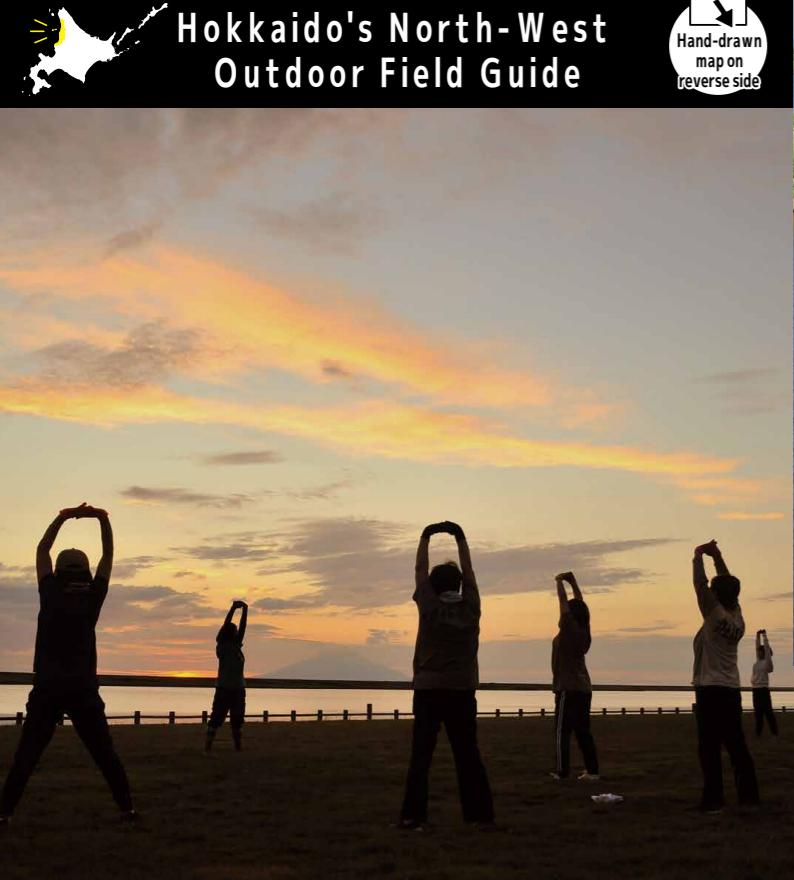


# TESHIO

天塩

Hokkaido's North-West  
Outdoor Field Guide



If you've come  
this far!  
Rumoi.



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.rumoclub.net/orora/](http://www.rumoclub.net/orora/)

Hokkaido's North-West Outdoor Field Guide

[Published/Edited by]  
Rumoi Tourism Federation Secretariat  
077-0005 2-chome, Funaba-cho,  
Rumoi City, Hokkaido



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

## 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"!



### Ororon Line Cycling Route

Rumoi 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.



tourism information  
Teshio  
(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.



Teshio Hot Spring  
Yubae  
(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.

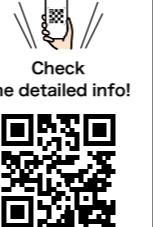


tourism information  
Teshio  
(official website)



### 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.

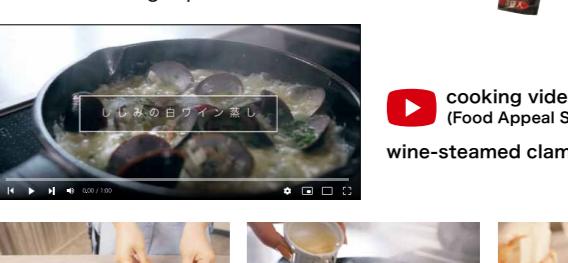


Down the Teshioppe  
(official website)



### 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.



cooking video  
(Food Appeal Set)

wine-steamed clams



tourism information  
Teshio  
(official website)

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



## Hokkaido Cycling Routes Do you know about the communication site?

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



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 antenno 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.



tourism information  
Teshio  
(official website)



