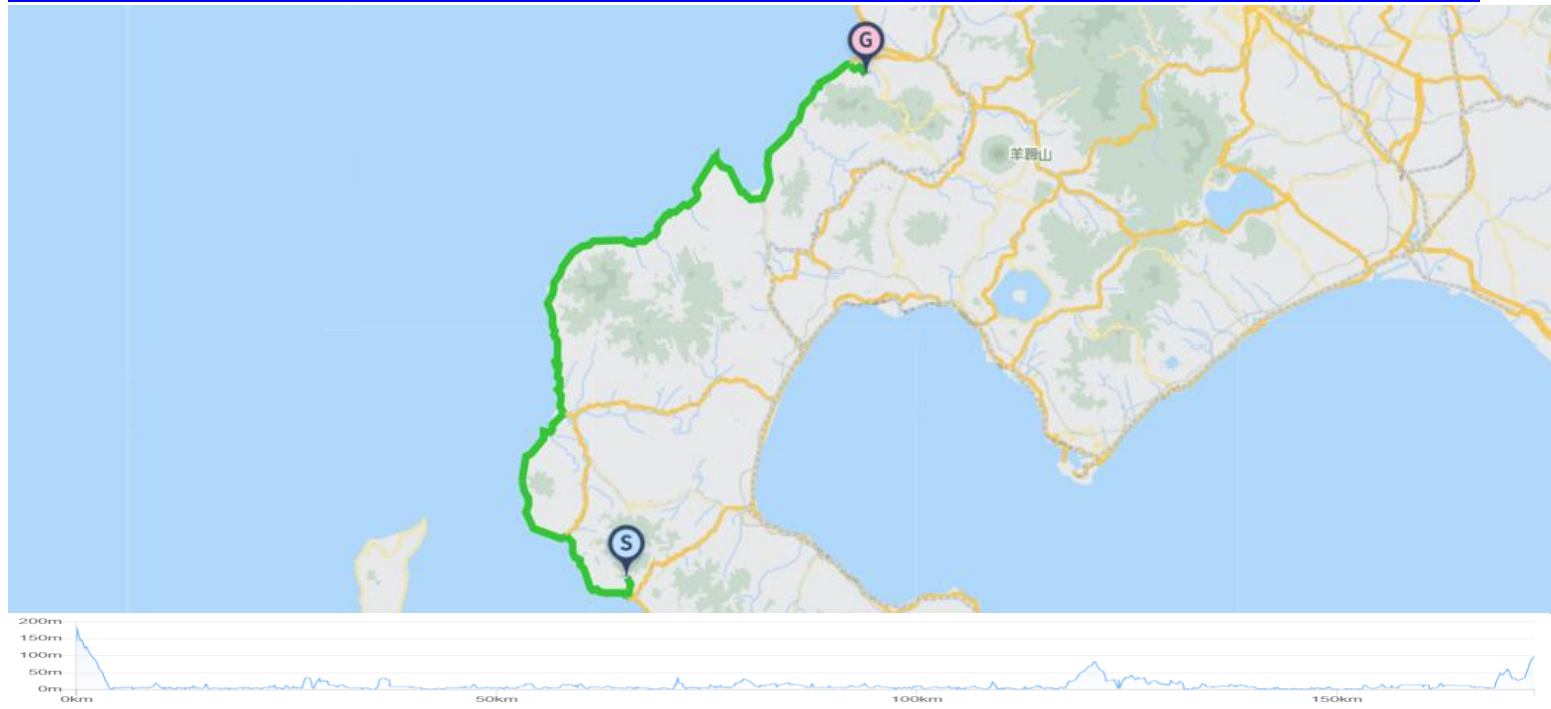
Stay Kaitorima-spa Setana National dormitory Awabi sanso Setana-town Onari-kuKaitorima388 TEL:01398-4-5522



Other stay recommend :Hiratanai-so(17km souly of Setana National dormitory Awabi sanso)
 Public Bicycle carry moving recommend Shiriuchi Satonoyu Spanentrance(9:32)→Matsumae town(10:44,40km)→Haraguchi
 fishing port(11:26,65km)→Esashi terminal(12:48,102km):Hakodate bus Esashi terminal(15:47,102km)→Kumaishi(17:
 15,140km) ※From Kumaishi to Setana-town , NO Public Bicycle carry moving

③Setana→Iwanai 154km+1181m

<https://www.navitime.co.jp/coursebuilder/course/b6db16c67d01401eaf40bec192d1227c>



Lunch recommend Setana (37km)Mitsuwa dining (77km)Hamanokasan Seaside mother dining Shimamaki-village(103km)
 Michinoeki Yotteke ! Shimamaki Kripa



Sightseeing recommend Hiratanai Strangely shaped rocks Kumoishi Sanbonsugi 3-cedar rocks Ezo Oyashirazu Benkei cape



Stay in Iwanai Okaerinasai spa 〒045-0024 Iwanai-town aza Notsuka 491-21 TEL:0135-61-4111

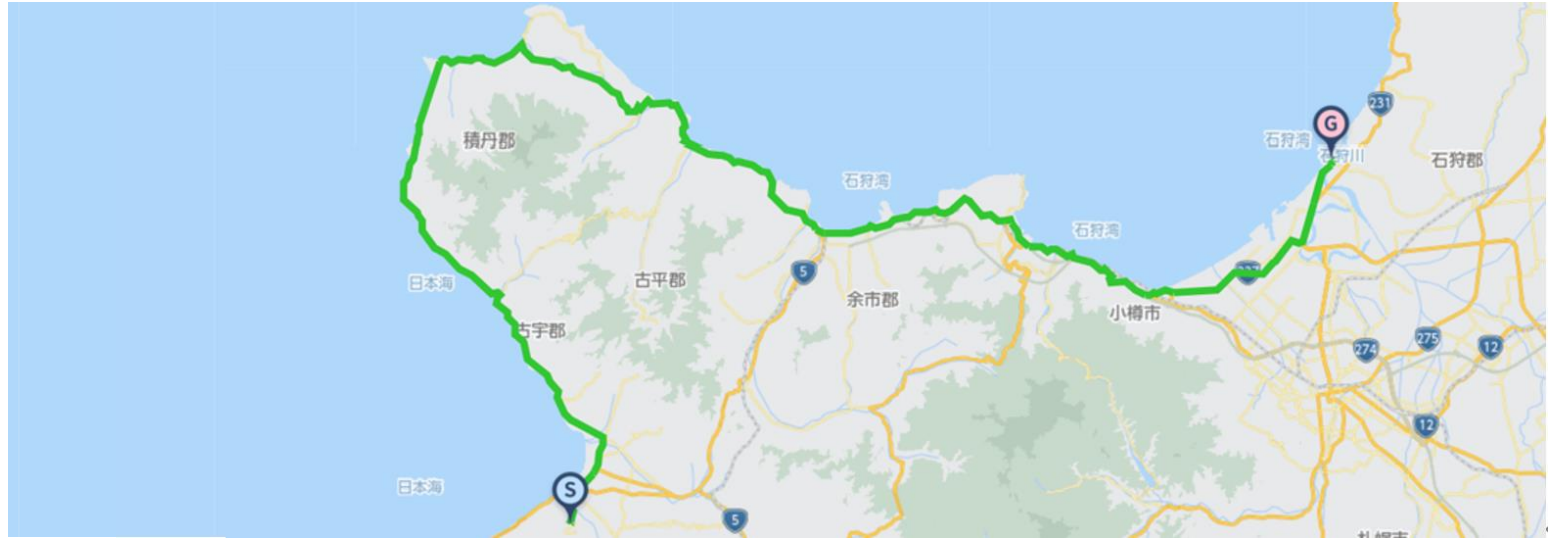


Other stay recommend Takashima ryokan Iwanai plateau hotel Iwanai brewery & hotel

