

### · Cycling Guidelines 🕶

- Inspect your bicycle prior to a ride. Check important components such as brakes and lights.
- **2** For safety, always wear a helmet.
- **3** Follow all road signs such as 'stop' and 'yield', signals, and traffic rules.
- 4 At intersections, stop and confirm that it is safe to proceed.
- **5** Distracted driving is very dangerous. Always give full attention to the road.
- **6** Bring a map to prevent losing your way.
- **7** Pack warm clothing, even in summer.
- **8** Ride at a safe and comfortable pace to suit your ability.
- **9** Be mindful of long distances between toilets and rest facilities.
- **10** In windy regions, be cautious of crosswinds.



Rainwear

Spare Tube\*

\* Available at Cycle Stations



### Gear Checklist



Drink Bottle Gloves Sunglasses

High-energy Food | Mobile Phone | Money First Aid Kit Portable Tools\*

Portable Pump\* Puncture Repair Kit\*



Cycle Stations offer bicycle rentals, making a convenient starting point for your cycling trip!

# NORTHERNFILOKKALDC



# The Beauty of

spectacular nature stretches far and wide on a truly magnificent scale. Fields of native flowers abound throughout areas such as Sarobetsu Plains. The striking shape of Soya Hills is thought to have been formed during can be enjoyed year-round. Fascinating sights are found at every turn, including Japan's northernmost point of Cape Soya, the popular islands of Rishiri and Rebun, and Japan's northernmost hot spring village of visitors to experience and learn about the unique nature and culture of each community. While cycling in northern Soya, you're sure to enjoy breathtaking scenery along the way.

ACCESS How to Reach Northern Soya

Between Sapporo and Wakkanai, JR operates the Limited Express Soya (travel time about 5 hours) and the Limited Express Sarobetsu (travel time

●JR Hokkaido http://www.jrhokkaido.co.jp

Ferry \*Seasonal Service

## 🔥 By Air

Haneda (Tokyo) ► Wakkanai Year-round Service About 1 hr 50 mir New Chitose ► Wakkanai

Japan Rail (JR)

Year-round Service About 1 hr New Chitose / Okadama (Sapporo) ► Rishiri Seasonal Service Abo

OHAC(IAL)

Long-distance Inter-city Bus

Year-round Service About 5 hr 50 min



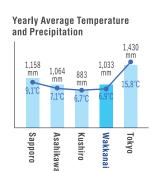


Wakkanai ► Rishiri (Oshidomari) Year-round Service About 1 hr 40 m Wakkanai ► Rebun (Kafuka) Year-round Service About 1 hr 55 n Rebun (Kafuka) ► Rishiri (Oshidomari) Year-round Service About 40 min

● Heart Land Ferry http://www.heartlandferry.jp

## Climate in the Northern Soya Region

The region's climate is characterized by low daily maximum temperatures, which only rarely exceed 25 °C even in summer, as well as strong winds year-round in coastal areas. Inland, summer temperatures occasionally reach around 30 °C, with great temperature variation throughout the day.



Wakkanai Monthly Temperature and Precipitation Dec Nov Oct Sep Sep Jul Jun May May

### Cautions for Cycling in Northern Soya

### Pack warm clothing, even in summer

During descents or periods of low physical activity. Make sure to carry sufficient supplies. speed and wind will chill your body.

3 / Be careful of busy national highways

Caution is necessary when riding on national Hokkaido is known for its abundant wildlife, including highways, which have high traffic volume, and major roads, which are frequented by large vehicles. Also note that vehicles tend to travel faster on Hokkaido's typically wide, long, and straight roads.

### Confirm food and water points

Even in summer, temperatures may drop in the Outside of urban areas, there may be spans of dozens mornings, evenings, or at high-elevation passes. of kilometers without availability of food or water.

> / Be careful of encounters with wild animals.

charming Hokkaido squirrels and Ezo sika deer. However, cyclists must be cautious of dangerous animals, such as the fierce brown bear, and the Ezo red fox, which carries echinococcus parasites.



# EXPERIENC

Unique opportunities to experience northern Soya's beautiful seas and abundant nature!

 Wakkanai City Curling

All are welcome to try this fascinating sport, often called "Chess on Ice"!

Rishiri Town



O Tovotomi Town Toyotomi Onsen Hot Spring Village



Municipal Hot Spring Bathing Facility Toyotomi Onsen Fureai Cente

Wakkanai Midori Sports Park

Closed: Mondays, New Year (Dec 31 - Jan 5) Prices: ¥3,000 per hour (up to 2 people), ¥1,400 per sheet per hour ( ental equipment), ¥3,000 yen per hour for curling lessons (any time

 Rishiri Town Seaweed Pressed Leaf

Make postcards, bookmarks, and more, using seaweed washed up on the shore and flowers that grow on Rishiri Island.

nima no Eki Rishiri Kaiso no Sa

O Rishirifuji Town & Rebun Town Trekking

rewarding walks th

Circuit around Himenuma Pon (Rishiri Island) Distance: About 1 km

Momoiwa Observatory (Rebun Island) Distance: About 7.1 km





Tako-shabu (Octopus Shabu-shabi

In this renowned Wakkanai cuisine, thinly-sliced octopus is dipped into steaming water, creating a delightfully

Kurumaya Genji



This renowned local curry is packed with plenty of

extra-large Sarufutsu scallops. Also try other scallop

Sarufutsu Village

dishes, such as scallop rice.

