

# Cycling, River Rafting and Ainu Culture in Niseko and Shiraoi

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The unique topography of the area provides an abundance of snow, high quality water from the snow, and vast forests nurtured by the water. Experience the co-creation of nature in Niseko, a popular destination for foreign visitors to Japan in both summer and winter. Learn about the traditional Ainu culture, which has valued nature over everything else, and get hints on how humans and nature can relate to each other, as well as what actions we should take to ensure the coexistence of different races and a sustainable society.

## 5 Days Brief Itinerary

Day 01: Warmly greeted at New Chitose Airport

A pre-lecture on Niseko's nature (D)

Day 02: Niseko Panorama Cycling – 6hrs / 80km (B, L, D)

Day 03: Tree trekking at Niseko and rafting on the Shiribetsu River (B, L, D)

Day 04: Experience Ainu Cultural & Hiking At Forest Poroto (B, L, D)

Day 05: Visiting UPOPOY National Ainu Museum and Park

Departure to New Chitose Airport (B, L)

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

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## Highlights:

- Cycling-Part of the ANA Niseko Classic (UGFWS sanctioned competition) course
- Rafting-Tracing the history of rivers used for water transportation
- Ainu Cultural Experiences-Traditional dishes, chopstick making, cultural exchange

## Location:

### Niseko Annupuri

Niseko is a town located in Shirebetsu Sub-prefecture. To Japanese people, Niseko principally refers to a mountain range and a municipal area. However, overseas the name has come to refer to a wider area of ski resorts encompassing Hokkaido's Mount Yotei, often referred to as the "Mt. Fuji of Hokkaido", and Annupuri ranges. The name Niseko derives from the Ainu Language, and means "a cliff jutting over a riverbank deep in the mountains".

### Hokkaido Shiraoi

Shiraoi is a town located in Iburi and, like the rest of Hokkaido, was populated by the Ainu. According to the town's official website, the name Shiraoi means Rainbows in the Ainu language.

**Main Activity:** Cycling, River rafting and Ainu cultural experience

**Difficulty:** 3

**Availability:** Recommended from June until September

**Tour Duration:** 4 Nights 5 Days

**Pax:** Minimum 4                      Maximum 10

**Price per person:** JPY240,000~JPY275,000

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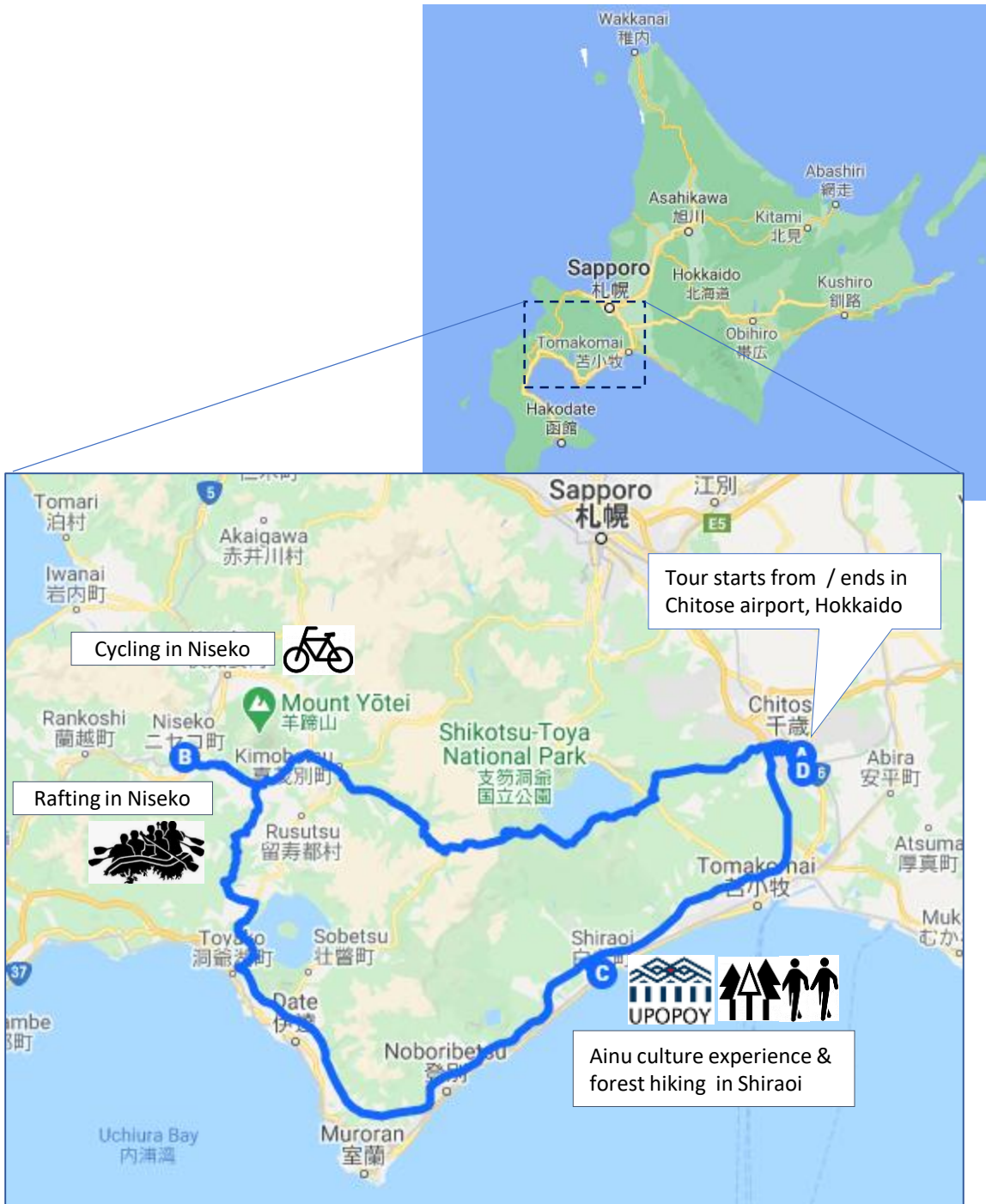
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# Route map



