

Experience of the Northernmost of Japan, Canoeing & Cycling in Kamikawa and Soya



By canoeing and cycling, the final goal of this tour is getting to Cape Soya, the northernmost of Japan. We will follow the route that Mr. Takeshiro Matsuura, an explorer in the 19th century, had passed through. He is the one who suggested the name "Hokkaido". After an experience of river walk at River Nayoro, we will enjoy a canoeing tour to go down the River Teshio. Our goal is heading to the northernmost point Cape Soya. To reach the final goal, we will go by cycling right after the canoeing in River Teshio. You will see stunning views as you go cycling from the vast inland to the endless Hokkaido seaside. Besides the exciting activities, experiencing the nature and culture of Hokkaido while tracing the people from ancient times and the culture of the indigenous Ainu people of Hokkaido is one of the key elements in this tour.

5 Days Brief Itinerary

Day 01: Warmly greeted in Asahikawa and experience the Ainu culture (D)
Day 02: 3-hour river walking of Nayoro River in Shimokawa (B, L, D)
Day 03: River canoe on Teshio River in Bifuka - 3.5hrs/ 11km(B, L, D)
Day 04: 50 km cycling along Ororon Line(B, L, D)
Day 05: Tour ends in Wakkanai (B)

Meals as mentioned in the itinerary (B = Breakfast, L = Lunch, D = Dinner)

Highlights:

- River walking on Nayoro River to find trace from ancient times
- Go down Teshio River by canoe
- Enjoy cycling along Ororon Line while heading to the northernmost of Japan

Location:

Northern Hokkaido ,from Asahikawa to Wakkanai.Hokkaido is roughly divided into 4 areas, northern Hokkaido is one of the best area in Japan where you can really feel the magnificence of nature.

Main Activity: River canoe and cycling

Difficulty: 3

Availability: Recommended from May until September

Tour Duration: 4 Nights 5 Days

Pax: Minimum 4 Maximum 10

Price: JPY320,000 ～ JPY360,000

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[Day-by-day Itinerary](#)

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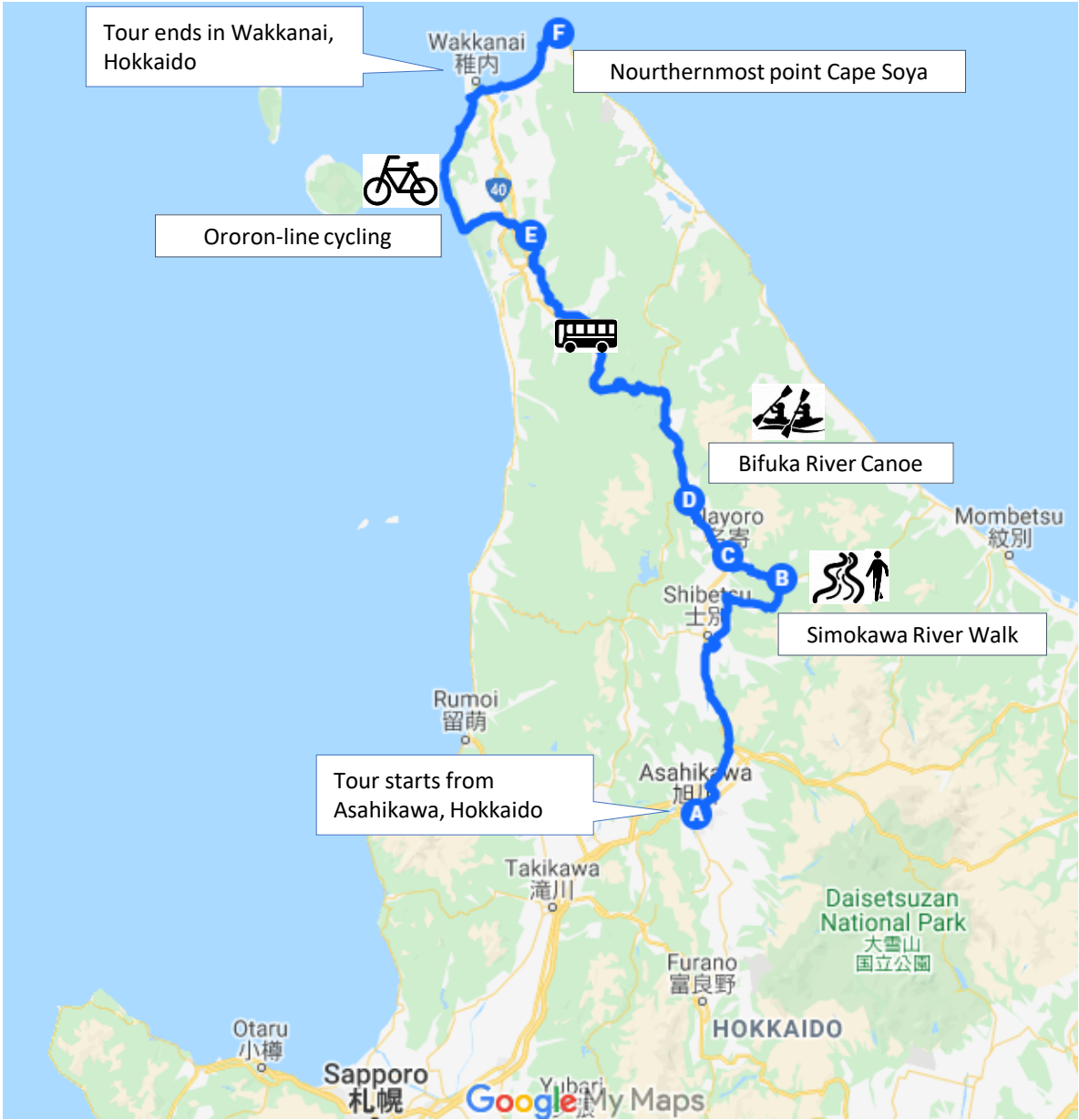
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Route map