Public Bicycle carry moving recommend bus Suto Terminal(17:30 115km)→Iwanai(18:38 150km) 4-buses per day ※No public bus from Setana-town to Suto

④ Iwanai→Ishikari 159km + 1340m

<https://www.navitime.co.jp/coursebuilder/course/23bc2f26a9ac438a89f9ac56b09235de>



Lunch recommend Shakotan(76km) Jun no mise Fuji sushi Misaki Maruko



Yoichi(99km) Sushi garden house Kakisaki maeket Yoichi winery restaurant Everest



Otaru(136km) Seaside grill Hokkaido Gyoman Grill Gatsuya Shimazaki Otaru Vine Young chicken Naruto



Sightseeing recommend Shakotanmisaki cape Yoichi Nikka Factory Otaru canal stone warehouses Mt.Tengu



Stay Ishikari Banya no yu 〒061-3372 Ishikari-city Bentencho51-2 TEL:0133-62-5000



Other stay recommends Minshuku Yamatama The Yoshioka
 Outside dinner recommends Kitanoaji Ishikari tei(Until 19:00)



Public Bicycle carry moving recommend bus Iwanai→Yoichi:IwanaiBTbus(1Obuses each day)
 Shakotan(Mikuni)→Yoichi→Otaru(1Obuses each day)
 Yoichi→Otaru: JRHakofdatehosen Otaru→Sapporo→Ishikari: Hokkaido chuo bus(all day)
 ※Until Yoichi, Possible to take short cut course on Shakotan peninsula
 (99km+785m Lunch recommend at Yoichi41km Otaru60km)

<https://www.navitime.co.jp/coursebuilder/course/fbb09748ae8d4eccbf7a3b376ae93b3c>

⑤ Ishikari→Haboro 169km+1521m

<https://www.navitime.co.jp/coursebuilder/course/1daa246f901e4f84976dbcf4dd30defc>



Lunch recommend Rest house Ofuyu(82km)



Mashike(97km) Sushi Matsukura Fukuyoshi cafe' de SOBA RIN Noodle Tanaka market



Sightseeing recommend Ofuyu cold spring Mashike Jinya view stage Ancient Hanada house Candle Rock



Stay Haboro Onsen spa Sunset plaza 〒078-4113 Haboro-town Kita3jo1-29 TEL:0164-62-3800





Other stay recommends Haboro-town Sadoya-ryokan Fujiya-ryokan Tokiwa-ryokan

Outside dinner recommends: Izakaya shusaiya Dai Ororon dining Izumi Kagetsu ramen noodle



Public Bicycle carry moving recommend bus Ishikari→Sapporo: 14Hanagawadanchisen bus(10buses each day)

Sapporo→Rumoi→Haboro: Engan seaside bus(13:00→15:08→16:09 15:00→17:08→18:09 Need reservation)

⑥Haboro→Wakkanai 144km+637m

<https://www.navitime.co.jp/coursebuilder/course/75c54a31752649c79025016979553e44>



Lunch recommend Teshio(63km) Drive inn Teshio Teshio onse Yuubae restaurant Michinoeki Teshio Sadachan Again noodle



Horonobe station (72km+10km) Namiki Aizu dining 堂 Restaurant Polo Seiko mart Horonobe



Sightseeing recommend Shosanbetsu observatory Kanaura virgin flower field Sarobetsu virgin field Nojappu cape



Stay Wakkanai hotel Meguma 〒098-6642 Wakkanai city seimon2-13-14 TEL:0162-26-2290



Other stay recommend Hotel Okudaya Wakkanai grand hotel

Outside dinner recommends Izakaya Kitanoaji north taste Shinchan Zakoya Steak house Van Seafood grill Urokotei



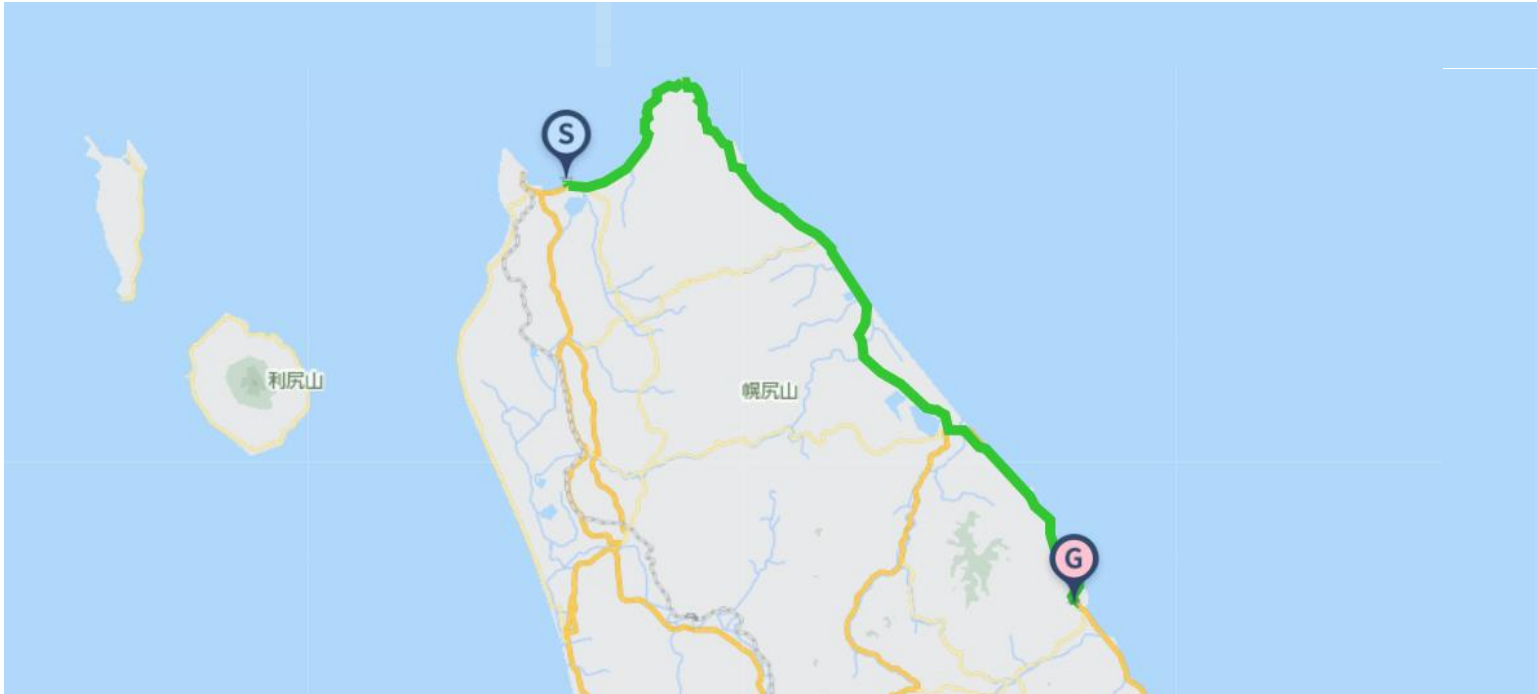
Public Bicycle carry moving recommend :Haboro→Horonobe :Bus ToyotomiHoronobe rine・Horonobe Rumoi line

