

02 Daisetsuzan National Park



Midori Pond,
Kamikawa Town,
Hokkaido



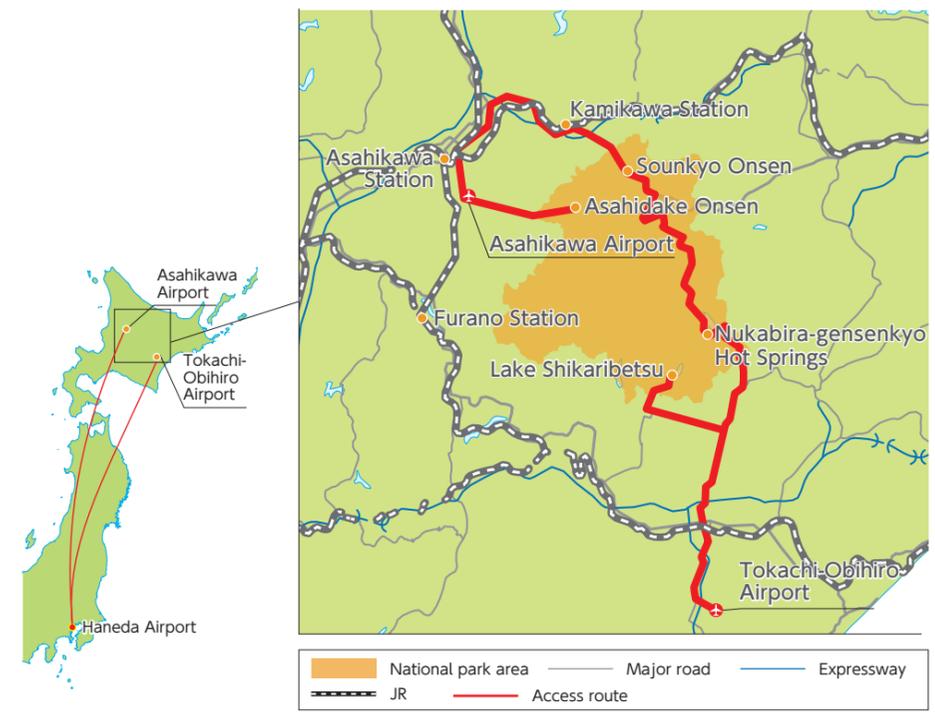
1 Susoaidaira Plateau and Mt. Asahi, Higashikawa Town, Hokkaido 2 Columnar jointing, Kamikawa Town, Hokkaido 3 Sounkyo Onsen, Kamikawa Town, Hokkaido 4 Ginga Waterfall, Kamikawa Town, Hokkaido 5 Lake Shikaribetsu, Shikaoi Town, Hokkaido 6 Hagoromo Waterfall, Higashikawa Town, Hokkaido 7 Pika, Kamishihoro Town, Hokkaido 8 Tokachi-Mitsumata Sea of Trees, Kamishihoro Town, Hokkaido

Japan's largest mountainous national park, called Kamuy Mintara –"the playground of the gods"– by the Indigenous Ainu people

The vast, seemingly endless landscape of Daisetsuzan National Park is the result of millions of years of geological activity, beginning as deposits from the Hidaka Supergroup which accumulated on the seafloor during the Mesozoic Era which then subsequently rose and sculpted the landscape as lava and pyroclastic flows dating to eruptions during the Cenozoic Era (chiefly the Quaternary period). Daisetsuzan's boundless, pristine mountain scenery has to be seen to be believed. A land of contrasts, dynamic scenery and elegance live side by side. Even now, smoke swirls upwards from Mt. Asahi and Mt. Tokachi, a testament to the area's incredible volcanic activity, and large calderas, including the Tokachi-Mitsumata Caldera, sit on the horizon. Deep in valleys, snow lasts through summer, and multicolored alpine plants carpet the mountainside. If you're lucky, you might spy a pika, a survivor of the ice age that resembles a small rabbit. This exquisite and mysterious landscape is revered by the indigenous Ainu people, who consider it sacred ground, calling it Kamuy Mintara, "the playground of the gods."

Daisetsuzan graces the area's inhabitants with a treasure trove of natural blessings, including hot springs like Sounkyo Onsen Hot Spring, Asahidake Onsen Hot Spring and Nukabira Onsen Hot Spring Village.