Scallop Curry

Restaurant Fusetsu

Wakkanai City

Featuring crispy

noodles topped with a

thickened vegetable

and seafood sauce,

food beloved by

Teppen Shokudo

Wakkanai City Soya Black Beef

This beef brand is distinguished by its richly mild-tasting fat. There are many ways to savor this local delicacy, such as steaks and hamburgers

Kaisen Robata Urokotei





Rebun Town

Raised on a diet of Rishiri kelp, local sea urchins are rich and sweet. Fresh sea urchin can be enjoyed on rice bowls from April through September

Takechan Sushi

Tel: 0163-86-1896

Top recommendations from northern Soya's many wonderful sights!

Rebun Town Kitano Canary Park

This park is known as a location used in the Tel: 0163-86-1001 award-winning film, "A Chorus of Angels". Reitan Elementary School Misaki Branch, which was constructed as a set for the movie, is now open to the public. From this picturesque park, you can enjoy



Toyotomi Town

Sarobetsu Wetland Center Operated by the Ministry of the Environment, this information facility stands at the entry to Sarobetsu Plain. Inside, photo and video presentations explain the history of the wetlands, and the inhabiting plants and animals. Address: 8662 Kamisarobetsu, Toyotomi-cho



Wakkanai City

Wakkanai Noshappu Aquarium Japan's northernmost aquarium exhibits about 1,300 animals of 100 species, with a focus on northern species such as adorable balloon lumpfish, earless seals, and more

Tel: 0162-23-6278

### COMMEMORATE YOUR VISIT -

Commemorate your visit to northern Soya with special certificates

> Rishirifuji Town **Proposal Certificate**

This certificate is approved by Ishiya Confectionery, maker of the famous 'Shiro Koibito' cookies. Propose to your partner at Shiroi Koibito Hill, then present a photo at the tourist information center to receive your certificate.



Rebun Town Rebun Island Passport

This certificate is issued by the touris information center. You may also cord your achievements completing the island's various trekking courses

Wakkanai City Certificate of Arrival at the

orthernmost Point in Japan This certificate is issued by souvenir shops nea Cape Soya, the location of 'The Monument of the Northernmost Point in Japan'. The date and time of purchase will be stamped into your certificate.



Local souvenirs are also available at

which is perfect for stock. A number of unique kombu products include hanaori



octopus. Okhotsk atka mackerel, saffro cod, and salmon are sure to be happily received as souvenirs! The quality of ingredients and depth of flavor make these

stands out as a long-selling favorite. mixing with hot water to enjoy the fragrance of the sea.



**Local Accessories & Gifts** 

### Recommended Shopping Venues



Sarufutsu Village **Hotel Sarufutsu** 

Shops here offer an excellent selection of fresh seafood and local Sarufutsu dairy. Sarufutsu bo of the largest catches of natural scallops in all of Japan. Local scallops are manufactured into a

variety of souvenir products. Address: 214-7 Hamaonishibets

Tel: 01635-3-4314



 Wakkanai City **Fukuko Market** 

Browse a wide range of products from live crab and dried seafood to sorts. You're sure to find the perfect



the local community, and also offers such as seafood products from

\* This document (pamphlet) has been produced with the support of the Japan Tourism Agency 'Promotion Projects for International Tourists Visiting Japan'.



Address: 1-chome 6-28 Minato

Wakkanai, Rishiri, and Rebun. Address: 3-chome 5-8 Chuo











Rishiri Island Model Routes

Space Travel E-bike Tours (Supetora)

Address: 246 Oiso, Oshidomari, Rishirifuji-cho, Rishiri-gun

Cycle Station:











Cycle Station: Wakkanai Sight-seeing Association Address: 1st Floor KITAcolor, Within JR Wakkanai Station Tel: 0162-24-1216 Rental Season: Late Apr - Oct

Rental Hours: 9:30 - 17:00 (Same day returns only)

■ Electric Assist Cycle (with convenient basket) Up to 1 hr ¥1,000 Per additional 1 hr + ¥1,000

¥3,000 Good value when renting for more than three hours Cross Bike Up to 1 hr ¥500 Per additional 1 hr + ¥500 Day Use ¥2,000 Good value when renting for more than four hours.