06:33→08:38 10:53→12:54 12:03→14:04 14:03→16:04

Horonobe・Shimonuma→Wakkanai JR Soya honsen 16:30→17:25 18:40→19:53

⑦Wakkanai→Esashi 115km+609m

<https://www.navitime.co.jp/coursebuilder/course/fdc4ca03adf2464bb78572f814e411cf>





Lunch recommend Sarufutsu town(60km) Michinoeki Sarufutsu park Restaurant Fusetsu



Hamatonbetsu • Kuccharo lake(76km) Beef grill house Sogen Ramen holmon grill Yawaraya SHAN-EI Hamatonbetsu Onsen Wing



Sightseeing recommends Soyamisaki cape Kuccharoko lake Kamui Misaki cape Usutaibe thousand rocks field



Stay Hotel New Korin ☎098-5822 Esashi town Hokkocho1624-2 TEL:0163-62-4040



Other stay recommends Esashi town Osaki ryokan Hotel Okawa

Outside dinner recommends: Yakiniku beef grill Stamina market Izakaya Drasen Dining Kitaya QUATTRO



Public Bicycle carry moving recommend:

Wakkanai→Hamatonbetsu(9:30→12:19) Hamatonbetsu→Esashi(12:05→12:50 17:15→18:00) Soya bus

⑧ Esashi→Saroma lake 167km+1141m

<https://www.navitime.co.jp/coursebuilder/course/50f5ab5306b54136ac779c0b39bfe95a>



Lunch recommendations Koshibe(71km) Miraikan Okoppenhouse North plane farm milk hall Koshimoritei Michinoeki Okope



Monbetsu (91km) Ando Seafood dining Yottekamarutomi Sushi Gyogun Quatorro Chinese Ichiban Tenshinbo



Sightseeing recommend Okhotsk Tower Okhotsk drift ice park Komuke lake Saloma lake



Stay Saroma lake Tsuruga resort 〒093-0216 Kitami city Tokorocho Sakaeura 306-1 0152-54-2000





Other stay recommends Saloma lake Ryoshimaru Sentyonoie Matsunoya Satoryokan Lake palace Saroma lake guest house
 Lakeside stay Saloma lake Yurinkan
 Outside dinner recommends Sushi Yasusan Matsu sushi Yakiniku meat grill Rengatei Dining Tabemonoya



Public Bicycle carry moving recommend: Esashi→Takeo(51km) 7:10→8:17 16:10→17:17: Soya bus
 Takeo→Monbetsu (8:42→9:56 11:37→12:51 15:33→16:47 18:05→19:19)北紋バス ※From Monbetsu to Saloma, no public move.
 In case escaping from Monbetsu
 Monbetsu terminal→Okhotsk Monbetsu airport: Airport bus 11:00→11:18 11:45→12:07
 Okhotsk Monbetsu airport→Haneda Airport 13:00→14:55

⑨ Saroma lake—Utoro 116km+599m

<https://www.navitime.co.jp/coursebuilder/course/a0b437d68afd404c8ebe30b6c8512f40>



Lunch recommends Hamakoshimizu station(57km) Michinoeki Hananohana Koshimizu•Kitchen Mauni Ramen noodle Taroyama
 Hitsuji biyori Crape house coco



Shiretokoshari station(80km) Bistro Cmpanela Greens cafe Sushi Zen Shiretoko Kumaush



Sightseeing recommend Abashiri lake Koshimizu virgin flower field Utoro sea Oronko rock



Stay Shucho house 〒099-4355 Shari town Utorohigashi124 TEL:0152-24-2742



Other stay recommends Hotel Kifu club Shiretoko Shiretoko noble hotel Hotel Shiretoko Shiretoko Onsen spa minshuku Tanpopo Shiretoko Daiichi hotel Iruka hotel

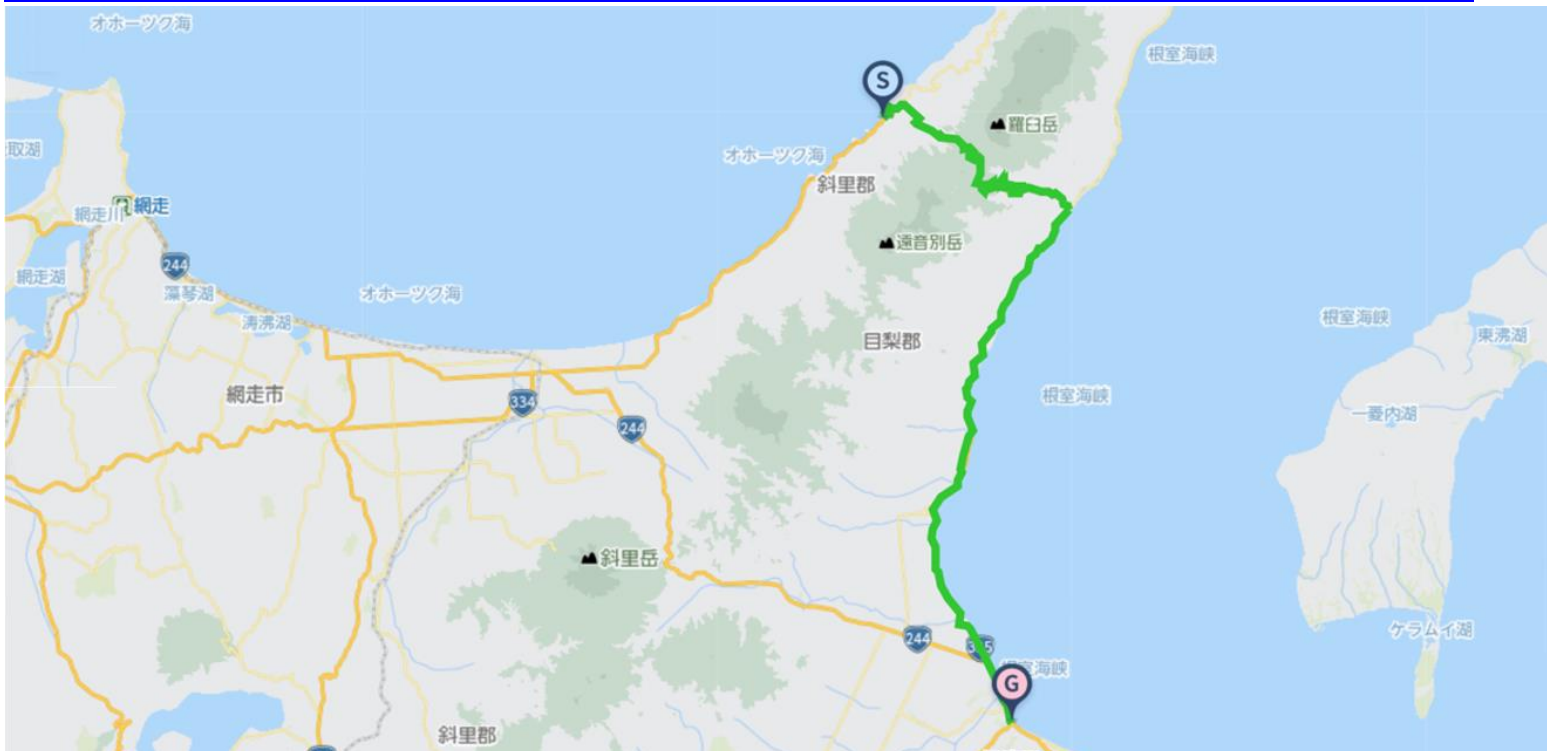
Outside dinner recommends Dining Ishimoto Banya Shiretoko Kaninoya Grill meat Kitachan Namihimatsu ramen noodle

