

The Hidaka Mountain Ranges

Canyoning Tour



The Hidaka Mountain Ranges are located in southeast Hokkaido, and a part of the area are registered as UNESCO Global Geopark. The mountains contain a river called Sarugawa-River and it has been certified #1 in water quality survey by Japanese government, also known as great transparency of water.

We offer a perfect adventure that you can explore a true beauty of nature and its unique culture. The tour includes Rafting, Canyoning, Japanese-style barbeque, and cultural exchanges in Ainu, indigenous tribe in Hokkaido.

You feel the pristine beautiful Japanese nature. Water Activities take place in the rapid river with an abundance of clear water made from mountain snow runoff. In this small valley of the unexplored region, you can enjoy the nature of the Hidaka Mountains with your whole body by jumping into a clear river that can be seen to the bottom, sliding down a waterfall, and swimming. The murmuring of the river and the chirping of wild birds will soothe the hearts of you.

Authentic Japanese outdoor cooking with local ingredients are ready to be served. All food you will encounter through the tour is loved by locals.

Being away from the city noise and feel the nature throughout the body. It helps you release your daily stress and make your life even better.

Highlights:

- Rafting in the most well-quality water stream
- Canyoning and Water Activities in rapid rivers risen by mountain snow runoff
- Authentic Japanese outdoor cooking with local ingredients
- Social events in areas where Ainu culture strongly remains

Location:	Hidaka, Hokkaido
Main Activity:	Canyoning, Rafting, Water Activities
Difficulty:	1 to 2
Availability:	June to early July
Tour Duration:	3 Nights 4 Days
Pax:	Minimum 4 Maximum 10
Price per person:	From JPY275,000

[Route map](#)

[Day-by-day Itinerary](#)

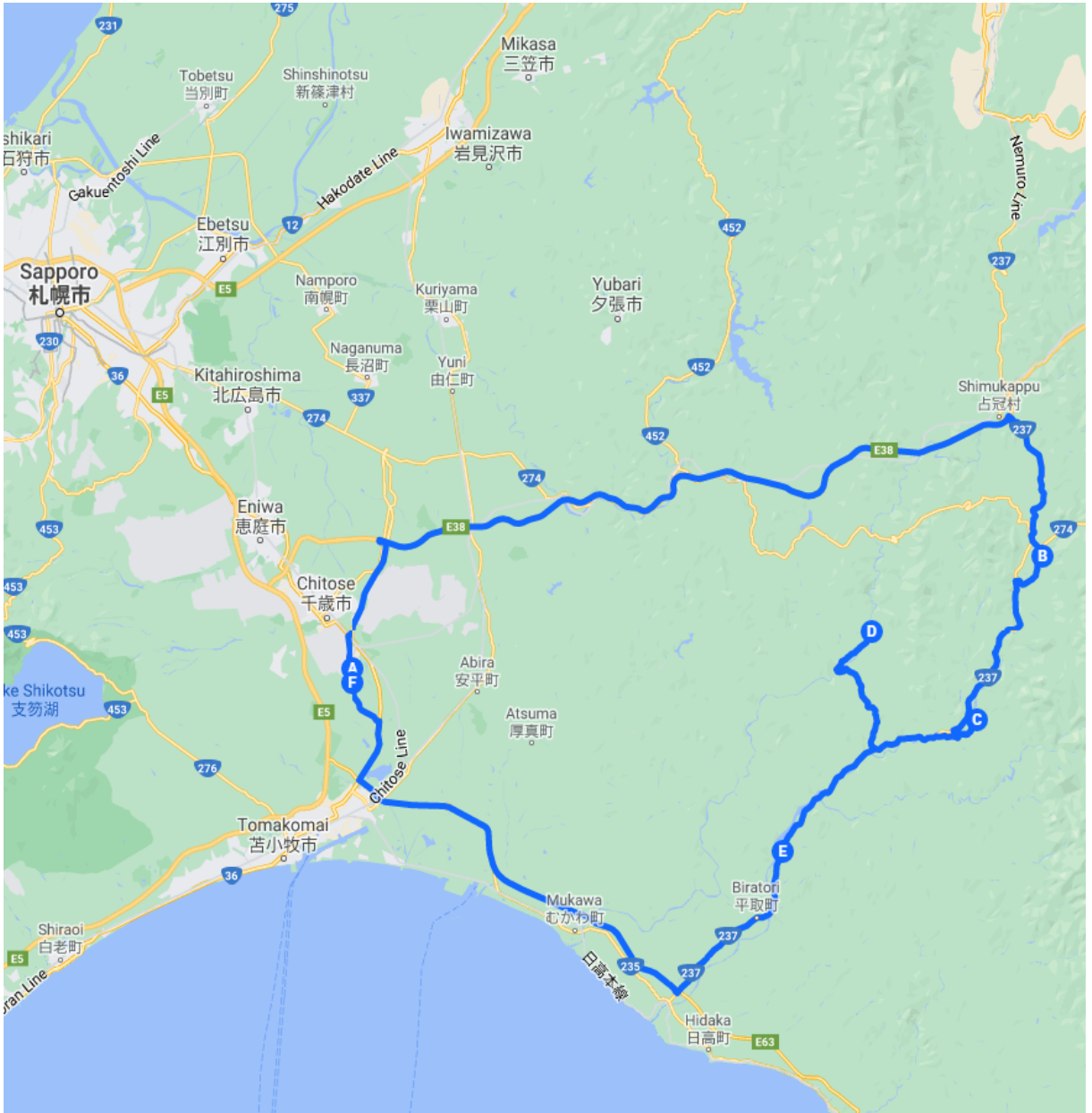
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- A. New Chitose Airport
- B. Hidaka Kogen-so
- C. Sarugawa River
- D. Mu River
- E. Nibutani AINU Culture Center
- F. New Chitose Airport