Access



| | | | | | | |
|----------------|---------------------------|-------------------------|----------------------|-------------------------------|-------------------------------|--------------------------------|
| Haneda Airport | Approx. 95min by airplane | Tokachi-Obihiro Airport | Approx. 40min by bus | Obihiro Station | Approx. 100min by Tokachi Bus | Nukabira-gensenkyo Hot Springs |
| | Approx. 95min by airplane | Asahikawa Airport | Approx. 50min by bus | Asahikawa Station | Approx. 115min by Dohoku Bus | Sounkyo Onsen |
| | | | | Approx. 50min by Ideyu-Go Bus | | Asahidake Onsen |

Access route are given as example. Times indicated for each route section are approximately only. For more details, please visit the counter or websites of the transportation providers.

Information counter

Please contact each provider directly.

Daisetsuzan National Park -Recommended Activities-

Activity 01 Use the ropeway and chair lift, then hike to the summit from Mt. Kuro's seventh station. Enjoy alpine plants in summer and revel in the vibrant foliage of Daisetsuzan in fall.



Scale Mt. Kurodake with a mountain guide

FIT **GROUP**

Beginning at the popular hot spring resort, Sounkyo Onsen, this trek makes use of the ropeway and chair lift before switching to a trek from Mt. Kuro's seventh station. Marvel at the magnificence of the Daisetsuzan landscape as you hike with a guide.

Season July 1-September 10
Time required 300 min
Fee Adults (age 12 and over): 5,400 yen
Inquiries Rinyu Corp. Sounkyo Office
Phone 01658-5-3031
E-mail sounkyo@rinyu.jp
U R L <https://www.rinyu.co.jp/tour/detail/p0278.htm>



Activity 02 Experience the wonders of Daisetsuzan National Park with commentary from a knowledgeable local guide.



An early-morning walk on Mt. Kurodake: Ride the first ropeway of the day!

FIT **GROUP**

Board the day's first ropeway run at 6:00 a.m. and soar to Mt. Kuro's fifth station, which sits at an elevation of 1,300 meters. Enjoy commentary from your guide as you discover the natural beauty of Daisetsuzan National Park. With luck, between early summer and fall, you'll catch a glimpse of the sea of clouds.

Season June 1-October 15
Time required 7 min
Fee Adults: 2,700 yen, children: 1,800 yen
Inquiries Rinyu Corp. Sounkyo Office
Phone 01658-5-3031
E-mail sounkyo@rinyu.jp
U R L <https://www.rinyu.co.jp/tour/detail/p0055.htm>



Activity 03 With the help of a guide, discover Sounkyo Gorge charms that you may have overlooked while driving through.



Cycle to Ginga and Ryusei Waterfalls, starting from the Sounkyo Gorge

FIT **GROUP**

Cycle alongside Ishikari River and marvel at the stunning scenery and famous waterfalls of the Sounkyo Gorge via top-class cross bike, mountain bike, or electric-assist city bike.

Season July 1-September 10
Time required 120 min
Fee Adults and children: 2,700 yen
Inquiries Rinyu Corp. Sounkyo Office
Phone 01658-5-3031
E-mail sounkyo@rinyu.jp
U R L <https://www.rinyu.co.jp/tour/detail/p0280.htm>



Activity 04 Admire columnar joints while walking a trail built alongside the Akaishi River, a tributary of the Ishikari River that flows from Daisetsuzan Ohachidaira.



Momiji Valley hiking tour

FIT **GROUP**

A guided hiking course that begins in the Sounkyo Onsen hot spring district and runs through Momiji Valley. See the rare geographical feature of columnar joints, and enjoy the peace and quiet of the trail while listening to your guide's explanations as you make your way to Momiji Waterfall, the hike's final destination.

Season July 1-September 10
Time required 180 min
Fee Adults (age 12 and over): 2,700 yen
Inquiries Rinyu Corp. Sounkyo Office
Phone 01658-5-3031
E-mail sounkyo@rinyu.jp
U R L <https://www.rinyu.co.jp/tour/detail/p0281.htm>



Activity 05 Get your fill of the majestic nature of Kamikawa and Sounkyo while rafting! This tour lets you soak up scenery you can't see when traveling by car or on foot.



Rafting in Daisetsuzan

FIT

For this rafting tour, we take season, water levels, and rainfall into consideration, so the river is chosen on the day of the tour rather than at the time of reservation. From start to finish, the program takes about three hours.