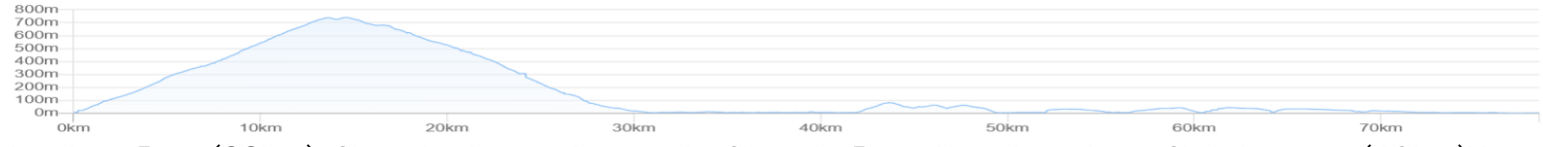


Public Bicycle carry moving recommend: Saloma lake Sakaura→Abashiri station(36km): Abashiri bus Tokorosen(7:10→8:03)
 Abashiri station→Shiretokoshari station: JR Senmohonsen(8trains each day)
 Shiretokoshari→Utoro: Shari bus(16:10→17:00 17:30→18:20)

⑩ Utoro—Shibetsu 78km+1101m

<https://www.navitime.co.jp/coursebuilder/course/8e3a90c4db6e458a82f3a24ec9be64b2>





Lunch re Rausu(33km) Shiretoko dining Isami sushi Shiretoko Rausu Hamada market Shokubetsuriver(49km) Mineya



Sightseeing recommends Shiretoko pass Rausu fish port Shibetsu salmon musium Northern Territories museum
Shibetsu Poo river historical nature park



Stay Shibetsugawa onsenspa Purukenoyado hotel Kawabata Shibetsu town Minami Sanjo nishi1-1-3 TEL:0153-82-2006



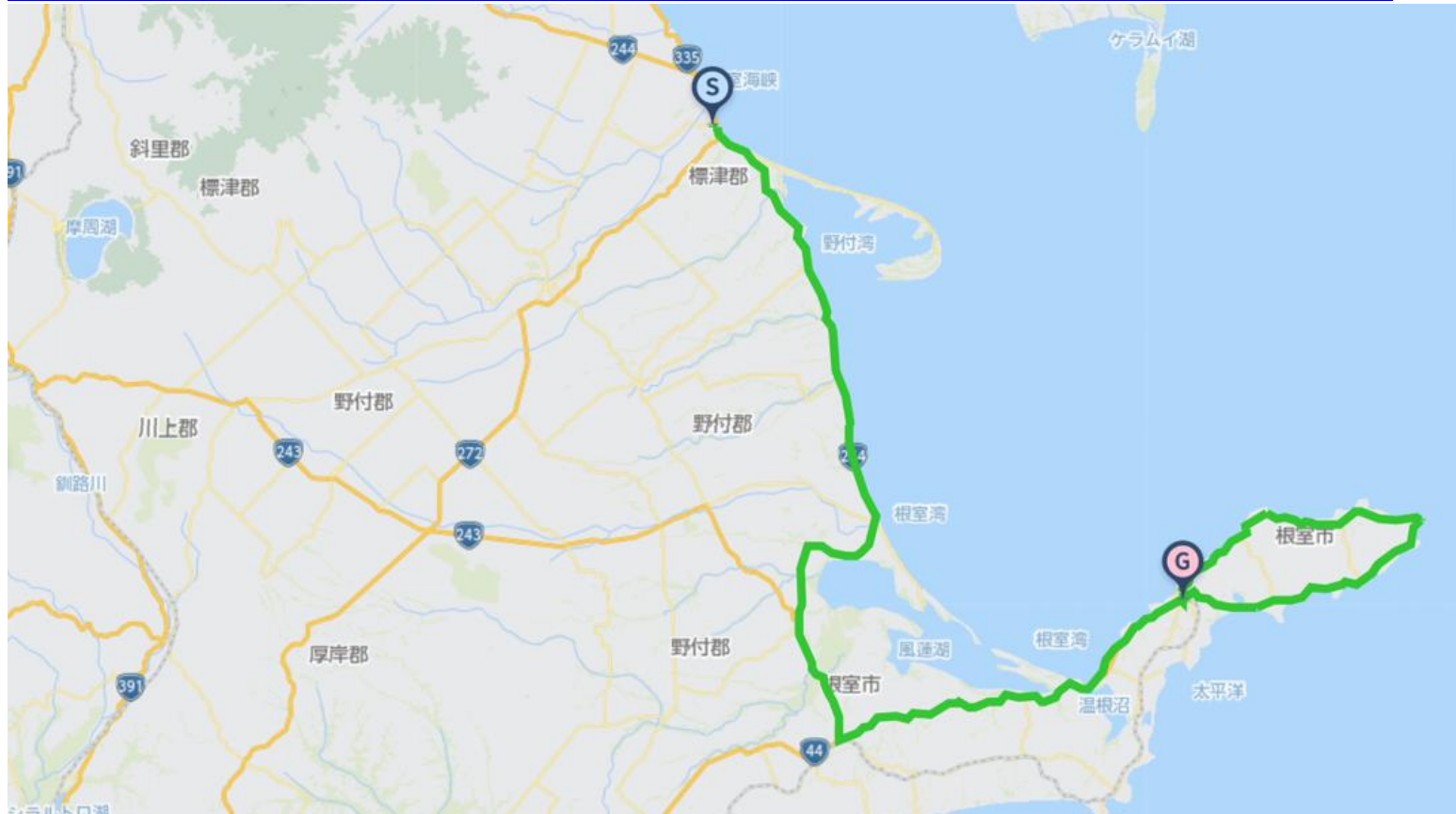
Other stay recommends Okhotsk Onsenspa hotel Kusunoki Narita Yoshida Sencho no ie Shibata
Outside dinner re Local cuisine Takeda Izakaya Amatsu Sushi Akemi Tsukishi Fuji Hitomi Sawa Soba noodle Fukusumi



