

The times required are calculated at the speeds of 4.0 mile/h for walking, 6.2 mile/h for running and 9.9 mile/h for cycling.

## Enjoy the Niseko area by rental bicycle!

### Niseko Green Bikes (NGB)

**Point** Can be rented for free, and can be picked up and returned at any rental station (see below)! An ID is required.

**NGB station** Hilton Niseko Village, Milk Kobo, Niseko Ekimae Onsen (Kiranoyu), Michi no Eki Niseko View Plaza, Hotel Kanro no Mori, Niseko Grand Hotel, and Hotel Niseko Ikoi no Mura

**Hours and Period** 9:00 - 18:00, until October 31 Vary depending on the season

**Inquiries** Niseko-cho Chamber of Commerce and Industry : Tel. 0136-44-2121 <http://www.town.niseko.lg.jp/>

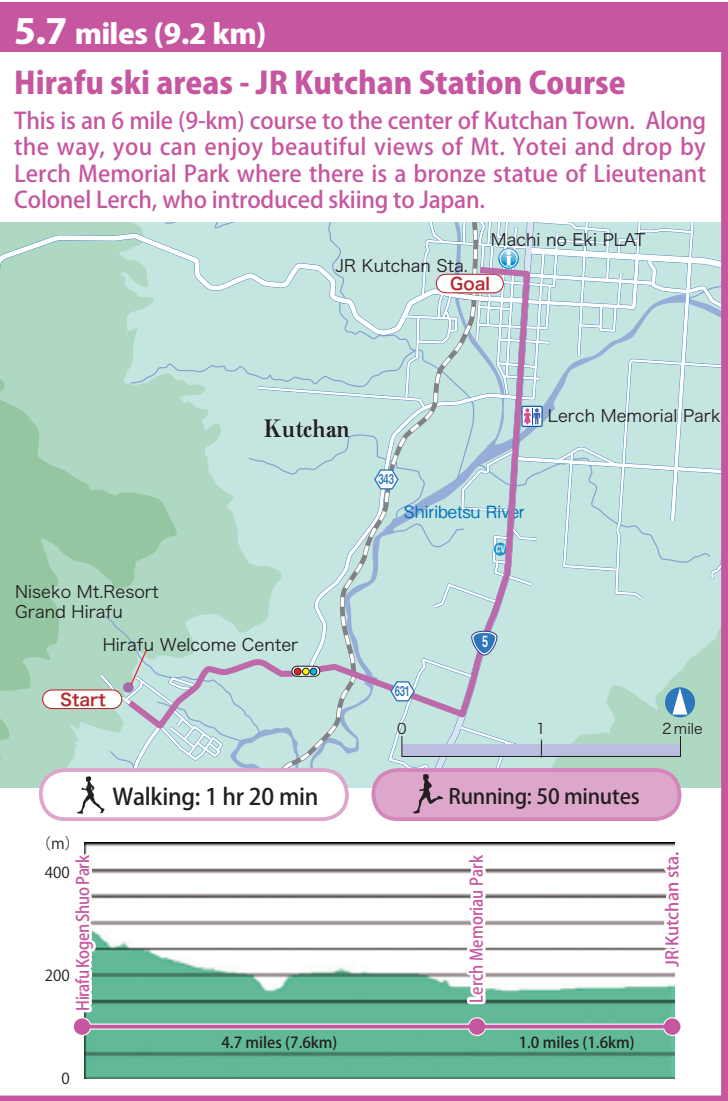


### Bicycle conditions in the Niseko area

If you want to enjoy riding a bike through the streets of Kutchan, it is recommended to rent a bicycle at Machi no Eki PLAT.

There are also many stores renting shopping bicycles and mountain bikes as well as courses for cycling in the Niseko area.