Season Late April-early October
Time required 180 min
Fee Adults (age 12 and over): 7,300 yen, children (ages 9 to 11): 3,800 yen *Please contact in advance for groups of 6 or more people
Inquiries alpine river guides
Phone 01658-2-1253
E-mail info@alpinriver-guides.com
U R L www.alpinriver-guides.com



Activity 06 Trek around the photogenic town of Higashikawa, where incredible scenery, flora and fauna provide plentiful photography subjects across the seasons and in all weather conditions. From beautiful townscapes to quintessential rural landscapes, you will want to capture every moments on camera.



Higashikawa photo-trekking course

FIT **GROUP**

Tour the photogenic streets of Higashikawa. A professional photographer, who is a local to the area, will lead you to the best photo spots and also provide technical assistance for all level.

Season Year-round (closed for year-end holidays)
Time required 180 min
Fee Please contact for fees
Inquiries Asahidake Visitor Center
Phone 0166-97-2153
E-mail higashikawapu@gmail.com
U R L <http://asahidake-vc-2291.jp>



◆ Daisetsuzan National Park -Recommended Activities-

Activity 07 The tour is open to all visitors, even those who are not confident in their physical strength or do not have outdoor equipment. We will introduce a variety of trail courses to suit your physical condition and preference.
Nature observation tour



FIT **GROUP**

Our guides will provide expert commentary about the natural knowledge while hiking the nature exploration road around the Asahidake Visitor Center.

Season Year-round
Time required 90 min
Fee Please contact for fees
Inquiries Asahidake Visitor Center
Phone 0166-97-2153
E-mail higashikawapu@gmail.com
U R L https://asahidake-vc-2291.jp

Activity 08 Thoroughly explore the Tokachi mountain range with this tour that takes you to the Ansei Crater, where you'll see and feel the vitality of the ancient volcanic crater. You will also experience one of the healing benefits of volcanoes with a soak in a hot bath.
Discover healing natural baths on a geotour of Mt. Tokachi



FIT **GROUP**

Enjoy a two-hour round-trip hike from Tokachi Onsen to the Ansei Crater while listening to commentary about the origins of the Tokachi mountain range. Treasure the delicate flowers of alpine plants during the blooming season, and witness nature's magnificence while nibbling eggs boiled in the geothermal heat of the mountain year round. Post-hike, admire the Tokachi mountain range while soaking away your tired muscles in an open-air bath of natural hot spring water.

Season Year-round **Time required** 270 min
Fee Adults (age 19 and over): 4,500 yen, children: 3,600 yen
Inquiries Tokachidake Onsen
Phone 0167-39-4111
E-mail ryounkaku.onsen@gmail.com
U R L https://www.ryounkaku.jp

Activity 09 Keep an eye out for Yezo deer and wild birds as you tour this area rich in nature and history with a local guide. In the dry riverbed, look out for obsidian, a rough gemstone once used to make arrowheads in prehistoric Japan.
Arch bridge tour



FIT **GROUP**

The old Shihoro rail line once transported trees felled in the forests of Daisetsuzan National Park, crossing many concrete arch bridges along the way. One of the most famous is the ancient-looking Taushubetsu Bridge, which spans Lake Nukabira, a man-made body of water created in 1955. In summer and fall, guides will explain the nature of Daisetsuzan, the old railroad, and the area's way of life as you travel by car to the tour site, where you will explore Taushubetsu Bridge, the remnants of Horoka Station and surrounding area. In winter, snowshoe on the lake and through the forest while admiring the bridge.

Season Year-round **Time required** From 150 min
Fee Adults (age 12 and over): from 3,700 yen, children (ages 6 to 11): from 2,000 yen
Inquiries NPO Higashi-Taisetsu Nature Guide Centre **Phone** 01564-4-2261
E-mail shizen@guidence.jp
U R L http://www.guidence.jp

Activity 10 Learn about the forests that surround Lake Komadome.
Walking the moss forests of the Lake Shikaribetsu area



FIT **GROUP**

Explore a dense woodland recognized as a "valuable moss forest" by the Bryological Society of Japan. In this magnificent area, you'll enjoy discovering the connections between the origins of the land and its many living things. Take your time as you take in the beauty of the mosses, flora, and fauna.

