CYCLING AREAS in Hidaka, Hokkaido

EASTERN HIDAKA AREA

Wide open spaces around Cape Erimo,
the fascinating landscape of the Apoi Geopark area
formed as a result of magma flows,
and the mountainous area for stoic cyclists.
Enjoy the typical scenery of Hokkaido.

Online videos available
ひだかサイクル

Manmaru-no-ki (round tree)
As the name suggests, it is a round - shaped tree, right out of a picture book.

List of nine etiquette rules for horse farm visit

PLUS ONE +1

■Hometown of Racehorse, Hidaka Information Office
Various information including farm visits is provided for tourists visiting the horse breeding area

Address: 175-2 Shizunai-kamimori, Shin-hidaka-cho Tel:0146-43-2121
Summer hours: Wed.-Sun, 9 am-5 pm; Mon. 9 am-12 pm Closed on Tue. except during the Golden Week holidays and the Hokkaido Sales (Horse Sales 4 times a year).
Winter hours: Weekdays 9 am-4:30 pm; Sat. 9 am-12 pm
Closed on Sun., national holidays and during the New Year period

List of nine etiquette rules for horse farm visit, and one additional rule for cyclists. The following nine rules are the minimum rules to be observed by visitors. Farms have agreed to accept visitors on condition that these rules are observed, so please make sure to follow them.

1. Visiting hours vary by farm. Ask the Information Office for the details.
2. Ask the Information Office which farms are open to visitors.
3. Follow instructions given to you by farm staff.
4. Do not enter stables or paddocks without permission.
5. Do not shout or make a loud noise.
6. Do not touch horses, as it is dangerous.
7. Never feed horses.
8. Smoking is prohibited Please take your trash with you
9. Please refrain from flash photography.

PLUS ONE +1
⚠ No riding in large groups around the ranch!
Ride in groups no larger than five or six people.

*Ranches and other areas such as kelp drying grounds and farmlands are private properties, Never trespass for photography.

⑤Cafe mother Samani

Curry made with local whelks from Samani is recommended. The tender, sweet, flavorful sea snail is a perfect match with spicy roux.

oodori 1-13-4, samani-cho, samani Tel.0146-36-3055
Open 11:00-17:00, Close Public holiday(irregular hokidays), Tsubu-shellfish curry ¥800 C Drinks are available for ¥100 to diners.

⑥Toujuin Samani

This temple in Samani, founded in 1806, is one of the three temples built in Hokkaido by the Edo Shogunate, with the other two being in Usu and Akkeshi. You may visit the temple if no event is being held.

shiomidai 11-4, samani-cho, samani Tel.0146-36-2263
Open 9:00-17:00
Please check in advance to phone Free entrance

⑦Lodge Apoi Samani

This inn is popular for an open-air bath from which a panoramic view of Mt. Apoi and the Pacific can be enjoyed. The bath is open to day visitors. The adjoining restaurant offers a variety of menus, including ramen noodles, with locally produced ingredients.

hirau 479-7, samani-cho, samani Tel.0146-36-5211
Check in : 14:00, Check out: 10:00. Bathing 5:00-8:30,10:00-22:00. Two adults per room. ¥11610 per person. Includes one night's stay and two meals. (The price changes with the season, of which there are three.) Bathing for Adults ¥500

⑧MT.Apoi Geopark visitor center Samani

At this facility, visitors can enjoy learning about nature, including the geographical features and makeup of the ground at Mt. Apoi Geopark (Samani-cho), which has been designated a UNESCO Global Geopark. It also takes registrations for guided climbs of Mount Apoi and area camping.

hirau 479-13, samani-cho, samani Tel.0146-36-3601
Open 9:00-17:00 Close Dec.-Mar., & Apr.-Nov. is seven days a week Free entrance

①Urakawa Yushun village AERU Urakawa

How about horse riding on a safe, grassy area for a change from the bike saddle? You can have lunch and dinner, take a bath and stay overnight in this resort.

nishicha 141-40, urakawa-cho, urakawa Tel.0146-28-2111
*Bathing 6:00-23:00(LE. 22:00) *No bathing from 8:30 to 11:30 every Monday and Friday because of maintenance.*
Urakawa-bred welk kamameshi (rice, meat and vegetables in a pot) set for ¥2060.
C Towels for car-washing available in the front entrance.

②Panpakapan Urakawa

This bakery is popular for bread made with generous use of local ingredients. It has an eat-in area and outside benches facing the Pacific. Perfect for refreshment.

sakaimachi east 1-1, urakawa-cho Tel.0146-22-4595
Open 10:00-18:30(Saturday closed as soon as there is no bread) Close Sunday, Monday, Tuesday
Cream bread ¥160 Bagel bread ¥150

③Udon Chitose Urakawa

This is one of the few shops in the Hidaka area specializing in handmade udon noodles. It offers the pleasure of authentic noodles made painstakingly by hand beginning early in the morning.

sakaemachi east 1 2-2, urawaka-cho, urakawa Tel.0146-22-2221
Open 11:00-14:30 Close Tuesday
chikuwa tempura-udon ¥750, chicken tempura-udon ¥800
C There is a ¥100 discount for woman cyclists and riders.
**There are no bicycle racks here, only a pump.*

④The dishes Matsuya Urakawa

Dishes using seasonal fish from the coast of Hidaka and other fresh local ingredients are served here. How about a tendon (tempura rice bowl) or kaisendon (sashimi rice bowl) for lunch to energize you?

oodori 4-18, urawaka-cho, urakwa Tel.0146-22-2236
Open 11:30-14:00(LO13:30)17:00-22:00(LO20:30)
Close Monday, Kaisen-don ¥1500
C You can opt for a large portion at no extra charge.

