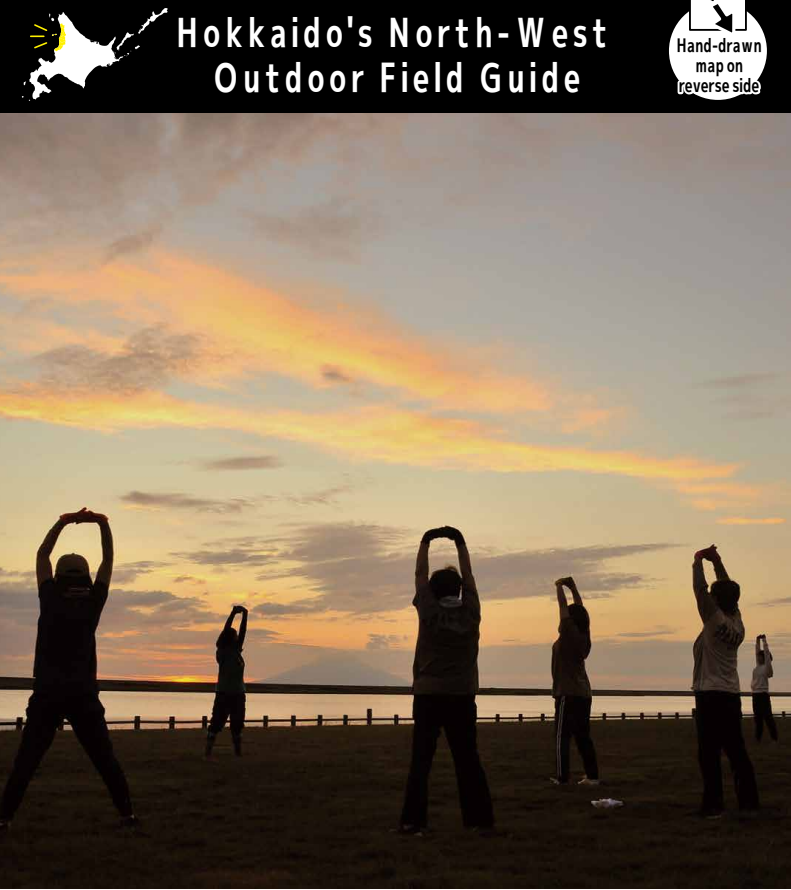


# TESHIO 天塩

## Hokkaido's North-West Outdoor Field Guide



## Hokkaido's North-West Outdoor Field Guide ~The joy of nurturing resilience exists here~

Welcome to "Hokkaido's North-West"! This is a field where you can discover and nurture the "resilience" within you that you haven't yet noticed. Enjoy the natural space, the atmosphere of the towns, the time you spend, the inspiration from the people you meet... and please experience the moment when you suddenly realize the "resilience" within yourself. We hope that the "Hokkaido's North-West" Outdoor Field Guide will become "your signpost for nurturing your own resilience"!



## Hokkaido Cycling Routes

Do you know about the communication site?



Hokkaido  
Cycling  
Routes [Official]

The website "Hokkaido Cycling Routes " is a user-participation information and communication site that provides information on cycling route roads and surrounding facilities, weather information, and communication functions with cyclists. Would you like to help develop Hokkaido into a world-class cycling field together?



cycling route  
Teshio River Route



Check  
the detailed info!



tourism information  
Teshio  
(official website)

## Ororon Line Cycling Route

Teshio is the northernmost town on this route. When you reach the Teshio town welcome sign after leaving Embetsu, you will notice a big change in the air. Ocean breezes blow through the first seven towns on this route but Teshio smells of fresh green hay. The scenery shifts from harbors and beaches to bucolic herds of cattle happily chewing grass and swishing their tails. Embrace their relaxed aura because you are almost to the end of your journey.



Check  
the detailed info!



Teshio Hot Spring  
Yubae  
(official website)

## Rental Bicycle Information

Teshio is a great place for beginners to enjoy cycling thanks to its flat terrain. Please take advantage of the rental bicycles that are available at the Kagaminuma Seaside Park administrative building. A visit to the local hot spring is the perfect way to refresh yourself after a sweaty day.



Check  
the detailed info!



tourism information  
Teshio  
(official website)

## Campground

Kagaminuma Seaside Park is the central area of tourism in Teshio. This camping ground has open sites, RV sites, bungalows, auto bungalows and a rider house to provide for a wide variety of needs during your stay. BBQ supplies and other items are available for rent. The Shijimi festival is held every summer at the Teshio Riverside Park.



Check  
the detailed info!



Down the Teshioppe  
(official website)

## Canoe

The town of Teshio is located at the mouth of the Teshio River. The headwaters of the Teshio River start in the Kitami mountain range on Mount Teshio 256 km away, thus making it the second longest river in Hokkaido. This river becomes the venue for the longest river touring event in Japan. Please explore the outdoor scene in Teshio with a camping and canoeing adventure.