Day-by-day Itinerary

Day 1 - Walking along the waterfalls with guides

Heading to two waterfalls in tributary as you learn the important relationship between forests and rivers in the high mountains, ecosystem, and the activities of wild animals. Your guide will share the manners as you walk on unpaved walkways to meet the wildlife as well.



Dinner

Dinner will be served at the hotel.

Activity: Walking / Hiking

Difficulty: 2

Day 2 - Rafting

You can enjoy two types of nature, Mukawa-River course and Sarugawa-River course. They are parallel to each other and you will feel the different flows through rafting in the headwaters of the Hidaka Mountain. At the beginning of summer in Hokkaido, the mountain snow runoff that gushes out from the Hidaka mountain quickly descends and it turns into a field that excites people who like playing in the river.

After the exciting rafting tour, large public hot spring is waiting to heal you. Bathing in the mineral hot springs warms you from inside, and it may help you restore the balance of energy and feel more energetic.



Breakfast

Breakfast will be served at the hotel.

Lunch

We will have a lunch box and tea time.

Dinner

Dinner will be served at the local restaurant.

Activity: Rafting

Difficulty: 2

Day 3 - Canyoning and Water Activities

The nature of the Sarugawa-River makes you exhilarate by climbing canyon and sliding down the river, and feel as if you went back to your childhood. There is no difficult rope work so anyone can have an amazing experience. You will feel all the nature out there, the flow of a river and the coldness of the rocks, as you go down with only your body and ropes.



Breakfast

Breakfast will be served at the hotel.

Lunch

We will have a lunch box and tea time.

Dinner

Dutch oven dishes using local ingredients will be served.

Activity: Canyoning and Water activities

Difficulty: 2

Day 4 -Darling of Ainu culture

Hidaka is a mountainous region in Hokkaido where the living area and nature coexist compactly, and the Ainu people have lived together with in peace for a long time. Tour Guides are willing to help you ensure communication to local residents to touch the Ainu's spiritual cultures and how they interact with nature.

Breakfast

Breakfast will be served at the hotel.

Lunch

Lunch will be served at the local restaurant.

Activity: Culture Experiences

Difficulty: 1

Accommodations :

Day 1 to 4 (3 nights)

Accommodation with large public bath will be waiting for you at Hidaka Kogenso located at the area you may see dozen stars clearly at night. Dinner and breakfast in the next morning are included. All rooms have WC and shower, TV and free Wi-Fi.

What's included

- Well-Experienced respective guides
- Breakfast, lunch, and dinners during the Itinerary
- Airport transfer both from and to New Chitose Airport

We provides

- Life jackets
- First-aid kits
- Dry Suits/Spray Jackets

What to bring

- Water bottles
- Sunscreens
- Sunglasses/ Glasses straps (available to purchase if you need)
- Towels
- Extra clothing when you get wet

-Spring and Autumn: Fleece, jersey, etc. Wearing a dry suit over is recommended.