Date	Visiting area	Distance to travel
Day 01	Asahikawa	—
Day 02	Asahikawa -> Shimokawa	approx. 89.4 km
Day 03	Shimokawa -> Bifuka -> Toyotomi	Shimokawa -> Bifuka approx. 38.1 km Bifuka -> Toyotomi approx. 111 km
Day 04	Toyotomi -> Wakkanai	approx. 39.8 km
Day 05	Wakkanai	—

Day-by-day Itinerary

Day 1 - Experience the Ainu Culture

Welcome to Hokkaido! On your arrival in Asahikawa Airport or JR Asahikawa Station at 2pm, we will warmly greet you and start the journey.

First, will take you to Kawamura Memorial Museum. You can experience the Ainu Culture through some programs such as Mukkuri musical performance, trying on Ainu costumes and paper cutting experience. You will also learn about the history and culture of the indigenous Ainu people in Hokkaido and the coexistence with nature.

Dinner

Japanese grilled dishes with local ingredients at an izakaya Yukara, a traditional Japanese pub.

After dinner, stroll back to the hotel Hoshino Resort OMO7 Asahikawa at 8:00 pm.

Activity: Mukkuri musical performances, trying on Ainu costumes, paper cutting experience

Meals provided: Dinner

Accommodation: Hoshino Resort OMO7 Asahikawa



Day 2 - Experience the river walk

Starting a new day with buffet breakfast, we leave the hotel at 9:00 am and take a 2-hour bus ride to get to a site for today's first activity. Then we enjoy a 3-hour river walking on Nayoro River. Shimokawa has been heralded as a model city for other rural towns in Japan.

The aim of this activity is to find out the traces of ancient people by walking through the swamps and using tools to dig out fossils. By learning about the ancient history of the area through this fossil digging experience, and walking through the river flowing down from mountains, you can feel the lifestyle, the culture and people's warmth of Shimokawa which have flourished in industries that nurtures and utilizes rich forests. Before the river walking, we will have a short lecture at Machiokoshi Center Komorebi. You will go into the crystal clear Nayoro River to learn about the ecosystems of the river.

Lunch

After the river walking, you will have one of Shimokawa's specialties hand-stretched udon noodles for lunch at Minamiya. They have refined taste and smooth texture.

Dinner

Before heading out for dinner at Bifuka Birch Brewery, we go back to our hotel at 4:00pm to take a short break. For the dinner tonight local beer and western style meals with local ingredients will be served. After a delicious dinner, we return to the hotel to spend the night.

Activity: River walking on Nayoro River

Activity details: Difficulty: 3
Time required: approx. 3hr

Meals provided: Breakfast, Lunch, Dinner

Accommodation: HOTEL MYSTAYS Nayoro



Day 3 – Exciting River Canoe

To start our day, a buffet breakfast served at hotel and leave the hotel at 9:00am.

By a 30-min bus ride, we will arrive at the River Canoe location, Bifuka Town.

River canoeing for 3.5 hours with total 11 km is taking place on Teshio River, one of the longest river in Hokkaido. Teshio River runs from south to north and the name of the river derives from the Ainu indigenous language, Tesh-o-pet meaning "river full of fishing weirs". The river is a Class A river with 256 km in total length and the mouth of the river is located at the northernmost of Hokkaido, flowing into the Sea of Japan on the western coast of 60 km away from Wakkanai.