Down the Teshioppe 2025 August 2nd~3rd  
Teshio River Horonobe-cho (Mikkazuki Lake canoe port) ~Teshio Cho (Teshio Riverside Park) Distance 23km



## Exercise

The Teshio River flows into the sea at Teshio town. The view of Mt. Rishiri from Teshio Riverside Park is both powerful and healing. Local health and exercise instructors host sunset events at which you can enjoy yoga or stretching while taking deep breaths of refreshing twilight air. Please note that the schedule is irregular.

## Campground

Large, freshwater clams from the Teshio River are the main delicacy of Teshio. Upgrade your camping meals with specialty clam soup from Roadside Rest Area antenna shop Teshionokuni. Follow the recipe for a delicious treat or try the modified recipe of clams cooked with white wine for a new outdoor cooking repartee.



cooking video  
(Food Appeal Set)  
wine-steamed clams



tourism information  
Teshio  
(official website)



**If you've come this far! Rumoi.**

Rumoi Region  
1 city, 6 towns,  
1 village  
+2 islands

**Ororon Line  
Cycling Route & Campground  
Digital Stamp Rally**

Just visit target spots to get stamps!

Event Period  
2025 (Reiwa 7)  
July 5 (Sat) ~ September 23  
(Tue/Holiday)

Just visit target spots to get stamps!

Free participation,  
no registration required  
www.rumoiclub.net/orosta/

Distance/Time  
Between Rumoi Region  
Cities and Towns

Teshio  
19.3km  
(approx. 22min)

Embetsu  
22.4km  
(approx. 22min)

Shosanbetsu  
19.9km  
(approx. 21min)

Haboro  
7.4km  
(approx. 8min)

Tomamae  
32.3km  
(approx. 33min)

Obira  
13.7km  
(approx. 20min)

Rumoi  
16.9km  
(approx. 24min)

Mashike

WAKKANAI

ASAHIKAWA

SAPPORO

Haboro Coastal Ferry

Yagishiri Island

Teuri Island

Mashike



Official Site  
www.rumoiclub.net

Ororon Map  
Rumoi Edition  
- All 9 Types  
Download Version  
Available Here!

Maps of each town/  
connect together./



he information provided is current as of July 2025.  
Please contact the Rumoi Tourism Federation for details.



Route 40

# Night Spots

- 1 Tatsumi
- 2 Royal Snack Miyabi
- 3 Snack Elm
- 4 Snack Miyagi
- 5 Mikansei
- 6 Izakaya Hamanasu
- 7 Snack Ai
- 8 Utageya Fukusuke
- 9 Izakaya Sakurashimachi

## route legend

- highway 232
- prefectural and municipal roads
- Ororon Line Cycling Route
- Ororon Line Cycling Route Teshio Route



Best viewed from mid to late June.

Peony Garden

Tennis Court

Baseball field

Sub Baseball field

Park golf course

Gate-ball course

Softball field

Teshio Athletic Park

Teshiogawa Historical Museum

Teshio Komorebi Forest

Sports Center

HealthCenter

Teshio Pre-school "Ohisama"

Teshio Jr. High

Bekomochi Factory

There are many kinds of string cheese.

Teshio Seiryu Bridge

Nihonkai ramen (Sea of Japan)

Parlor Yamato (Pachinko)

Drive-In Teshio

Seiko Mart

Northern Rumoi Fishermen's Cooperative Fish Market

Teshio Kimchi Shop

Teshio Hot Spring Yubae

Auto camping ground

Bungalow

Wow, The sunset is beautiful.

Come-as-you-are camping

statue of Matsuura Takeshiro founder of the name "Hokkaido"

Cycle rack, Bicycle repair tools

Teshio Harbor

Tenpu-chan

Windmills are about 7km to the south.

Fishing in Teshio isn't limited to clams. Many salmon are netted here!

the lawn is nice here

You can see Mt. Rishiri on clear days.

"Teshio Kamen" is the mascot of Teshio

Heart pavement

Memory Bench

fireworks show on eve of Teshio River Clam Festival

A festival of local specialty: Teshio clams, local products, music shows etc.

Teshio River Clam Festival (July 12th to 13th)

Teshio Shishimai lion dance

This festival is held yearly from July 16-18.

Locals both young and old gather to move the majestic shrines through town in this time-honored tradition.

Teshio Itsukushima Shrine Festival (main festival July 17th)

monument to the Kamumisaki earthquake

pit dwelling(replica)

Kawaguchi Scenic Forest Remains

Clean Center

Teshio Itsukushima Shrine

Teshio High School

street lamps are designed with a Japanese marsh tit, the town bird.

Nana Club (light meals)

Iwasaki Automotive

Ginei Marine Products

Kunioku Shop

Tenrikyo Church

Hachimura Dental

Elderly Welfare

Yamateura Road

Idemitsu gas stand

Hokkaido Electric

Hokkaido Newspaper

Hinomaru Inn

Wakkanai Bank

Hokkaido Bank

N. Rumoi Forestry

bus terminal

JA Teshio

Shinkai Road

妙法寺 temple

数信寺 temple

Shinchi Road

Teshio Town Hall

Teshio Government

Homac Nikotto

Chuo Supermarket

Teshio police station

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