⑨Farm Inn Maburitto/ Tankaku okoku Maburitto Erimo

This inn is located on a hill with a fine lookout over a farm. The restaurant serves lunch. Dinner for lodgers is yakiniku (grilled beef) of shorthorns raised in the sea breeze.

erimo-misaki 406-1, erimo-cho, horoizumi Tel.01466-3-1129
Restaurants and sales Open 9:00-17:00 Close Tuesday
Room without meals ¥4320/1 room 2 persons. with 1 night 2 meals:1 person ¥8640, Grilled meat course ¥2160-/1 person

⑩House of wind (Kaze-no-Yakata) Erimo

This is a wind-themed facility in Japan's top area of strong winds. The winds here blow at 10 meters per second or faster 260 days per year. Harbor seals can be viewed here with a telescope.

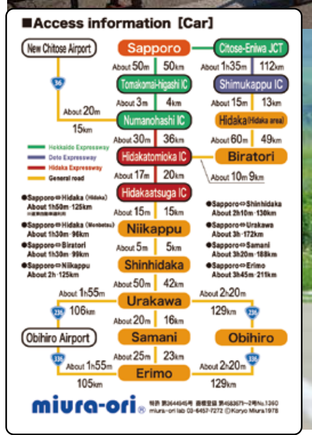
touyou 366-3, erimo-cho, horoizumi Tel.01466-3-1133
Open Sep.Oct.Nov.Mar.Apr. 9:00-17:00, May-Aug. 9:00-18:00
Close Dec.-Feb.(New Year's Day of 5:00-20:00 is opened)
¥300 for adults, Organization ¥240, Passport ¥600

⑪Cape Erimo tourism center Erimo

Here, with tanks full of live seafood, is where you can fully enjoy Erimo's marine products. Katsu-unidon (freshest sea urchin bowl), sashimi set meal, grilled fish meal and ramen are popular.

erimo-misaki , erimo-cho, horoizumi Tel.01466-3-1666
Open Summer 8:00-18:00 Winter 9:00-17:00
*Close Around mid-Dec.-Mid Mar. *Which may be changed by the weather*
Famous Erimo ramen ¥990, Seafood-don ¥1990

■Access information [Car]



INFORMATION

Thoroughbred horse farms

Hidaka accounts for about 80 percent of the light breed horses bred in Japan. When the ponies born here turn 2, they become affiliated with Hokkaido Keiba horse racing or the Japan Racing Association, and a select few advance to such large-prize races as the Japanese Derby. Many people place their hopes on the ponies of Hidaka. Observe proper manners in the horse breeding grounds so you don't startle the horses with loud voices or camera flashes.

Hidaka Sakura Jukkei

Ten Cherry Blossom Viewing Spots in Hidaka

Many tourists visit The Nijukken Road in Shinhidaka-cho because it is a famous place for viewing cherry blossoms in Hokkaido. With 3,000 cherry trees blooming on a 7 km straight road, it is one of the largest-scale roads lined with cherry trees in Japan. There are other famous cherry blossom viewing locations within Hidaka, too. Collectively they are known as the Ten Cherry Blossom View of Hidaka. You can find the details on this website.

http://www.hidaka.pref.hokkaido.lg.jp/ts/tss/sakura_index.htm ひだか桜十景

Hidaka-Road cycling heaven

The paved roads of Hidaka are popular with cyclists because many are smooth with few repair marks. This is characteristic of comparatively warm Hidaka, where little snow falls in the winter and there is little damage due to snow removal trucks and temperature differences. Also, road cyclists from throughout Hokkaido visit Hidaka even in midwinter, searching for an environment with little snow.

A A challenging hilly route dotted with spectacular views
Urakawa course (53.6km)
●Distance:53.6km ●Rating:★★★
●Total Ascent:499m
Course Guide http://yahoo.jp/eleExK ⇒

B An approximately 100 kilometer undulating course to cycle from hills to the coast and then to the hills again
Urakawa-Samani course (94.6km)
●Distance:94.6km ●Rating:★★★★
●Total Ascent:807m
Course Guide http://yahoo.jp/ri4BU1 ⇒

C Enjoy spectacular views of a geopark from this route, including strange-shaped rocks along the coastline and mountains popular with climbers
Samani course (58.9km)
●Distance:58.9km ●Rating:★★★
●Total Ascent:531m
Course Guide http://yahoo.jp/muljPD ⇒

D An 87 kilometer, mostly coastal course to cycle in the fresh ocean breeze
Samani-Erimo course (87.8km)
●Distance:87.8km ●Rating:★★★★
●Total Ascent:625m
Course Guide http://yahoo.jp/WrYxDe ⇒

E A course featuring the beautiful contrast of the blue ocean and green Erimo Grassland stretching along the coast
Erimo course (42.5km)
●Distance:42.5km ●Rating:★★
●Total Ascent:397m
Course Guide http://yahoo.jp/t-Mjmq ⇒

Hidaka Cycle Port
Cyclist-friendly facilities equipped with cycle racks and pumps

C = Services for cyclists
When you order, show this map and a helmet or gloves or something else that indicates you are a cyclist.
Note: Services are available through the end of December 2018. (However, some establishments will continue offering them thereafter.)

Start / Goal
Wi-Fi hotspot
Danger
Convenience store
Lavatory
Vending machine
Drugstore
View point

*This information is current as of October 15, 2017. Please note that it is subject to change. *This pamphlet was produced using funds from those supporting Hokkaido through the "Furusato Nozei" Hometown Tax scheme