In the old days, the Ainu people lived by the shore of Teshio River without any embankment. Even now landscape from old days can be seen.

Before lunch, we will take a break at Bifuka Onsen . You can enjoy the Onsen hot spring to get rid of your fatigue here.

Lunch

We will have a lunch with all local ingredients at Forest Park Bifuka Island.

After lunch we leave for a hotel in Toyotomi Town, arriving in 2 hours by bus. At the hotel they offer a dinner and a Japanese hot spring.

The Toyotomi hot spring was formed when miners had unexpectedly discovered hot spring water while looking for petroleum. Featuring petroleum components, the spa water is found hardly anywhere else in the world.

The hot spring water in which the oil floats is slightly yellow in color and has a faint smell of oil. Since the oil in the water has good effect for skin it attracts attention from people suffering from chronic skin diseases such as atopic dermatitis and psoriasis, and many people from all over the country come to visit. Enjoy the rest of the day at leisure.

Dinner

A dinner using local ingredients served at the hotel restaurant.

Activity: River canoeing

Activity details: Difficulty:3
Distance: approx. 11km
Time required: approx. 3.5hr
Start : Bifuka Bridge
Finish : Forest Park Bifuka Island

Meals provided: Breakfast , Lunch , Dinner

Accommodation: Hotel Toyotomi



Day 4 - Cycling along the seaside with a stunning view

You will spend the whole day enjoying the activity that starts from 9:00 am to evening. We will have a Japanese style set menu breakfast at the hotel, then to start a long cycling day.

Cycling through the Ororon Line, one of the most popular scenic routes in Japan, which the path is a 380km road that runs along the Sea of Japan coast from Otaru to Wakkanai. We ride to Soya Area, the northernmost part in Japan. The cycling starts from Sarobetsu Wetland Center and finishes at Cape Soya. The total distance is 53km and we break the route it into 2 parts. The first part is 29km of Ororon Line from Sarobetsu Wetland Center to Kohone's House. Along the route, the magnificent Rishiri-fuji can be seen on your left. When we finish the first half route at Kohone's House, we take a bus to Onuma Bird House for lunch.

Lunch

The lunch this day is a bento box with local ingredients, served at Onuma Birdhouse which is a bird watching base.

Lake Onuma is where swans stop off before and after they go to wintering site. They come flying into the lake in autumn and return to Siberia in spring again. Onuma Bird House is a log house facing Onuma, used as an observation station of many waterfowls including swans. There is an observation room and a display corner, and you can use binoculars and telescopes for free.

After the lunch, we start the second part. The second half has a total length of 25 km, from Onuma Bird House to Cape Soya via White Road. This is also a part of Ororon Line, we ride along the seaside and then go through the White Road covered with crushed scallop shells. If you feel tired and want to skip the second half, a support car is ready for you. As heading north and north, more accomplishment you can feel at the finale of this trip.

Dinner

Before dinner we will head to a hotel for tonight at 4:00pm to take a short break. “Octopus Shabu-shabu” will be served at a local restaurant Kurumaya Genji. It is a pot dish of thinly sliced fresh and giant octopus and it is one of the specialties of Wakkanai.

Activity: Ororon Line cycling

Activity details: Difficulty:3
Distance: approx. 54km
Time required: approx. 4hr
Start: Sarobetsu Wetland Center
Finish: Cape Soya

Rest space: Kohone’s House , Onuma Bird House

Meals provided: Breakfast , Lunch , Dinner

Accommodation: Surfeel Hotel Wakkanai



Day 5 – Tour ends in Wakkanai

It is the last day of this tour, you will have Japanese Western Style Buffet at the hotel and you will have some more free time before departure for some last-minute explorations. Our tour guide will escort you to Wakkanai railway station or Wakkani airport. We hope that you enjoy the trip and we are delighted to see you again.

Activity: -

Difficulty: -

Activity details -

Meals included: Breakfast

Accommodation: -

Accommodations :

	Hotel Name	Room type	Bed size (cm)	Room size	Facility Type	Onsen /SPA	WiFi
Day1	Asahikawa Hoshino Resort OMO7	NON-SMK Studio Single Room	115 x 192	18m ²	City Hotel	SPA	O
Day2	Hotel MYSTAYS Nayoro	NON-SMK Semi-DBL for SGL use	120 x 192	12m ²	City Hotel	X	O
Day3	Hotel Toyotomi	Japanese style	Futon	12.m ²	Ryokan	Onsen	X
Day4	Surfeel Hotel Wakkanai	NON-SMK Single Room	110 x 200	19m ²	City Hotel	X	O