# Day-by-day Itinerary

## Day 1 - Relationship between Local community and Nature

Welcome to Hokkaido! You will be greeted by our tour guide at New Chitose Airport (7:30 am) and transferred to our destination Niseko by bus within 2 hours

As the start of the tour, you will have a short talk about the tree of Niseko by Mr. Miyazaki, the administrator of the Centennial Forest Project with 25 years of caretaker experience, also called the city-bred woodsman.

This lecture is related to "the continuous coexistence of people and nature" and "the background of agriculture and forestry as a local industry and the Shiribetsu River have flourished together ". From the lecture on co-creation of nature, which is the theme of this tour, you may ponder solution for global issues.

After the lecture , we will depart to today's hotel "Hotel Niseko Alpen".

### Dinner

Japanese course meal including grilled dishes, fried dishes and sushi at the hotel restaurant. For vegetarian customers, we will serve Japanese dishes such as braised eggplant, potato namul, vegetable tempura, etc.

**Activity:** Short talk about the tree of Niseko

**Activity details:** Difficulty - 1  
Time required - approx. 30mins

**Meals provided:** Dinner

**Accommodation:** Hotel Niseko Alpen

## Day 2 - Magnificent nature unique to Hokkaido

### Breakfast

Buffet breakfast at the hotel.

After enjoying a buffet breakfast at the hotel, today's cycling tour begins from the hotel. We will ride part of the course of the ANA Niseko Classic, a UGFWS sanctioned competition, and enjoy the scenery while cycling. The route has 80km and takes 6 hours. On the way, you can ride along the Panorama Line to understand how the Siberian cold air in winter passes through the Sea of Japan to arrive here, and feel the magnificent nature unique to Hokkaido such as Mt. Yotei and Annupuri.

We will take a break and have lunch at Yumoto Onsen Campground.

### Lunch

A special BBQ lunch with plenty of Rankoshi rice and local ingredients at Yumoto Onsen Campground. (vegetarian meals available)

Lunch will be served with local ingredients BBQ and the rice ball is made with Rankoshi Rice. The staff from Rankoshi Town Tourism Association will take care of the BBQ. At the same time, you can communicate with the local people about how to enjoy four seasons in Niseko and how to produce the Rankoshi Rice.

In the afternoon, we will continue the second half of the cycling and will arrive at our goal, the Hotel Niseko Alpen, at 4:00 PM. Recommended to experience the hot springs at the hotel before dinner.

### Dinner

Enjoy dishes made with local ingredients and local sake at an izakaya(Japanese style pub) where you can feel the Japanese atmosphere.