Season June-October
Time required 150 min
Fee Adults and children (age 6 and over): 4,500 yen
Inquiries Hokkaido Nature Center
Phone 0156-69-8181
E-mail lake804m@gmail.com
U R L https://www.nature-center.jp/

Activity 11 Discover nature from a novel perspective on this night program. Step into the unknown and finish the evening truly satisfied.
"Night-watching" at Lake Shikaribetsu



FIT **GROUP**

Wander just a short distance from the hotel and you'll leave artificial light behind, finding yourself in the pitch black of Lake Shikaribetsu. Travel by car to a spot recommended by your guide and experience the true darkness of night. What will you find in this lightless world? A new perspective on nature only illuminated by the bright moon under star-filled sky? (Please note that stargazing is not the main focus of this program.)

Season Year-round **Time required** 60 min
Fee Adults (age 12 and over): 3,000 yen, children (ages 6 to 11): 2,000 yen
Inquiries Hokkaido Nature Center
Phone 0156-69-8181
E-mail lake804m@gmail.com
U R L https://www.nature-center.jp/

Activity 12 Tour sky-high Lake Shikaribetsu by canoe and paddle your way along the waters while soaking up the special ambiance of early morning.
Early-morning canoeing on Lake Shikaribetsu



FIT

Explore Daisetsuzan National Park's only natural lake—Lake Shikaribetsu—by canoe. Enjoy this beautiful setting surrounded by forests, as well as the placid conditions that often accompany early morning.

Season Mid-May-mid-October
Time required 120 min
Fee Please contact for fees
Inquiries Boreal Forest
Phone 0156-67-2677
E-mail info@boreal-forest.jp
U R L https://www.boreal-forest.jp/