Public Bicycle carry moving recommend Utoro→Rausu→Nakashibetsu→Nemuro:Shari bus Akan bus Nemuro Kotsu ※When riding at Shiretoko peninsura , ride with group or public move for protect of bears
Utoro→Shiretoko pass→Rusu9:20→9:45→10:10 10:20→10:45→11:10 (4Bus each day) Rausu→Shibetsu13:00→13:58 16:50→17:48
In case finish riding or join from Nemuro Nakashibetsu airport , Nemuro bus・Akan bus Nemuro Nakashibetsu airport→Nakashibetsu bus terminal→Shibetsu town Nemuro Nakashibetsu airport to Nemuro Nakashibetsu airport bus line
Nemuro Nakashibetsu airport ~Shin Chitose airport・Haneda airport 6 lines each day

⑪ Shibetsu→Nemuro 137km+845m

<https://www.navitime.co.jp/coursebuilder/course/04e39cc6d6724895ae4740727b65f78c>



Lunch recommend Attoko station(58km) Chinese grill meatTokoen White small cafe
 Michinoeki Swan Nemuro(75km) Restaurant bird pal



Sightseeing recommend Odaito swamp Notsuke cape lighthouse Furenko lake Nosappu cape



Stay Nemuro Kaiyotei 〒087-0041 Nemuro city Tokiwacho-24-24 TEL:0153-22-8881 ※Dinner at outside





Other stay recommend Ebisuya Nibiki East harbour hotel Yamanakaya Takano
 Outside dinner recpmmends Nemuro seafood dining Sushi Han Sakaba Ichiro Hamasaku
 Grill meatYanya Ramen noodle Sanpachi Uncle&Chibori Restaurant Kowa



Public Bicycle carry moving recommend Shibetsu gyokomae→Nakashibetsu high school 7:35→8:15
 Nakashibetsu high school 9:45→Nemuro station terminal11:29
 Shibetsu terminal13:58→Nakashibetsu terminal14:28 Nakashibetsu terminal 14:56→Nemuro station terminal 16:46
 Nemuro⇄Nosappumisaki cape :Nemuro kotsu bus
 Nemuro→Nosappumisaki cape 8:20→9:04 13:35→14:19 16:10→16:54
 Nosappumisaki cape→Nemuro 9:55→10:39 15:10→15:54 17:20→18:04

⑫ Nemuro→Akkeshi 109km+1030m

<https://www.navitime.co.jp/coursebuilder/course/7617cb2813dd47aeaa236437aa112686>



Lunch recommend Ochiishi station(17km) Asahi dining Taiyo dining
 Attoko station(41km) Chinese grill meatTokoen White small cafe



Kiritappu(72km) Sushi Hirano Yabu Higashi marshy grassland eutopia Fujimi



Sightseeing recommen Tofutsu cape Kiritappu Kiritappu marshy grassland Akkeshi lake



Stay Akkeshi minshuku Kitamisaki 〒088-1116 Akkeshi town Matsuba3-66 TEL:0153-52-6528



Other stay recommends Akkeshi Endo ryokan Seaside hotel in Akkeshi Hotel Gomi

Outside dinner recommends: Sakura tei Kishu sushi Chinese Thanks Grill meat Gyutei



Muyu Kakikin Oyster bar Kakiba Food King Kasamaru Rimimaru



Nemuro→Attoko→Akkeshi: JRNemuro Honsen 8:27→9:16→10:03 11:08→11:55→12:39 13:34→14:19→15:04 16:08→17:02→17:50

⑬ Akkeshi→Tokachigawa 139km+713m

<https://www.navitime.co.jp/coursebuilder/course/8a21bc6652114084bf39dd1f7c2dcad9>



Lunch recommend Kushiro(48km) Izumiya OZ Ayumu dining Café restaurant Pon Nuff



Dream Thanks a lot Kushi chan dining·Kushinosuke main store Ultra dining



Shiranuka(78km) Ancient noodle Yahatra Hamanasu Kishuya Soba noodle Higashiya



Sightseeing recommend Kushiro marshy grassland Harunire tree Tokachi hill Tokachi central big bridge



Stay Tokachi royal hotel 〒089-5315 Toyokoro town Shigeiwa50-8 TEL:015-574-2111



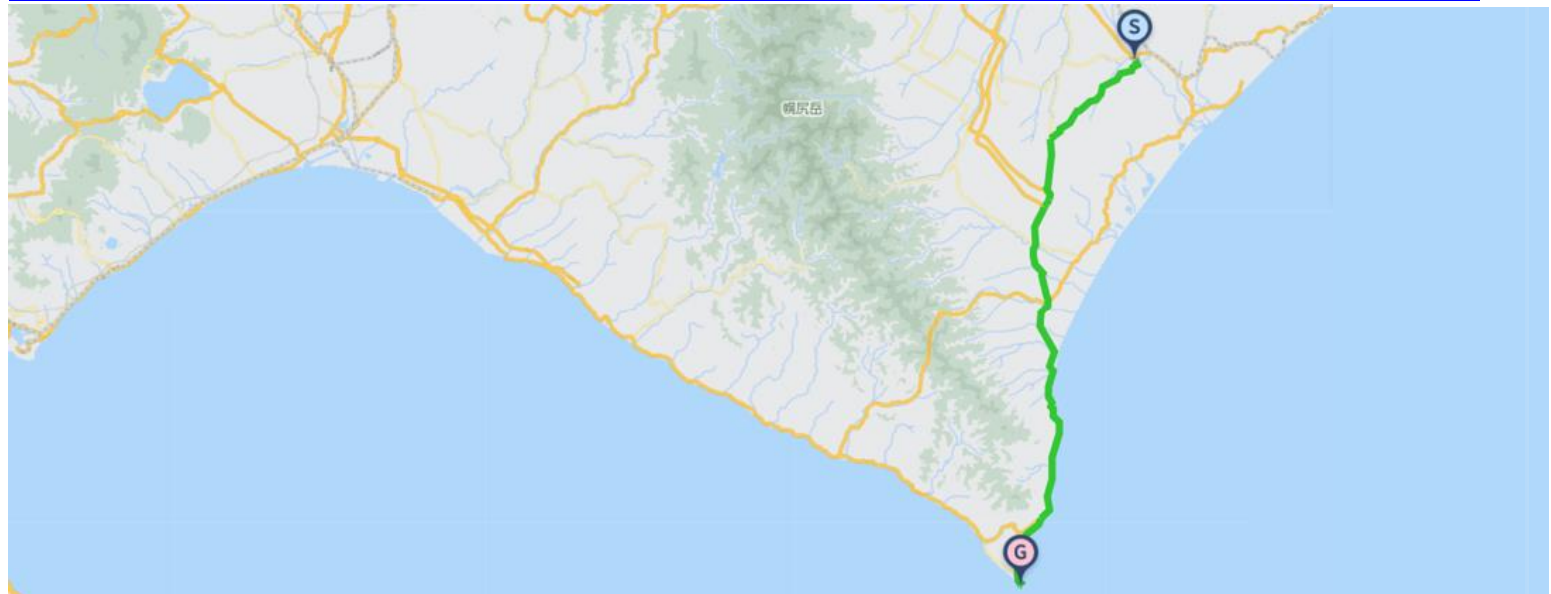
Other stay recommends Urahoro station(20km east of Tokachi royal hotel) Hashimoto ryokan Takazawa ryokan Hahaha hostel
Outside dinner recommends: Urahoro station Chanko Ryogoku Tarafuku Dining Sakae