Contact address for bicycle rental  
**Niseko Promotion Board** (Tel. 0136-21-2551)  
<http://www.nisekotourism.com/>



### Climate in the Niseko area

The Niseko area is blessed with rich natural surroundings, but because of this the area is easily affected by weather. The ideal months for running or walking are May to October. There is no rainy season, and the temperature does not rise as high as in Tokyo, allowing people to enjoy sports in the fresh air. After the beautiful foliage season from September when mountains are tinged with red leaves, it begins to snow in October. The Niseko area has much snow in winter and the temperature drops rapidly. Be sure to prepare sufficiently for the cold.

	Average temperature (°C)	Mean precipitation (mm)
Jan.	-5.7	188.9
Feb.	-5.2	133.1
Mar.	-1.4	93.1
Apr.	4.8	67.5
May	10.7	75.0
Jun.	15.3	51.8
Jul.	19.2	96.0
Aug.	20.7	141.6
Sep.	15.9	133.6
Oct.	9.4	133.2
Nov.	2.8	176.6
Dec.	-3.1	186.8

Compiled based on data from the Japan Meteorological Agency  
<http://www.jma.go.jp/jma/>

#### Points to note

- Wear a light reflector or a head light during hours of darkness in the morning and evening, so that drivers can easily see you.
- Users are fully responsible for any accidents or injuries. Enjoy the courses in safety and avoid overexertion.

## Course stop-off points for landmarks

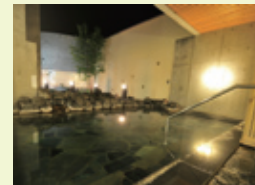
Legends Restaurant Shop Onsen (Hot spring) Niseko Green Bike (Bicycle Rental)



**Restaurant Lupicia Niseko**   
A Western- and Japanese-style restaurant offering a variety of teas from around the world.  
Tel. 0136-21-7880  
Closed on Wednesdays between April to October; open all year round.  
<http://www.lupicia.co.jp/restaurant/>



**Oudon Café Houzuki**   
A popular udon shop with chewy hand-made noodles. Located on the way to Lake Hangetsu.  
Tel. 0136-21-7711  
Closed on Mondays, 2nd and 4th Tuesday of month



**Niseko Ekimae Onsen Kiranoyu**   
A popular day-visit hot spring facility in front of Niseko Station.  
Tel. 0136-44-1100  
Adults: 500 yen; children: 250 yen  
Closed on Wednesdays  
<http://www.16.plala.or.jp/kiranoyu/>



**Bouken Kazoku** – Accommodation and Nature & Life Experience Center   
A 75-year-old elementary school has been converted into accommodation, activity facility, and a restaurant. Visitors can experience a variety of activities including camping.  
Tel. 0136-22-3759  
<http://www.bouken-kazoku.com/>