Sample course
using the recommended activities

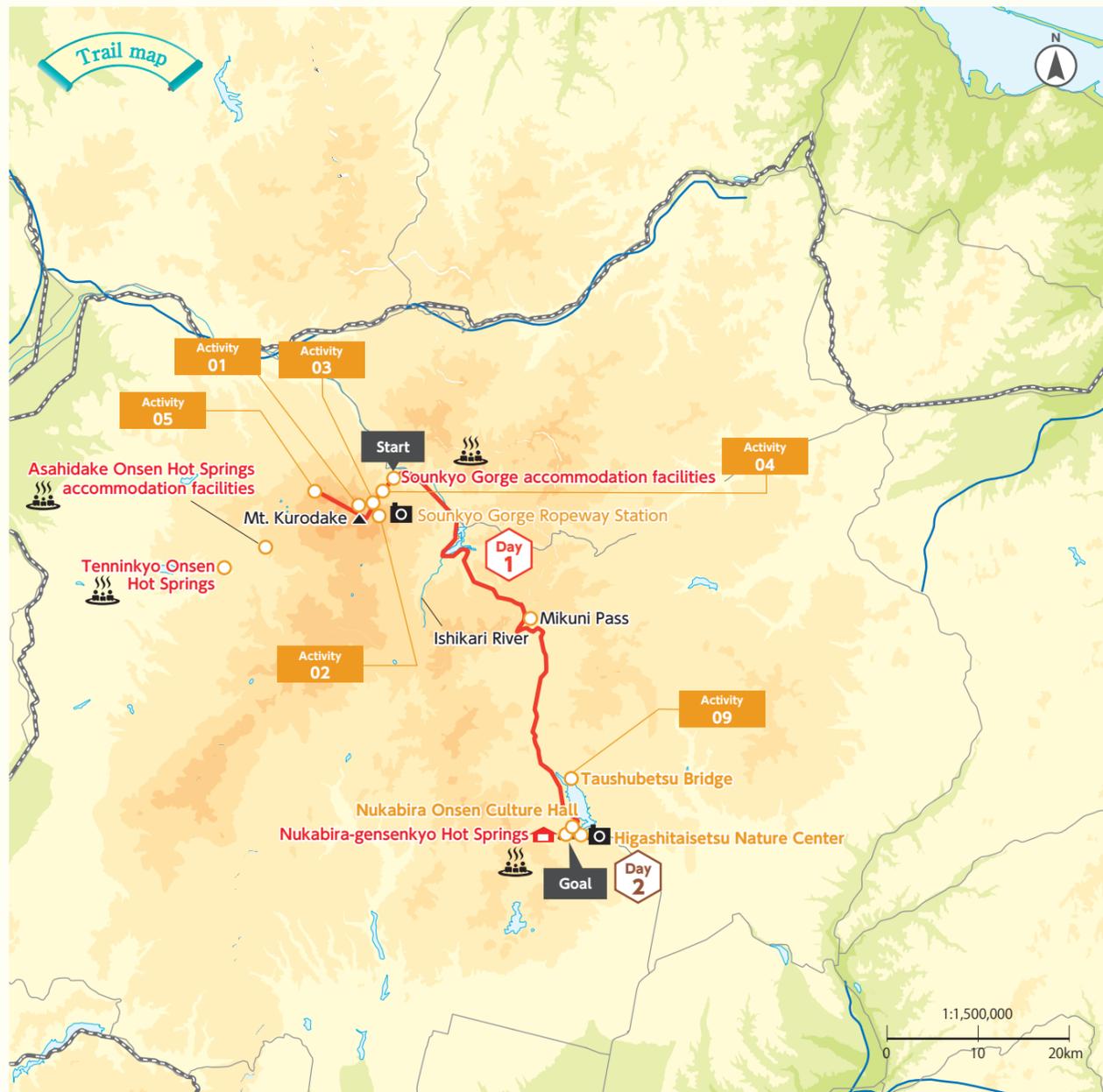
1

Season July - October Duration of stay 1 night, 2 days (requires arriving the day before the itinerary begins)

Explore the Ishikari River Watershed and Enjoy Higashitaisetsu to the Fullest on a Trip to Daisetsuzan National Park

Notes

- Many people are familiar with the Ishikari and Sapporo areas around the mouth of the Ishikari River. However, few are acquainted with the origin of this river, Hokkaido's longest. With this itinerary, explore the headwater of the Ishikari River. This course takes into account your ability and schedule, allowing you to choose from hiking, cycling, rafting and mountain hiking.
- Admire the view from Mikuni Pass, the highlight of the drive through Daisetsuzan National Park. Visit Taushubetsu Bridge, a Hokkaido-designated heritage site. Enjoy natural hot springs gifted to the area by volcanic forces.
- The perfect choice for those without a driver's license and those who would prefer to avoid driving, this tour is arranged so that the various locations can all be reached by public transportation.



| | |
|-------------------------|---|
| Night of arrival | Depart from local airport ✈️ _____ Arrive at Asahikawa Airport (or travel from New Chitose Airport by Japan Rail to Asahikawa Station) 🚗 or 🚌 (Fixed-route bus) _____ Sounkyo Gorge accommodation facilities [Accommodation] |
| Day 1 | 5:15a.m. Accommodation facility 🚶 10min _____ 5:30a.m. 📷 Sounkyo Gorge Ropeway Station 🚡 60min _____ Activity 02 An early morning walk on Mt. Kurodake: Ride the first ropeway of the day! (60min) 🚶 10min _____ 7:30a.m. Accommodation facility Breakfast 🚶 10min _____ Activity 01 Scale Mt. Kurodake with a mountain guide (300min) _____ Activity 03 Cycle to Ginga and Ryusei Waterfalls, starting from the Sounkyo Gorge (120min) _____ Activity 04 Momiji Valley hiking tour (180min) _____ Activity 05 Rafting in Daisetsuzan (180min) _____ 12:00a.m. Sounkyo Gorge 🚗 or 🚌 (Fixed-route bus, one per day) 60min _____ 1:05p.m. Nukabira-gensenkyo Hot Springs Lunch _____ 2:00p.m. Nukabira-gensenkyo Hot Springs 🚶 20min _____ 3:00p.m. 📷 Higashitaisetsu Nature Center (40min) 🚶 20min _____ 3:20p.m. Nukabira-gensenkyo Hot Springs [Accommodation] _____ Choose your activity! As start times vary by activity, please confirm your choice with your tour provider in advance. |
| Day 2 | 5:15a.m. Nukabira-gensenkyo Hot Springs 🚶 3min _____ 5:30a.m. Nukabira Onsen Culture Hall 🚶 _____ Assemble Activity 09 Arch bridge tour (150min) Start times change depending on the month, so please confirm with your tour operator in advance: NPO Higashitaisetsu Nature Guide Center 01564-4-2261 Post-tour, enjoy breakfast at your accommodation facility. 10:00a.m. Nukabira-gensenkyo Hot Springs 🚗 or 🚌 (Fixed-route bus) _____ Obihiro Station 🚉 (JR) _____ To New Chitose Airport (or Obihiro Airport) ✈️ _____ Arrive at local airport |