**Activity:** Niseko Panorama Cycling

**Activity details:** Difficulty - 3  
Time required - approx. 6hrs

**Meals provided:** Breakfast , Lunch , Dinner

**Accommodation:** Hotel Niseko Alpen

## Day 3 - Relationship between Local community and Nature

### Breakfast

Buffet breakfast at the hotel.

In order to protect the environment, the bus service will be avoided during our stay in Niseko, and a 45-minute bike ride will take us to the location of today's activity.

In the morning, you will have around 1.5 hours for tree trekking. You can enjoy the mountains view from the tree tops and surround yourself with nature by travelling on the zip line or down the vertical drop. Through this experience, you can learn about ecology, local wildlife and the relationship between the local community and nature.

### Lunch

Buffet at HANAZONO EDGE

Hanazono EDGE offers an elevated dining experience on the mountain. This new spacious two-storey building provides a cozy and modern atmosphere with great views, whilst increasing overall seating capacity.

A variety of dishes with local ingredients are served, such as Rankoshi Rice and vegetables, potatoes grown in Kutchancho, Hokkaido. Rankoshi Rice grown in the fertile soil of the Shiribetsu River basin and the natural mineral-rich limpud streams that spring up from the Niseko.

An example of the vegetarian menu : Multigrain rice, Rice with Tofu and vegetable sauce, and Oden (Oden is a kind of Japanese stew consisting of several ingredients such as Japanese white radish, boiled egg, konjac).

After lunch, we will start the around 3 hours Shiribetsu River Rafting with a total distance of around 8km. This will start from Kutchancho Nakano Bridge and ends at Kutchancho Yotei Bridge.

### Day 3 - Relationship between Local community and Nature

The Shiribetsu River offers views of Mount Yotei. The Shiribetsu River was once used for water transportation, and you can learn more about this river through a current tourism experience. While enjoying the richness of nature, the beautiful scenery will free you from your daily routine and refresh your body and mind.

Niseko boasts plenty of rivers and lakes within a short distance to play in and the most popular outdoor activity. Jump into a rubber boat and challenge yourself to a trip down one of Hokkaido's most beautiful rivers, the Shiribetsu river. Enjoy the spectacular display from the river of changing colors to the lush landscape as you gently drift your way down the Shiribetsu River and excitement of rafting on whitewater.

#### Dinner

Western course menu in the hotel restaurant, including dishes made with Hokkaido vegetables and salmon.

For vegetarians we offer omelettes with potatoes and cheese, vegetable pizzas, etc.

**Activity:** Tree Trekking & Rafting

**Activity details:** Tree Trekking

Difficulty: 1

Time required: approx. 1.5hr

Start / Finish: Hanazono Resort

Rafting

Difficulty: 2

Distance: approx. 8km

Time required: approx. 3hrs

Start: Kutchancho Nakano Bridge

Finish: Kutchancho Yotei Bridge

**Meals provided:** Breakfast , Lunch , Dinner

**Accommodation:** Hotel Niseko Alpen

## Day 4 - Experience Ainu Cultural & Hiking At Forest Poroto

### Breakfast

Buffet breakfast at the hotel.

A 2 hour bus ride from Niseko to Shiraoi town will take you to the Forest of Poroto Camping field, where the Ainu culture is still alive. Here you can make your own bamboo chopsticks to use for today's lunch. If the Ainu people did not have chopsticks or other tools when they went hunting, they would make simple chopsticks out of bamboo grass.

### Lunch

Traditional Ainu cuisine at Forest of Poroto Camping field.

Ainu cuisine is the cuisine of the ethnic Ainu in Japan. The cuisine differs remarkably from that of the majority Yamato people of Japan. Raw meat like sashimi, for example, is rarely served in Ainu cuisine, which instead uses methods such as boiling, roasting and curing to prepare meat.

Menu: Ohaw(soup), Sito (dumplings), and other dishes using with local ingredients

After tasting the traditional Ainu cuisine, let's go into "the forest", which is very important to the Ainu people. We will have a 1.5 hours Forest hike on 3.5 km paved trail (asphalt, wood chips )at Shiraoi Furusato 2000 forest Poroto Forest . It is an easy entry-level hike that anyone from children to elderly people can enjoy.