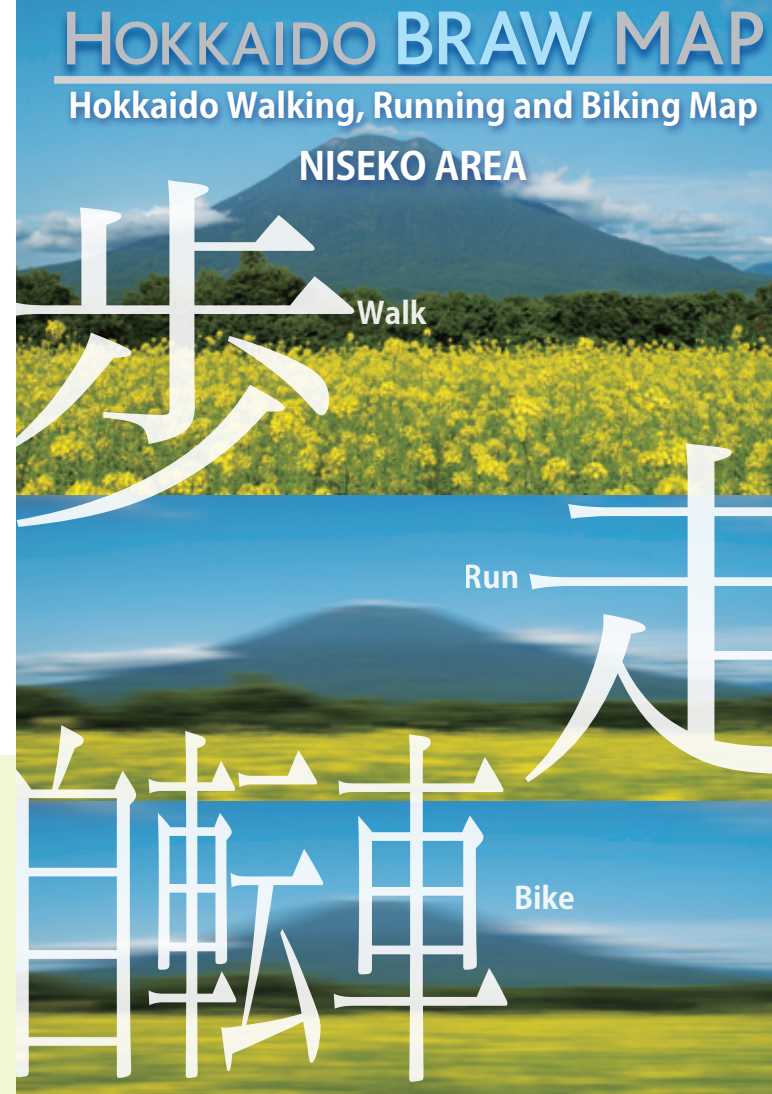
**HUCKLEBERRY FARM (RISTORANTE 89)**   
A farm where visitors can experience seasonal agricultural work, and sample harvested vegetables. There is also a restaurant.  
Tel. 0136-22-3388  
<http://www.hbj-farm.com/>



**Niseko Fromage**   
A specialty shop selling a variety of cheese.  
Tel. 0136-44-3471  
Closed on Wednesdays and Thursdays between November and March; open daily from April to October



**Niseko Milk Kobo**   
When people think of Niseko, this place springs to mind. The most well-known shop in Niseko, from where beautiful views of Mt. Yotei can be seen.  
Tel. 0136-44-3734  
<http://www.milk-kobo.com/>



## Check here for tourist information on the Niseko area

**KUTCHAN TOURISM ASSOCIATION** (Machi no Eki PLAT)  
Tel. 0136-22-3344 <http://www.niseko.co.jp/>

**KUTCHAN TOURISM ASSOCIATION HIRAFU BRANCH** (Sun Sports Land)  
Tel. 0136-22-5878

**NISEKO TOURIST ASSOCIATION** (Michi no Eki Niseko View Plaza)  
Tel. 0136-43-2051 <http://www.niseko-ta.jp/>

**NISEKO PROMOTION BOARD**  
Tel. 0136-21-2551 <http://www.nisekotourism.com/>

### What is the BRAW Project?

BRAW is a word coined from the initials of “Bike, Run And Walk,” and means “fine” and “excellent” in Scottish-English. This project aims to contribute to the regional economy by organizing information on activities for health-conscious people, incorporating the regional resources of Hokkaido into the information, and then promoting it.

More courses are introduced on the website. If you are interested, check here. You will be sure to find a good course.



<http://sapporo-convention.net/braw-project/>

Some cell phones may not be able to read this QR code. This website is created for a PC browser.

A variety of unique courses are highlighted on the website below!



<http://www.jognote.com/>

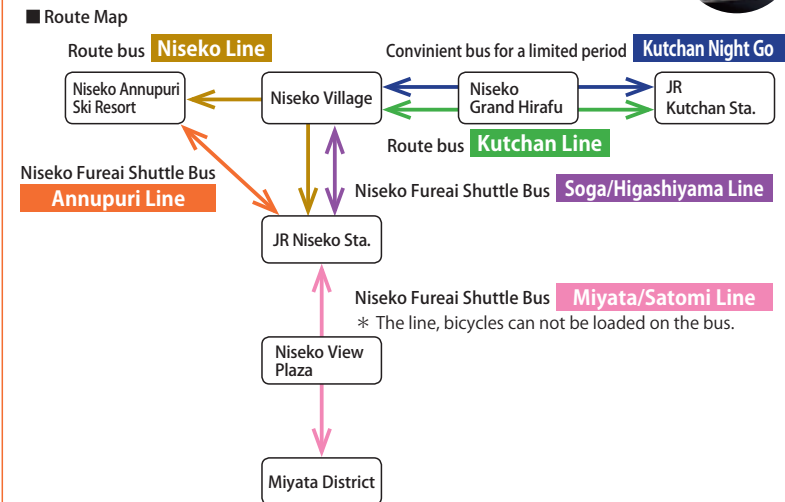


<http://latlonglab.yahoo.co.jp/>

Registered users can search for “BRAW Project.”