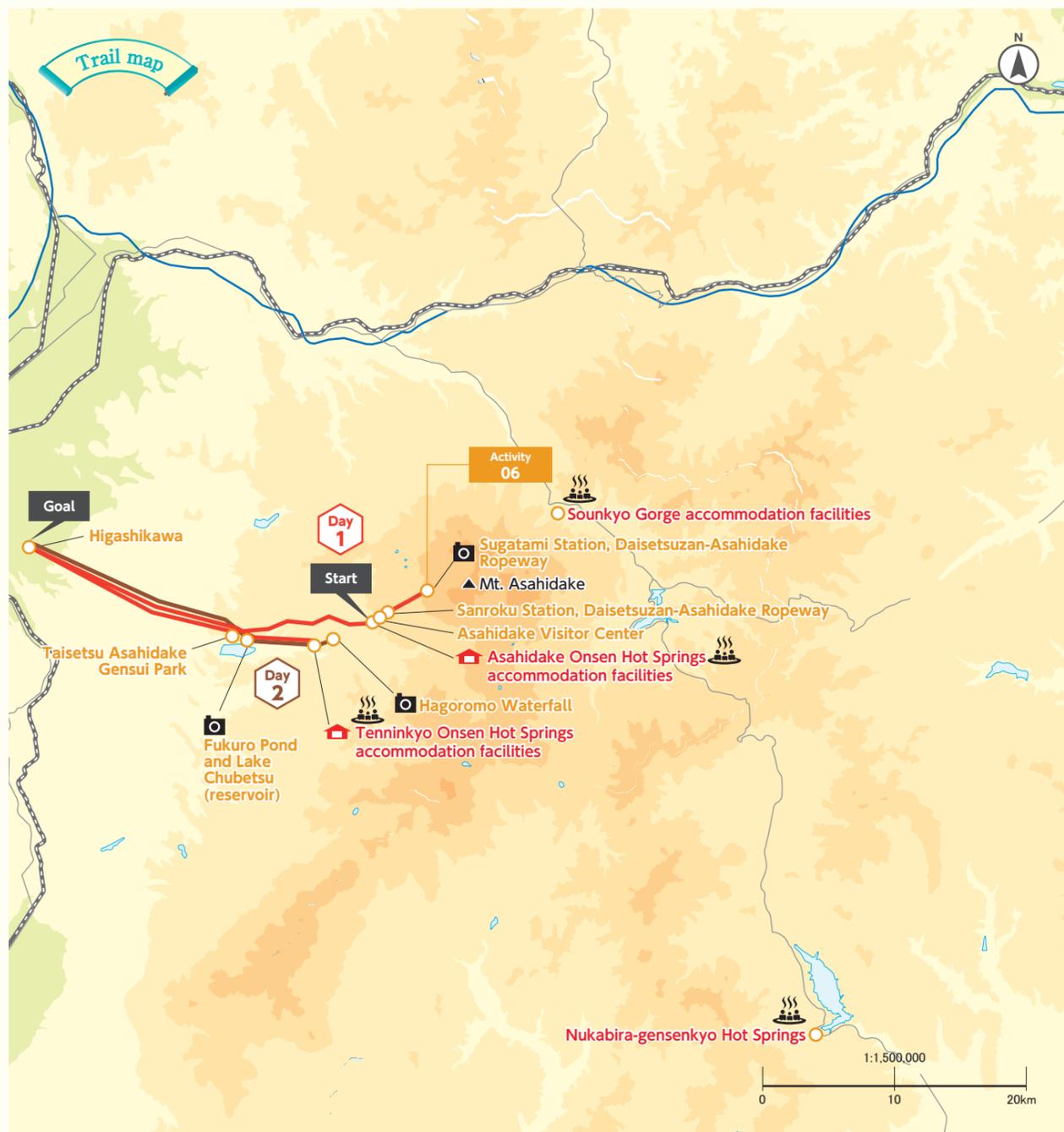
Season Spring, Summer, Fall (late June - Mid September) **Duration of stay** 1 night, 2 days (requires arriving the day before the itinerary begins)

The Blessings of Mt. Daisetsuzan

The Bounty of Daisetsuzan: Water Wonderland Tour

Notes

- The snowmelt and rain that falls on Mt. Daisetsuzan penetrates the ground before gushing forth at Taisetsu Asahidake Gensui Park and Lake Chubetsu, a reservoir in the upper reaches of the Chubetsu River, and cascades over columnar joints as Hagoromo Waterfall. On this tour that takes you to various water-related locations, discover a world of water and the lifestyle of locals.
- A short-and-sweet tour that allows you to explore the wilderness of Daisetsuzan National Park's vast territory in one night and two days.