You can enjoy the nature walks in the forest , and take a walk while looking at the traces of Ainu and encounter Ainu culture in the tranquil forest of Shiraoi . Surrounded by primeval forest , you can get to know more about the Ainu people, and learn how they maintained their relationship with the forest, which may make you think about how we can learn to do the same.

Before leave for our next destination, we will have 1 hour listening experience with local villagers talking about the grandma's life at Poroto Forest camping plaza. These Ainu have been living as Ainu in Shiraoi Town, and may make you think about the importance of inheriting culture.

Speaker: Ms. Shimako Yamazaki (Ainu people)

A private bus is waiting in Shiraoi town to take you to your hotel today, the Takimotokan.

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## Day 4 - Experience Ainu Cultural & Hiking At Forest Poroto

### Dinner

Japanese kaiseki cuisine ( traditional multi-course banquet meal ) with Hokkaido vegetables and seafood at the hotel restaurant.

**Activity:** Hiking At Forest Poroto

**Activity details:** Difficulty: 1  
Distance: approx. 3.5km  
Time required: approx. 1.5hr  
Start / Finish: Poroto forest

**Meals provided:** Breakfast , Lunch , Dinner

**Accommodation:** Takimotokan

## **Day 5 – Ainu Cultural tour & Transfer to New Chitose Airport**

### **Breakfast**

Buffet breakfast at the hotel.

The final stop of the tour is at UPOPOY National Ainu Museum and Park, the symbolic space for the Ainu people, where you can learn all about the Ainu culture and history.

Your English-speaking Ainu guide will greet you at here and start the Ainu Cultural tour. UPOPOY consists of the National Ainu Museum and the National Ainu Park in the core lakeside area, along with the hilltop Memorial Site. The Ainu are an indigenous people from the northern region of the Japanese archipelago, especially in Hokkaido. Traditional Ainu culture is significantly different from Japanese culture and spirituality, as the Ainu believe that spirits dwell in every part of the natural world. UPOPOY park will show you more about the Ainu history and culture while you learn about the Ainu views of the world and nature. UPOPOY enables people of all nationalities and ages to learn about the Ainu's worldview and respect for nature.

We will send you to New Chitose Airport by private bus. Hope you have good times on this tour and see you again soon.

### **Accommodations :**

Day 1-3 : Hotel Niseko Alpen / Single room with bathroom / WiFi available

Day 4 : Takimotokan / Single room with bathroom / WiFi available

## What's included

- A well-experienced guide, and activity guides for cycling , tree trekking and river rafting
- Necessary equipment for cycling , tree trekking and river rafting.
- Upopoy Museum admission.
- 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 purchases
- Alcohol drink

## We provide & What to bring

### **We provide**

- Cycling: Rental bicycle, Helmet
- Tree trekking: Harness
- Rafting: Rafting boat, paddle, Helmet, Life jacket, Dry suit, River shoes

### **What to bring**

Since we will have some activities, please wear the clothes that is suitable for cycling and rafting (windproof, warm, waterproof). For shoes, please wear at least sneakers. And In case of rainy days, don't forget to bring a raincoat with you. Also bring your own water bottle as well for environmental protection.

- Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials
- Insect repellent

## 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

Your guide will share first-hand knowledge and unique insights so that you experience new cultures and discover authentic experiences.

#### Activities guide

Your English cycling guides are experienced and certified by JCTA (Japan Cycle Tourism Association). They are familiar with the unique appeals of Niseko with enriching experience and experience of living abroad. And your Your rafting & tree trekking guides are experienced and licensed .They are professional experience in adventure and the members of HANAZONO Resort.

#### Ainu cultur guide

Your explore guides have deep knowledge and insights of the Ainu culture. Mr. Yonezawa was born as a child of an Ainu father. He will take you to explore the Ainu's history and culture. Through the experience, you will learn how they live with the nature.

#### Through guide

Our English-speaking experienced guide will provide you the best service, support and assistance as possible during your trip.

# 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 Sapporo branch is located near activity spots, so our staff can provide appropriate assistance in an emergency.

## **Weather Conditions**

The Hokkaido summer offers temperate weather from June through to September and Niseko offers the perfect base to experience South Western Hokkaido area, with a range of activities to keep you occupied including: cycling, rafting, hiking, golf, touring the local area and much more as well as wide range of cuisine and fresh produce.

# 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.

# Disclaimer

## 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 from the Website 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 tow 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. Natural 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 activity guide and through 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.

## Tour Operator / Contact

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