Public Bicycle carry moving recommend Akkeshi→Kushiro:JR Kushiro Honsen(8train each day)
Kushiro bus Kushiro→Urahoro→Toyokoro:JR Nemuro Honsen(1and more buses each hour)

⑭ Tokachigawa→Erimomisaki 116km+598m

<https://www.navitime.co.jp/coursebuilder/course/408d935d42f84bd2bb0ee5019c6971a4>



Lunch recommend Taiju(51km)

Ryugetsu Grill meat Tajuen Saint Julian•Japanese style Italian Chotto Chinese Sairinshuka



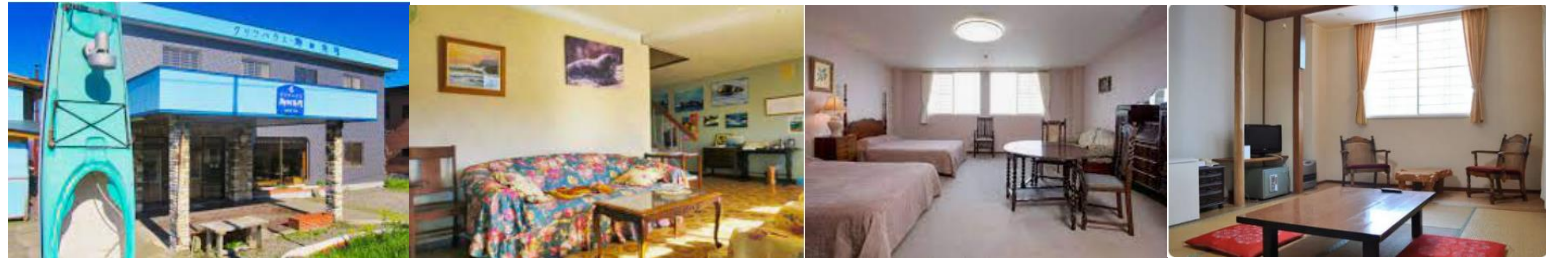
Hiroo Tokachi port(68km) Ajino Hakko Sushi Tsubasa Ramen noodle dining Taisho Dining Umisachi



Sightseeing recommend Naumann's elephant memorial hall Erimo cherry blossom park Boyodai hill Erimo Misaki cape



Stay Erimo town Cliff house Yanagida ryokan ☎058-0342 Erimo tow Erimo misaki TEL:01466-3-1314



Other stay recommend Erimo Kankokan Ryokan Misakiso

Public Bicycle carry moving recommend: Toyokoro→Obihiro: JR Nemuro Honsen 7:57→8:37 8:22→9:17

Obihiro→Hiroo→Erimo: Tokachi bus 9:35→11:57/14:00→14:57 14:30→16:52/17:05→18:02

⑮ Erimomisaki→Tomakomai 178km+938m

<https://www.navitime.co.jp/coursebuilder/course/51fc8fdbce364200a6aa39cee2389917>



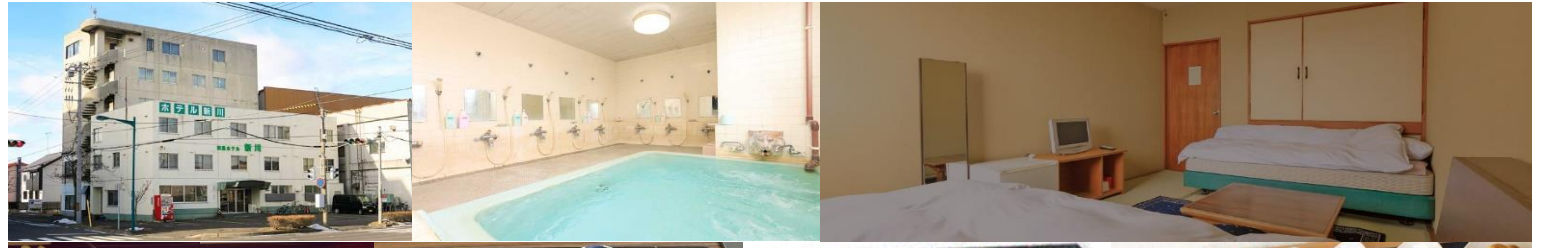
Lunch recommend Shizunai station(93km) Amaya Shizunai soba noodle Harukaze Akahige Diryu



Sightseeing recommend Apoi Mt. Samani OyakoIwa Shiogama candle rock Record park



Stay Tomakomai Business ryokan Shinkawa 〒053-0025 Tomakomai city Honmachi2-1-1 TEL:0144-35-1212



Other stay recommends Natural spa Tarumaenoyu Dormy inn Tomakomai Hotel Wing International Tomakomai Comfort hotel Tomakomai Satake ryokan

Outside dinner rec Local dining Sekihara Grill meat Kuboya Sashimi Izakaya Nakazen First generation beef tongue Akabei



Outside breakfases recommends Tomakomai city public local wholesale market Marutama dining(AM5:00~)



Public Bicycle carry moving recommend: JR Hokkaido bus Hikachi line
 Erimo cape→Mukaibetsu 7:59→9:50 Erimo town hall→Samani(46km)→Mukaibetsu(54km)→Shizunai(93km) 9:16→9:57→10:50→12:29
 Donan bus Tomakomai Shizunai line Shizunai→Mukawa station(143km) 13:40→15:07 (JR Hidaka Honsen Mukawa station→Tomakomai 14:11→14:40 16:20→16:49)
 Shizunai→Mukawa station→Tomakomai station 16:10→17:31→18:25

⑩ Tomakomai→Oshamanbe 141km+896m

<https://www.navitime.co.jp/coursebuilder/course/80aa6055772147cab2f751d8adb94e23>



Lunch recommends Mutoran(64km) Curry ramen noodle Aji no daiou Ajishin dining Rantan tei Eel Shiogama



Sightseeing recommend Shikotsu lake Earth cape Kuccharoko lake Toyako lake



Stay: Oshamanbe Onsen Hotel 〒049-3521 Oshamanbe town aza Oshamanbe402 01377-2-2079