*Basically en suite private rooms provided

What's included

- A well-experienced guide, and activity guides for river walk, river canoeing and cycling.
- Lecture of Ainu culture and Ainu cultural experience
- Necessary equipment for river walk, river canoeing and cycling
- Meals included in the itinerary
- Transports included in the itinerary
- 4 nights accommodation as outlined in the itinerary

What's not included

- Costs of a personal nature
- Alcoholic drink

We provide & What to bring

We provide

- River Walk: waders, helmet, gloves
- Canoe: Canoe, paddles, life jackets, gloves
- Cycling: Bike, helmet

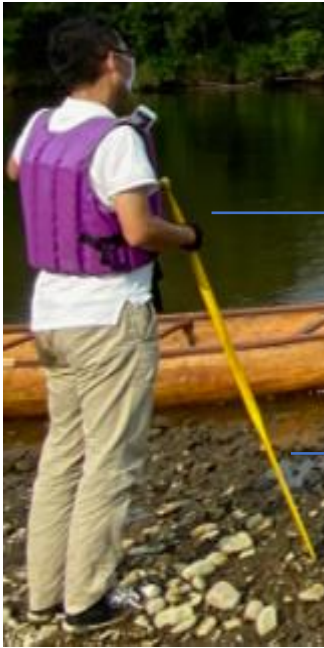
River Walk information



→ Helmet

→ Waders

River Canoe information



Life Jacket

Paddles

Original hand-made Canoe



BIKE information

Hybrid BIKE



e.g. Type : GIANT ESCAPE

Road BIKE



e.g. Type : MUUR A-670

What to bring

This tour includes different kinds of activities, and you might get wet during some activities. We strongly recommend you to bring clothes that are comfortable to move around in, dry quickly (materials such as Polypropylene, polar latex, etc.) and that allows you to adjust your body temperature (Windproof and protection against the cold). For footwear, waterproof sports shoes are preferred.

River walk :

- Waterproof and quick drying long sleeve clothes that are comfortable enough to move around in.
- Water Bottle

River canoe :

- Quick-drying long sleeve shirts and long pants(or swimsuit)
- River shoes or shoes that are okay to get dirty or wet
- Waterproof bag
- Towel
- Hat
- A spare change of clothes
- Water Bottle

Cycling:

- Quick drying cycle tops and padded cycle shorts
- Long sleeve layering
- Tights for riding or rain pants
- Lightweight jacket(Windproof, Waterproof)
- Cycle shoes
- Water Bottle

What to bring

Recommended/Optional items:

- Personal toiletries
- Personal first aid kit
- Sunshade hat
- Sunglasses
- Sunscreen
- Umbrella or rain wear
- If you wear glasses - eyeglass belts to prevent falling.

About us

ANA Sales Co., Ltd. was launched in 2003 to handle ticket sales and travel business operations for the ANA Group . Our mission is to provide high quality of service and products and to deliver the most satisfying travel experience.

The Leisure Travel Business Division develops and markets original tour products. We are committed to fulfilling the expectations of our customers and offering unique and attractive and original tour products.

ANA has been highly commended by SKYTRAX for its consistently superior quality of service and for its dedication towards the further improvement of the overall passenger experience, in order to meet the needs of global customers. Furthermore, ANA is currently the only airline in Japan that has achieved the exclusive 5-star status for 8 consecutive years.

Using the ANA Group motto “Trustworthy, Heartwarming, Energetic!” as the foundation of our operations, we will continue to treat our customers sincerely and provide safe travel products with high added value, while further improving our services through the united efforts of all of our employees.

Guides

Activities guide

Your activity guides are steeped in local knowledge and intimately familiar with the unique appeals of this area. They have professional skills and owned qualifications. Cycling guides are certified by Japan Cycle Tourism Association (JCTA) or Japan Cycle Tourism Association(JCA).River walk guide is certified as Hokkaido Outdoor Guides given by the Governor of Hokkaido. And a river canoe guide used to be an instructor of the Japan Canoe Federation.

Tour coordinator

Our English-speaking experienced guide will provide you the best service, support and assistance as possible for all the time .

Gear

Knowing the height of the participant and relevant information in advance, we will prepare suitable bikes. Upon request, an electric assistant e-bike can be arranged.
(Registration required in advance/ Quantity limited)

Rode Bike: MUUR/Light-weight aluminum frame& Carbon fork /Shimano Claris 16 speed/
Shimano WH-R500/Panaracer (Category S)/Size:S,M,L/About10 KGs

Hybrid Bike: GIANT/Shimano Acera 24 speed/Size:XS,S,M/About 11 KGs

*Depending on the arrangements, above items are subject to change.