**Circuit Model Routes** 

Distance: 10.6 km Travel Time: About 1 h

JR Wakkanai Station >> Cape Noshappu >>

JR Wakkanai Station Distance: 21 km

JR Wakkanai Station » Cape Noshappu » Yuhigaoka Parking Lot >> JR Wakkanai Station

Distance: 61.4 km

Travel Time: About 1 hr 30 min

JR Wakkanai Station >> Cape Noshappu >> Soya Sunset Road >> Kohone no le (Rest Facility) >> Soya Welcome Road >> JR Wakkanai Station

Distance: 61.4 km Travel Time: About 4 hr

JR Wakkanai Station >> Soya History Road >> Shuitsuna Michi » Cape Soya » JR Wakkanai Station 13:00 Arrive (return cycles), return by Soya Bus → Wakkanai Station (Buy lunch, souvenirs, 14:55 departure → 15:53 arrival, ¥1,420 one way) \* Bus schedules are subject to change

A town renowned for Japan's northernmost hot spring village, vast plains, and abundant dairy

9:30 Depart from rental office

## E Toyotomi Town

Toyotomi is defined by the magnificent scale of the town's nature. The vast Sarobetsu Wetland is renowned as Japan's largest high moor in a lowland plain. The town is also home to one of Japan's largest ranches, Okibosochi Rach, with an area of about 320 Tokyo Domes. From early summer through autumn, some 1,400 head of cattle are put out to pasture, grazing across gently rolling hills as far as the eye can see. This idyllic scene is iconic of Hokkaido. (Please note that this ranch cannot be reached by public transportation.)

This village is home to vibrant scallop fishery and dairy industries

Model Routes Starting &

Address: 1st Floor Cape Soya Observatory, Wakkanai-

Rental Hours: 9:30 - 17:00 (Same day returns only)

¥3,000

■ Mountain Bike

1 Day

Travel Time: About 1 hr 30 min

Cape Soya >> Observatory Parking Lot >> Cape Soya

Distance: 18 km

Travel Time: About 3 hr

Distance: 100 km

Cape Soya » Sarufutsu Park » Fsanuka Road »

Travel Time: About 6 hr

**Ending at Cape Soya** 

Cycle Station: Base Soya

Rental Season: Late Jul - Sep

■ Electric Assist Cycle

**Circuit Model Routes** 

Cape Soya >> Soya Hills >>

Northernmost White Path >>

Soya Fishing Port >> Cape Soya

Sarufutsu Park » Cape Soya

Scan this code for scenic cycling video:



The largest village in Japan's northernmost region of Hokkaido, Sarufutsu also boasts one of the largest catches of natural scallops in all of Japan, The long and straight Esanuka Road, which extends some 4 km to the north and 8 km to the south, has no artificial construction such as guard rails or streetlights over is 16 km span, creating a uniquely rewarding driving experience. Alongside National Route 238, Sarufutsu Park includes a Roadside Station, and is an ideal place to take a break from cycling or spend a night.





## CYCLING IN NORTHERN HOKKAIDO

## THE 15 BEST CYCLING ROUTES

A nature-filled island with about 300 species of alpine plants, famed for its abundant sea urchin and other seafood

A Rebun Town

The town of Rebun is situated on Rebun Island, Japan's northernmost island, which is also known as the "floating island of flowers" for the blossoms of its some 300 species of alpine vegetation. Of the many beautiful sights throughout the island, Cape Sukai stands out for its cove and seafloor, which were carved out by raging waves of the Sea of Japan. Here, the blue water is so clear that the beautiful shape of the seafloor can be observed — a true scene of art created by nature.





A treasure trove of nature, from magnificent views of Mt. Rishiri to alpine plants and wild birds

B Rishiri Town

Located along the southwest coast of Rishiri Island, the township of Rishiri a true treasure trove of nature, The community is known for its abundant blossoming alpine vegetation from spring through summer, and also as a habitat for many species of wild birds, including the Rishiri Japanese robin. Mikaeridai Park, located at an elevation of 450 m adjacent to the fifth station of Mt. Rishiri, the highest mountain on the island, offers a magnificent overlook of the island's southwest region. From here, you can even look down upon Rebun Island. (Please note that this park cannot be reached by public transportation.)





Japan, reflected in the surface of a mysterious pond

**4** 

TOWN

Elevation Change Less than 100 m

Travel Time

Under 4 hr

prosperous fisheries are renowned for kelp and sea urchin. To the north lies Himenuma Pond, an iconic symbol of Rishiri Island, which is known for its breathtaking views of Mt. Rishirifuji, one of the One Hundred Mountains of Japan. On clear, calm days, Mt. Rishirifuji can be seen reflected in the pond surface, creating a magnificent sight known as "upside-down Rishirifuji".

The beauty of Mt. Rishirifuji, one of the One Hundred Mountains of





beyond the cape

D Wakkanai City

throughout the nation to visit the very tip of Japan.



From this border city, Sakhalin (formerly Karafuto) can be seen 43 km

Wakkanai is Japan's northernmost city, and is the economic center of the Soya

region. Having served as a gateway to northern areas such as Sakhalin Oblast.

in Japan, located at Cape Soya within Wakkanai, inspiring many tourists from

Russia, the city has a rich, diverse history. The Monument of the Northernmost Point