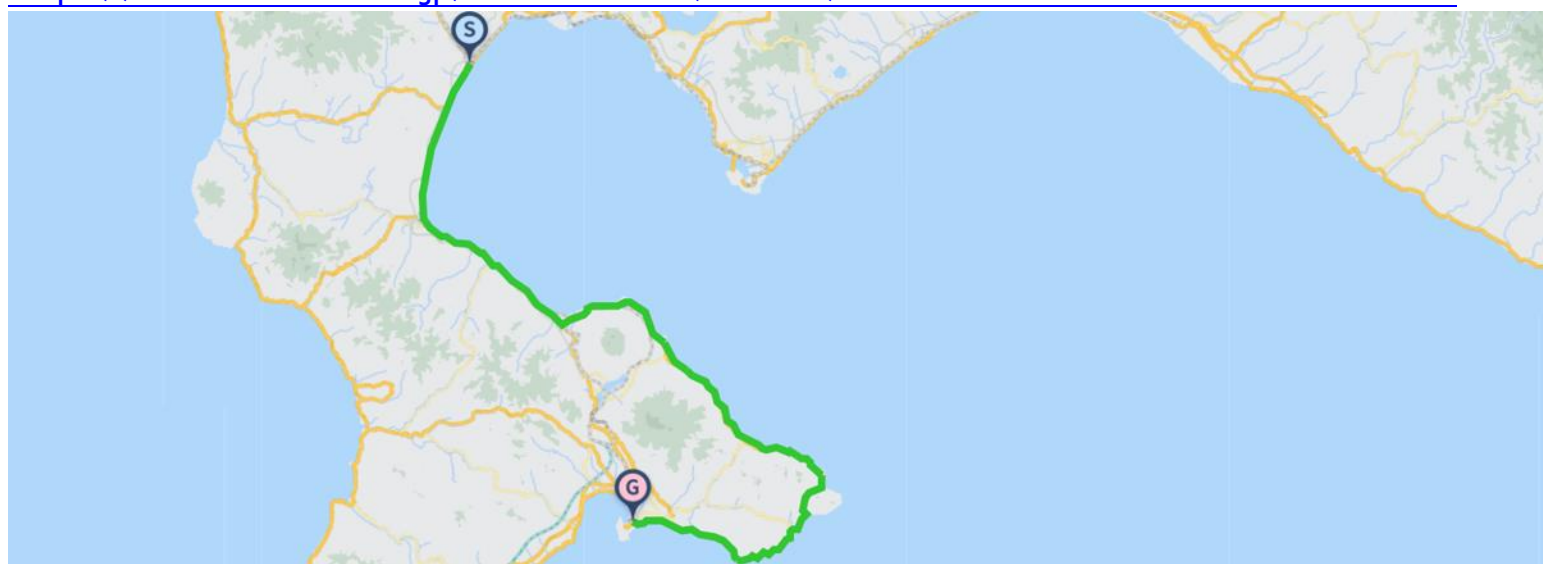
Other stay recommends Oshamanbe onse spa Shikokuya Taiseikan Morikawa

※In case starting early in the next morning , breakfast on pre buying meal box or convenience store.

Public Bicycle carry moving recommend :JRMuroran Honsen Tomakomai→Higashimuroran: 7:49→8:50 10:15→11:19 12:25→13:23
Higashimuroran→Oshamanbe 13:56→15:23 16:17→17:55

⑰ Oshamanbe→Hakodate 177km+834m

<https://www.navitime.co.jp/coursebuilder/course/9c445a1937fc4f5584df77fe172c9e31>



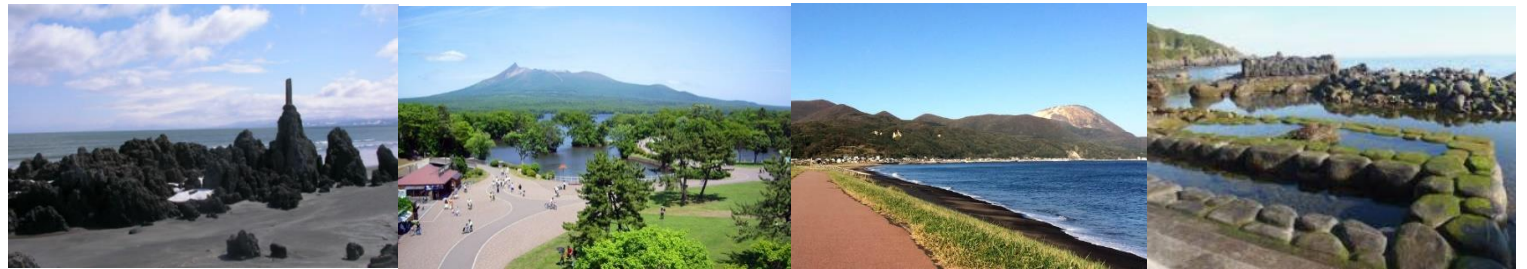
Lunch recommend Morimachi(64km) Gachapin Jirocho Yanagi Sushi Maoka



Shikabecho(88km) Ota dining Carls house shikasen café Michinoeki Shikabe Spa park Hamano kasan dining



Sightseeing recommend Black rocks&odd rocks Onuma park Esan mt Mizunashi spa beach



Tra. Ppistines Monastery Hakodate mt Hakodate park Hakodate morning market



Public Bicycle carry moving re: Oshamanbe→Mori→Hakodate: Hakodatyehonsen 8:33→9:42→11:34 13:38→14:44→16:32

Esanosaki→Hakodate bus center 91route Hakodate station·Hakodate bus 14:41→16:50 16:18→18:27

※Until Hakodate、Possible short cut on Kameda peninsula(106km+420m Lunch recommend Mori64km)

Discuss with all riders , decide the route

<https://www.navitime.co.jp/coursebuilder/course/8510ebb77f1545cf9e05692dbc918760>

Hakodate July26th Sunrise at 4:26 Sunset at 19:01

Bath recommend(Around Hakodate station) Osei bath center(1.3km from Hakodate station 13~22

Hakodate Omori no yu(0.7km from Hakodate station13~17)



Hakodate Yunokawa spa Hotel Manso 13:30-21:00 Male to female exchanging Need check of working day and time (4km from Hakodate airport Shuttle bus: Hsahakodate Teisan bus Hakodate station⇔Yunokawa spa⇔Hakodate airport)



Meal recommend Haakodate station Uni sea urchin Murakami(17:30~) Kaikobo(16~) Ebisuya dining(6~)

Hakodate airport HAKOYA(Possible to take out)



Recommend shinkansen express Hakodate to Tokyo(Change at Shinhakodate hokuto)

Recommend airplane Hakodate airport 19:30→Haneda airport21:00(straight)

Possible to leave at Hakodate airport Yunokawa spa Hotel Manso.(3km from Hakodate airport)



Contact E-Mail Adress : soma@jtourism.jp

✂Itinerary changes are possible for individual and group applications. We will create the order custom made project and estimate.

For the order custom made project , let you enjoy for fully , we will create a plan for each group.

Please apply with the information as below.

✂Possible to apply from one person to number of group riders , make estimation.

✂Possible to make another plan on order made for another day , longer or shorter distance of course.

✂We make estimation as the number of riders , days you ride , ride fee , stay , food , public moving , sightseeing , attendant move·stay , for total costs

✂In case of terrible weather , body condition , seem impossible to finish riding on the day , move to the mid place or stay by using public move and support car.

Up to the formal application as below , let you show the personal information.

·The day you ride ·Your name ·Sex ·date , month , year of birth , age ·Adress ·Handy phone number ·E-Mail address ·Number of join riders

·Stay and food wishes

✂We select and reserve the stay and foods. Personal arrangements are not possible by each riders.

✂Please give the wishes for shared room for men or women , single , twin , foods.

✂Please stay in the stays at the organizer' s designated stays.

In some case , we cannot meet your request and change the stays on designated.

·Please let me know the pre and post ride sightseeing wishes , settings.

·Possible to contact on the ride day (handy phone) & emergency contact (handy phone possible to contact to the substitute person ✂Other than the person riders yourself)

·Experience of your biggest riding , distance(km), Elevation gained(m)
implementation(Western calendar) season(month, spring summer fall winter)
area(country , prefectures, course name)

If we judge that you do not have enough experience to participate in this project, we may decline your participation.