Activities Guide Qualification

River Walk



Takahisa Sonobe

- Staff of NPO Shimokawa Tourism Association
- Hokkaido Outdoor Guide
- Rescue 3 Japan
- Swift water rescue level 1

Cycling



Yuya Ishitsuka (Master guide)

- Master cycling guide of JCGA
- Certificate of Basic First Aid
- Over 30 years of cycling experience



David Barnett(Leader guide)

- Elite cycling guide of JCGA
- Certificate of Basic First Aid
- Over 43 years of cycling experience

Information and Requirements

Dietary Restrictions

Please inform us of any food allergies or special dietary requirements and we will be happy to accommodate you. However, there is no guarantee that we will be able to accommodate all food intolerances/special diets.

Emergency Response Plan

First-aid kit is always be prepared during the tour. All activity guides had medical training and certified Red Cross Society First Aid Provider or Standard First Aid Course given by fire department of municipality of Japan. Also, our Asahikawa branch is located near activity spots, so our staff can provide appropriate assistance in an emergency.

Hospitals near activities spots are as follows.

- River Walk: Nayoro City General Hospital, about 20-minute drive away.
- River Canoe: Nayoro City General Hospital, takes about 30-inutes by car.
- Cycling: Wakkanai City Hospital, takes about 30-50-minutes by car.

Weather Conditions

• Asahikawa

In Asahikawa, the summers are comfortable, wet, and partly cloudy and the winters are long, freezing, snowy, and overcast. Over the course of the year, the temperature typically varies from -14° C to 25° C and is rarely below -19° C or above 29° C.

• Wakkanai

In Wakkanai, the summers are comfortable, wet, and partly cloudy; the winters are freezing, snowy, and overcast; and it is windy year round. Over the course of the year, the temperature typically varies from -9° C to 21° C and is rarely below -13° C or above 25° C.

Average temperature(° C)	MAY	JUN	JUL	AUG	SEP
Asahikawa	11.6	16.4	20.4	20.9	15.3
Wakkanai	8.7	12.4	16.8	19.2	16.4

Reservation & Cancellation Policy

Payment Methods

Once booking is confirmed, we will inform you the payment procedure by mail. You can settle the payment by credit card(“Visa” or “Master”).

Cancellation

<u>Cancellation Date</u>	<u>Cancellation charge</u>
21 or more days prior to the starting day of the tour	Free
20 to 8 days prior to the starting day of the tour	20% of the Tour Fare
7 to 2 days prior to the starting day of the tour	30% of the Tour Fare
1 day prior to the starting day of the tour	40% of the Tour Fare
On the date of departure	50% of the Tour Fare
Cancelled after the start of the tour Failure to show without notice	100% of the Tour Fare

*Refund process may take up to 1 to 2 months depending on when the refund request is received, and the closing date and refund processing procedure conditions of the applicable credit card company. It will be credited to your credit card when the time you purchased the package.

Reservation & Cancellation Policy

Disclaimer

ANA Sales reserves the right to change these guidelines and disclaimers at any time.

- You specifically acknowledge that ANA Sales is not liable for defamatory, offensive, infringing or illegal materials of any third party, and ANA Sales reserves the right to remove such materials without liability.
- In performing its obligations under the terms of its tour contract, should ANA Sales cause damage to the customer through willful negligence or fault, ANA Sales shall be liable for such damages. However, this only applies if the damage report is made within 2 years reckoned from the day following the occurrence of the damage.
- ANA Sales should not be liable for damages incurred by customers as stipulated above if any of the following reasons applies.
 1. Nature disaster, war, civil unrest, and alteration or cancellation of tour itinerary due to such causes.
 2. Cessation of services related to transportation or accommodation facilities, and tour itinerary alteration or cancellation owing to such causes.
 3. Governmental orders, or isolation resulting from infectious diseases.
 4. Accidents occurring during free time.
 5. Food poisoning.
 6. Theft.
 7. Delays , stoppages, changes of schedule and route in relation to transportation facilities, and tour itinerary alterations and/or shortened stays at destinations owing to such causes.
 8. Any matter beyond ANA Sales's(or its licensees' or licensors') reasonable control. Even if such party has been advised of the possibility of such.
- Please be aware that you may encounter risks in the activities included in this tour. We do not guarantee that there will be no accidents on the tour. You must follow the attention and instructions of each guide. We reserve the right to terminate the travel contract if you cause a disturbance to other guests or interfere with the smooth conduct of group activities.

Partner Company

NPO Shimokawa Tourism Association

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Wakkanai Tourism Association

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Tour Operator / Contact

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