-Summer: T-shirts, shorts, swimsuit in midsummer etc. You can wear a spray jacket on it, or wear a life jacket as it is.

*We highly recommend quick dry clothing. (Fleece, thermal, etc.)

*Cotton may cool your body when you are wet.

*Jeans are not suitable because they may get too heavy to go around when they get wet.

About us

JALPAK is Japan's first overseas travel package product brand released by Japan Airlines in 1965 and travel entity, subsidiary of Japan Airlines, was established in 1969.

JALPAK Co.,Ltd. has developed as a travel company for Japan Airlines and inherited the planning, sales, and operation of JALPAK brand package tour.

Now then, we have 56 years history. Currently, we have 12 offices in 4 cities in Japan and in 8 countries or area overseas, and approximately 800 employees support customers all around the world

For the Tour

We design tours to deepen the understanding of the region, and the local nature by providing guidance and taking a walk in the nature. The activity company is managed and operated by English speakers who are close to the local community, and the content is such that you can deeply understand the local community since they guide the local nature and resources from various point of view.

Eco-friendly practices and protecting our precious nature always come first. To reduce the use of plastic bottles and disposable products as much as possible, we ask you to bring your own reusable water bottles and eco-bags.

Guides

Experienced nature guides are arranged throughout the course. They understand the points of interest through communications and provide guidance to each guests. In addition, we assume that the activity will be divided into two groups according to the physical strength level and walking speed of the participants. We never push you beyond your ability. Beginners are welcome!

Information and Requirements

Dietary Restrictions

If you have allergies or dietary restrictions, please inform to your guides. We arrange the food menu as much as possible, however, there is a possibility that we might not be able to meet your request.

Emergency Response Plan

All activity guides are certified as outdoor guides in Hokkaido. They have been trained in emergency measures and are able to respond.

Each activity is conducted in area that is not too far from a village or town. A hospital and a fire station are located nearby so that they can be transported and treated promptly. Since our high frequency of activities, they also work with nearby hospitals and carry a portable emergency kit. (Oxygen and icing sprays, bear/bee sprays, adrenaline injections to prevent anaphylactic shock, AED, etc.).

= Emergency Destination Hospital =

- Mukawa Kosei Hospital
- Biratori National Health Insurance Hospital, etc.

Weather Conditions

We will have a tour light rain or shine, but in case of stormy weather, we plan to visit a farm or a stable instead. Typical temperature in June in Hidaka will be up to 21°C, below to 10°C.

Reservation & Cancellation Policy

Payment Methods

We will issue an invoice and assume a bank transfer in Japanese yen.

In addition, the amount will be paid in full in advance after booking, but terms and conditions will be announced at the time of payment contract

Cancellation

Cancellation fees may vary depending on hotel, activity, guide and other arrangements.

Therefore, we have not decided on the specifics at this time.

We will inform you at the time of booking.

- Cancellation Conditions : TBA

Disclaimer

Responsibility of the Company(JALPAK)

1)If during the fulfillment of a Package Tour Agreement, you incur damages due to the willful intent or negligence of the Company or a party entrusted by the Company to make arrangements by our Travel Representative, the Company shall bear responsibility to compensate for the damages. However, this shall only apply if Company is notified within two years from the day following that on which the damages were incurred.

2)If you incur damages due to a natural disaster, war, riot, the discontinuation of Travel Services such as transportation or accommodation, a government order, or other grounds that are beyond the control of the Company or its Travel Representative, with the exception of the instance in the preceding Paragraph, the Company shall not be responsible to provide compensation for such damages.

Customer's Responsibility

1)Customer must compensate for damages to the Company arising due to customer's own willful intent or negligence.

2)When entering into a Package Tour Agreement, customer must use the information provided by the Company and endeavor to understand your rights, obligations and the other details of the Package Tour Agreement.

English version of company's disclaimer is available on JAL website. Through Guides and Activity Guides also provide direct support for English disclaimers and precautions. We can explain the same contents verbally in English if necessary.

Partner Company

Not applicable

Tour Operator / Contact

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