Rental bicycle

Possible to prepare rental road-bicycle , cross-bicycle

If you wish to have rental bicycle , please apply in advance. Request together for Tokyo cycling tour and rental cycle , the partnership ship company.

① Height(cm)②weight(kg) ③bicycle model you wish ④Helmet⑤grab ⑥pedal (binding or flat) ⑦Bicycle receiving place
Please let me know them when apply. Sometime , it may not turn out as you wish. Prepare wears and shoes by yourself.
I estimate rental price up to the information

Implementation notification ;After recruitment deadline to some days before the starting , number of riders , weather forecast , judge the implementation and contact directly to the riders.

Refund ; In case of impossible to hold the plan , we pay back Amount excluding expenses such as fees from ride participation fee.

If the participant is unable to participate due to circumstances , paid ride participation fees will not be returned.

If it becomes impossible to run due to weather or local situation judgment after the start , paid ride participation fees will not be returned.

Ride Join Fee(Per day Per person) 14,000JPY(Include Tax)

Max Possible Join 1 Riders ~ Minimum Number of riders; 5-Riders (Full days ride join)

※In case specified number of participants join by general application.

Included ride join fee : Travel attendant , Support car accompanying Support food supply(fixed limited)

※NOT INCLUDE Moving fee between your home to the starting point , food , stay , support food more than the limited , public move fee , sightseeing fee are all not included at all.

※Joining on the way , Leaving midway , traveling with one's bicycle using public transportation , you should pay the ride join fee per day for each you made application.

When you apply , we make estimation for ride join fee with including not included costs for ride join fee.

- Take ride onto the tour recommended courses with group rides and solo freerides
- There is no competition for time. Riders work together to reach the goal. Awards will not be given based on ranking
- There will be no traffic control around the venue. Please follow the local traffic rules.
- Group rides/recommended course rides are the basics. Please notify in advance for your wish on solo free rides.
- It is also possible to switch to local wheeled transportation instead of riding due to physical condition weather etc.
- The support car transports unnecessary luggage while riding a bicycle , supply support food , follow finishing.
- The support car moves at the behind of the last rider, basically.
- If you ride out of the recommended course , we do not change the stay point.
- There is no support rider leading or tailgating.
- Those who can join that possible to reach their destination on their own using a smartphone, navigation system, or location search device , or possible on a group ride those who can accompany other members with cooperation.
- If there is a significant delay from the moving of other riders in the group , we will give you instructions on how to move your bicycle to the stopover point, accommodation on the day, and the goal.
- The organizer will present recommended courses in advance , but the support car will not be providing detailed guidance to riders while moving alongside them along the way.
- Bicycles, helmets, puncture kits, bike bags, clothing, cold weather gear changes, etc , please prepare what you need and bring it with you by yourself.
- Please wear brightly colored clothing such as red, yellow, and white. Never wear dark colors such as black or navy blue. We will lend you a red jacket if necessary.
- You are responsible for your own bicycle maintenance and repairs. Please prepare your own spare tubes, maintenance tools, etc.
- Standing air pumps and tool boxes will be carried in the support car.
- Please carry a lightweight soft bicycle bag. Carry it with you while riding, so you can move around while riding.
- Depending on where we are staying, bicycle bags may also be used to store your bicycle inside the hotel. Please be sure to carry bicycle bag.
- If you wish to store your bicycle in the accommodation , please help us store it in a bicycle bag when you enter the stay and bring it into the building.
- Hard and semi-soft large cases compatible with airplane rides cannot be transported on the road by the support car.
- If you are joining with a large wheeled device with a hard case or semi-soft case that is compatible with airplane wheeling, after refilling the soft bicycle bag , check-in at the departure/arrival airport and advance transportation to the planned goal point are required.
- Please purchase your own travel insurance and bicycle insurance. Please purchase bicycle insurance with a personal

liability amount of 200 million yen or more.

- Please bring your insurance card with you when participating. We check your carry-on the insurance before departure.
- In terms of event, in case injury and illness occur, the participants have no objection to receiving first aid. The organizers will not be held responsible for the method, process, etc.
- The participants in addition to the participants, relatives, heirs, executors, trustees, etc. will not make any claims for damages, etc regardless of the cause, the organizers will be exempt from responsibility in case of accidents, losses, injuries, illnesses, etc. during the event (including aftereffects)
- We eat lunch around noon at the same near restaurant in the same area as possible, depending on the progress of the tour group.
- Recommendations regarding meals, accommodation, sightseeing, and bicycle transport may change from what is stated.
- Lunch, dinner, breakfast, and bathing fees are not included in the ride join fee.
- Support food is also dependent on paid donations from past participants. When you use it, please donate to volunteers or goods.
- Toll road usage fees, sightseeing fees, and travel expenses are not included in the ride participation fee.
- Routes and expenses occurred for group transportation will be decided on-site after discussion, taking into account terrain, weather and progress.
- Transportation costs from your home to the meeting/dissolution location and use of public transportation midway are not included.
- To maintain your health and maintain hygiene, please take a bath, shower, and change of clothes before using public transportation after your ride before going back to your home.
- To avoid inclement weather or traveling in the dark after sunset, we may ask you to turn back, take a shortcut, or take a bicycle onto train move from a station along the way.
- Participants are responsible for safety, course management, bicycle maintenance, cold/heat resistant clothing, measures to prevent bicycle stolen, etc.
- If we decide that you cannot participate safely at your own risk, if you are causing a significant nuisance to other participants, or if you are unable to follow the instructions of the staff, you will be asked to leave the venue even midway through.
- Please note that the participation fee will not be refunded under any circumstances.
- Sightseeing recommendations: If you arrive early and have time, please go sightseeing on your own.
- If you have a request for sightseeing in advance, we will take time in advance and provide support, such as temporarily taking over your bicycle.
- If you consult with us in advance, we will be able to arrange and provide on-site guidance regarding recommended tours for the day before and after ride.

Accommodation, dinner and breakfast

- This is a ride tour in which the organizer decides in advance which lodgings to stay at and travels from one inn to another to sightseeing spots and famous places.
- Accommodation fees are not included in the ride participation fee. It will be included in the cost estimate as a necessary expense at the time of application.
- Recommended accommodation, dinner and breakfast will be arranged by the organizer. Subject to change.
- As much as possible, we prepare at lodging locations bicycle storage in or near the hotel, a large hot spring bath, yukata, dinner and breakfast, a sleeping room, and a power source.
- We eat dinner and breakfast generally as a group at stay, but, if you wish to eat food outside the stay, please contact us in advance.
- If you have dinner, breakfast, or bathing buying outside the building, we will not provide transportation by support car and not accompany. Please move on your own by walking or using public transportation.
- Each day, luggage will be loaded into the support car and the start will be from the meeting point at designated accommodation. Please come to the meeting point by the departure time
- The meeting departure time is basically 7:30 am every morning, but it changes depending on the breakfast service time and driving distance, and will be decided locally.

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Japan bicycle journey with stays

2025: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2025E.pdf>

2026: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2026E.pdf>

2027: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2027E.pdf>

One Day Ride Around Tokyo

<https://jtourism.jp/2020/wp-content/uploads/2024/09/JapanOneDayRideAroundTokyo.pdf>