## Make use of convenient transportation

Please confirm with the relevant company as the operating periods, routes and times are subject to changes.



### ○ Niseko Town loop bus

**Niseko Fureai Shuttle Bus** **Soga/Higashiyama Line** **Annupuri Line** **Miyata/Satomi Line**

You can get on the bus by waving it down not only at bus stops but anywhere! (excluding national and prefectural roads)  
Bicycles can be loaded on the bus! (100 yen per bike).  
Available for 100 yen per ride! (50 yen for elementary school children or younger)

### ○ Route bus

**Connecting Niseko Town and Kutchan Town** **Kutchan Line**  
Running daily between April 28 and October 28

**Convenient connections at Niseko Station** **Niseko Line**  
Please inquire about the bus schedule.

**Inquiries** Niseko Bus Ltd. Tel. 0136-44-2001  
<http://www.niseko-bus.cbbs.co.jp>

### ○ Convenient bus for a limited period

**Kutchan Night Go**

Free night bus from Kutchan Station to Niseko Town's Higashiyama area (limited period)

**Inquiries** KUTCHAN TOURISM ASSOCIATION Tel. 0136-22-3344  
<http://www.niseko.co.jp>

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## 1 6.0 miles (9.7 km)

### Annupuri – JR Niseko Station Course

With little traffic you can enjoy travelling at speed on the downward slope from Annupuri. This is a varied and pleasant course where the magnificent Mt. Yotei appears and disappears throughout the trip.

#### Higashiyama Hana no Oka

A flower garden adjacent to Milk Kobo. Among the many flowers, the bright yellow color of sun flowers blends beautifully with the scenery of Niseko including Mt. Yotei and Mt. Annupuri. This is the perfect spot to take a picture as a keepsake of Niseko.



#### Niseko Ohashi (Bridge)

The bridge with distinctive large yellow arches right beside Niseko Station is a well-known sight of Niseko. Railway tracks and the Shiribetsu River run under the bridge, from where you can see the SL (Steam Locomotive) Niseko Train in autumn.

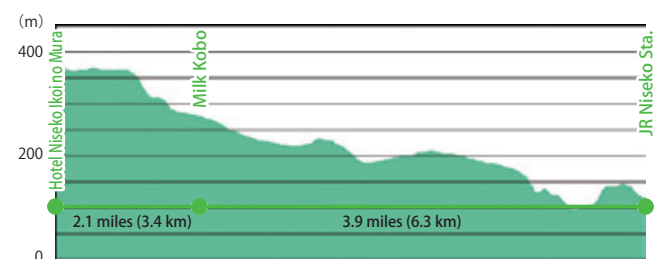
#### JR Niseko Station

A station with a unique appearance. The station is decorated with seasonal items like pumpkins in Halloween and illuminations on winter nights, creating a fun, colorful atmosphere.



Running: 1 hour

Biking: 40 minutes



## 2 6.6 miles (10.6 km)

### JR Niseko Station – Rubeshibe River Round Course

A course with panoramic views of the nature of Niseko such as Mt. Yotei and other mountains and the Rubeshibe River. The area is called the Miyata district, and beautiful scenery can be seen from a viewpoint in the district.



#### Kira Kaido

The main street of Niseko. The beauty of Niseko lies not only in its natural surroundings; enjoyment and beauty can also be found among the streets of the town. The sky expands with no obstacles, as electric cables are undergrounded, and streets are colored with beautiful flowers.