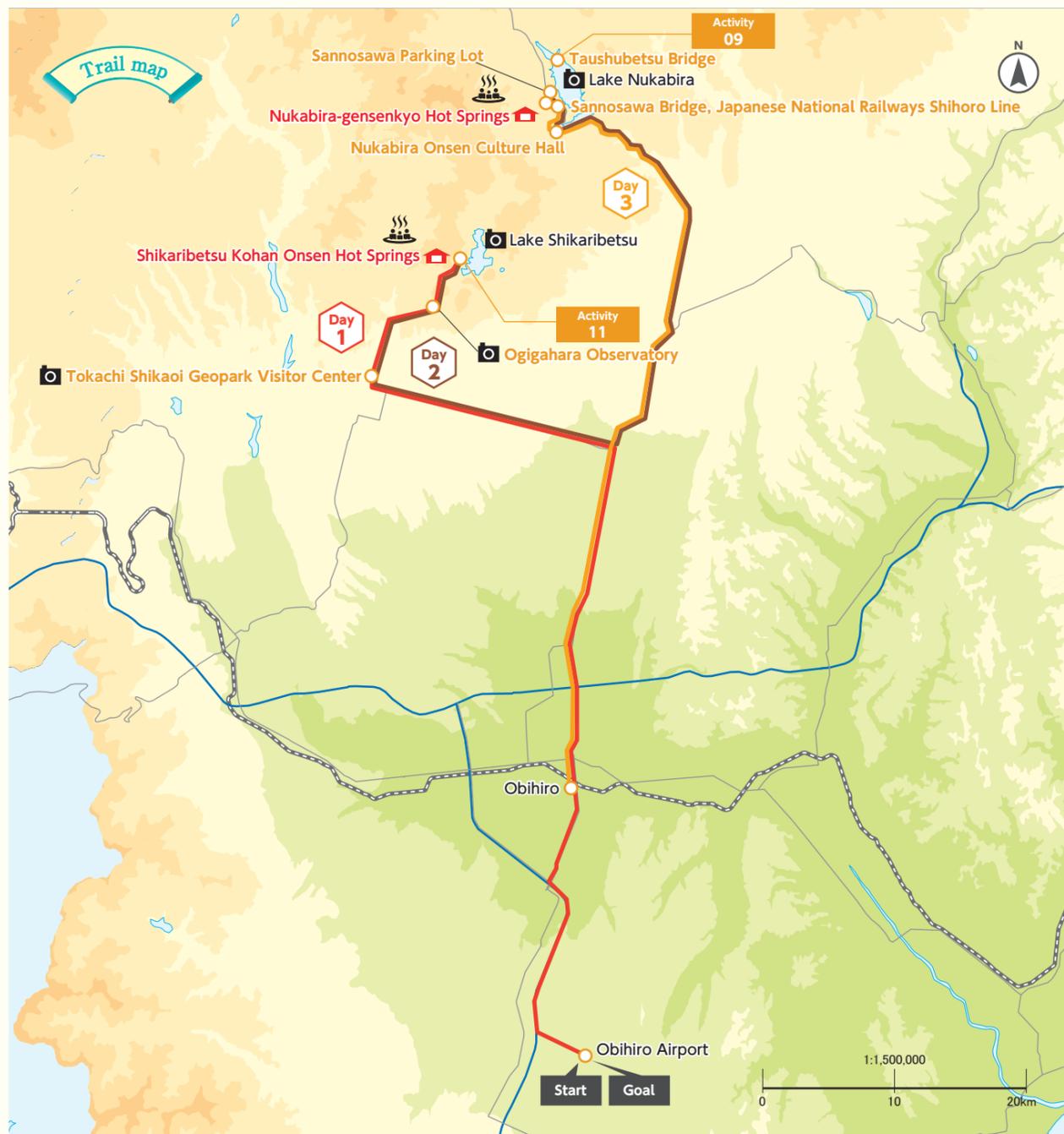
| | |
|-------------------------|--|
| Night of arrival | Depart from local airport ✈️ Arrive at Asahikawa Airport 🚗 or 🚌 (Fixed-route bus) 90min Asahidake Onsen Hot Springs accommodation facilities [Accommodation] |
| Day1 | Accommodation facility 🚶 10min 7:00a.m. Sanroku Station, Daisetsuzan-Asahidake Ropeway 🚡 10min Sugatami Station, Daisetsuzan-Asahidake Ropeway 7:20a.m. 📷 Summit of Mt. Asahidake Activity 06 Higashikawa photo-trekking course (180min) 12:40p.m. Sugatami Station, Daisetsuzan-Asahidake Ropeway 🚡 10min Sanroku Station, Daisetsuzan-Asahidake Ropeway 12:50p.m. Sanroku Station, Asahidake Ropeway 🚶 5~10min Asahidake Visitor Center Video on the Origin of Volcanoes and the Blessings of Water (5~10min) 2:00p.m. Sanroku Station, Daisetsuzan-Asahidake Ropeway 🚗 30min 2:30p.m. Taisetsu Asahidake Gensui Park 🚶 10min Explore Daisetsuzan Park (10min) 3:00p.m. Taisetsu Asahidake Gensui Park 🚗 30min Higashikawa Cafe and Furniture Tour 5:00p.m. Higashikawa 🚗 40min 5:40p.m. Tenninkyo Onsen Hot Springs [Accommodation] |
| Day2 | 8:30a.m. Tenninkyo Onsen Hot Springs 🚶 30min 📷 Hagoromo Waterfall 9:00a.m. Tenninkyo Onsen Hot Springs 🚲 40min 📷 Fukuro Pond and Lake Chubetsu (reservoir) Tenninkyo Gorge Fresh Verdure Cycling Tour, Artesian Well and Canoeing or Kayaking (With Guide) (40min) 12:00p.m. Lake Chubetsu (reservoir) 🚗 20min Higashikawa Cafe Lunch 2:00p.m. Higashikawa 🚗 15min Asahikawa Airport ✈️ Arrive at local airport |