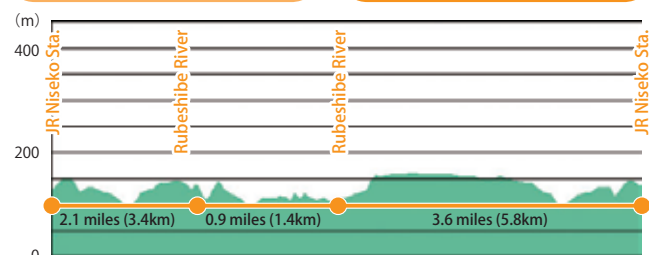


#### Miyata View Spot

The charm of the Miyata district is the scenery of the mountains in Niseko that can be seen from there. The Miyata Viewpoint Parking Area is set along the national highway for drivers to relax and enjoy the views.

Running: 1 hour

Biking: 40 minutes



## 3 6.5 miles (10.5 km)

### Annupuri-Hirafu Course

A course along Mt. Niseko Annupuri. You can enjoy places of interest in Niseko. This dynamic course connects ski areas in Niseko Annupuri and Grand Hirafu.

#### The Twin Cherry Trees

Pretty cherry trees standing side by side as if snuggling up to each other. Their sight with Mt. Yotei as a backdrop will make you feel the expansiveness of Niseko. This place is also popular as a photo spot. Please take care not to enter the fields in front of the trees.



## 4 9.1 miles (14.7 km)

### Hirafu-Hangetsuko Course

A course that starts from the Grand Hirafu ski area, turns back at Lake Hangetsu and returns through another route. The area around Lake Hangetsu is a natural park that makes for a good place to take a rest. This course is recommended for those who wish to run while seeing the looming Mt. Yotei.



#### Hangetsuko Reserve

The area around Lake Hangetsu – a crescent-shaped volcano lake – is a natural park. There is a walking trail (approx. 40 min.) that encircles the lake. People can enjoy walking through woods in summer and colored leaves in autumn. There is a campsite nearby.



#### St. Moritz Ohashi (Bridge)

This bridge was named Saint Moritz because Kutchan Town has a sister-city relationship with the city. The Shiribetsu River and the railway tracks run below the bridge, making it a popular photo spot for bird watchers and railroad enthusiasts.



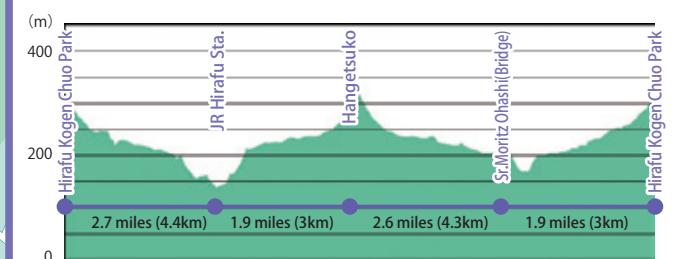
#### Hirafu Kogen Chuo Park

This park is located on higher ground with glorious views of Mt. Yotei. The park, which features a waterfall and a stream, is ideal for taking a rest. Rest rooms located in the Welcome Center nearby.



Running: 1 hr 30 min

Biking: 50 minutes



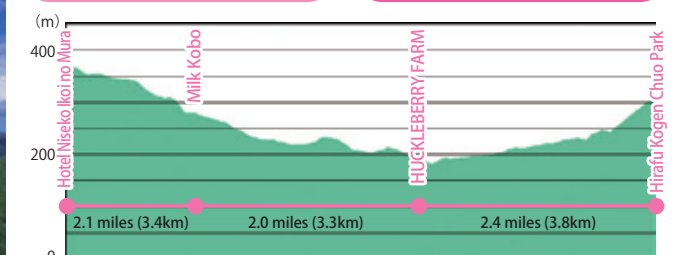
#### Beautiful Condo / Buildings

In recent years, many modern, stylish condominiums have been built around the Grand Hirafu ski area. They create an atmosphere that is very un-Japanese.



Running: 1 hour

Biking: 40 minutes



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