Season Late January - Late February Duration of stay 2 nights, 3 days

Tour the Frozen Wonderland of Lake Shikaribetsu, and the Steaming Hot Springs of Nukabira-gensenkyo

Notes

- Enjoy the mysterious scenery sculpted by the snow and ice of this exceptionally cold region of Hokkaido.
- Explore a natural lake and reservoir, and experience both the area's primordial nature and its history of industry.



| | |
|-------------|---|
| | <p>Depart from local airport ✈️ _____</p> <p>Obihiro Airport 🚗 or 🚌 (Fixed-route bus) 30min → Obihiro</p> <p>2:00p.m. Obihiro 🚗 50min → 📷 Tour Tokachi Shikaoi Geopark Visitor Center</p> <p>3:00p.m. Tokachi Shikaoi Geopark Visitor Center 🚗 10min → 📷 Oigahara Observatory</p> |
| Day1 | <p>3:30p.m. Oigahara Observatory 🚗 10min → 📷 Lake Shikaribetsu lakeside</p> <p>Shikaribetsu Kohan Onsen Hot Springs [Accommodation]</p> <p>Lake Shikaribetsu Kotan (60min)</p> <p>8:00p.m. Lake Shikaribetsu lakeside 🚶 1min → 📷 Lake Shikaribetsu</p> <p>Activity 11 "Night watching" at Lake Shikaribetsu (60min)</p> |
| Day2 | <p>9:30a.m. Shikaribetsu Kohan Onsen Hot Springs 🚶 1min → 📷 Lake Shikaribetsu lakeside</p> <p>📷 Lake Komadome Circuit Trek or Ice-age Trail (180min)</p> <p>12:30p.m. Lake Shikaribetsu lakeside Lunch at Cafe Mubanchi</p> <p>1:30p.m. Lake Shikaribetsu lakeside 🚗 90min → 📷 Nukabira-gensenkyo Hot Springs</p> <p>Sannosawa Parking Lot Mori no Torokko Forest Ecotour (30min)</p> <p>4:00p.m. Sannosawa Parking Lot 🚗 10min → 📷 Nukabira-gensenkyo Hot Springs</p> <p>Tour Higashitaisetsu Nature Center (50min)</p> <p>5:00p.m. Nukabira-gensenkyo Hot Springs 🚗 1min → Check in at accommodation facility [Accommodation]</p> |
| Day3 | <p>8:45a.m. Accommodation facility 🚶 3min → Nukabira Onsen Culture Hall</p> <p>Activity 09 Arch bridge tour (150min) Start times change depending on the month, so please confirm with your tour operator in advance: NPO Higashitaisetsu Nature Guide Center 01564-4-2261</p> <p>12:30p.m. Nukabira Onsen Culture Hall 🚗 90min → Obihiro</p> <p>Obihiro 🚗 or 🚌 (Fixed-route bus) 30min → Obihiro Airport</p> <p>Obihiro Airport ✈️ _____ Arrive at local airport</p> |