

# Discover the Volcanoes of East Hokkaido (cycling/hiking)

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***“Irankarapute”*, welcome to eastern Hokkaido!**

(*Irankarapute* means hello in the language of the Ainu, an indigenous people in Hokkaido.)

Discover the nature of Japan’s northernmost island on a journey through eastern Hokkaido, including areas such as Akan-Mashu National Park. Best known for its three caldera lakes ▪ Lake Akan, Lake Kussharo and Lake Mashu ▪ this national park offers incredible views of forests, lakes and landscapes forged by volcanic activity. Enjoy a rare opportunity to see volcanic activity up close on this adventure around Kawayu and Akan.

Cycling through the volcanic landscapes of Akan-Mashu National Park, including Kawayu, Kussharo and Mashu, is an exhilarating experience with thrilling downhill sections. Local wildlife such as Yezo sika deer and red foxes can also be spotted along the route. A range of bikes are available, from road bikes to fat bikes and e-bikes, with a support car on hand for extra peace of mind. Learn more about Japanese onsen (hot spring) culture at Kawayu Onsen, which has long been known for the healing qualities of the hot springs created by volcanic activity in the surrounding area.

Moving to the Ainu Kotan area, take on the challenge of hiking up Mt. Meakan (1,499m), an active volcano known as Machineshiri in the Ainu language. Surrounded by lakes, volcanoes and forests, enjoy scenery that changes from rich vegetation to a volcanic landscape as you ascend, and feel the power of nature as you reach the crater at the summit.

The tour concludes with cycling and walking around secluded forests that require special permission to access. Gain a unique insight to the area’s nature and culture from a local guide with Ainu heritage.

Enjoy delicious seafood and other cuisine unique to eastern Hokkaido!

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## Highlights:

- Immerse yourself in Japan's unique hot spring culture
- Cycle between Lake Mashu and Akan (road bike & e-bike)
- Hike up Mt. Meakan
- Cycle around Lake Onneto (fat bike & e-bike)

## Location:

Teshikaga, Hokkaido

Akan, Hokkaido

Kushiro, Hokkaido

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<b>Main Activity:</b>	Hiking and Cycling
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<b>Difficulty level:</b>	4/5
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<b>Availability :</b>	Recommended from May until September ▪
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<b>Tour Dates:</b>	4Nights 5Days
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<b>Pax:</b>	Minimum 4	Maximum 10
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<b>Price:</b>	JPY261,000~
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[Route map](#)

[Day-by-day Itinerary](#)

[What's included](#)

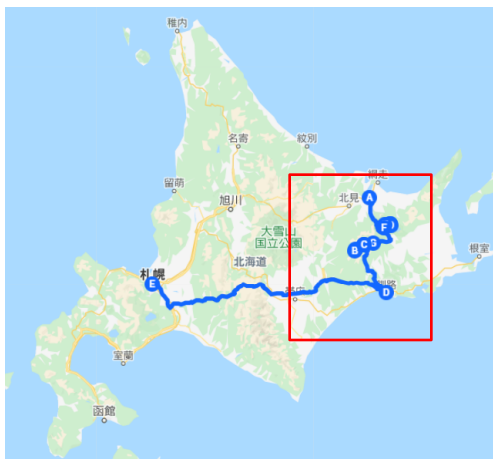
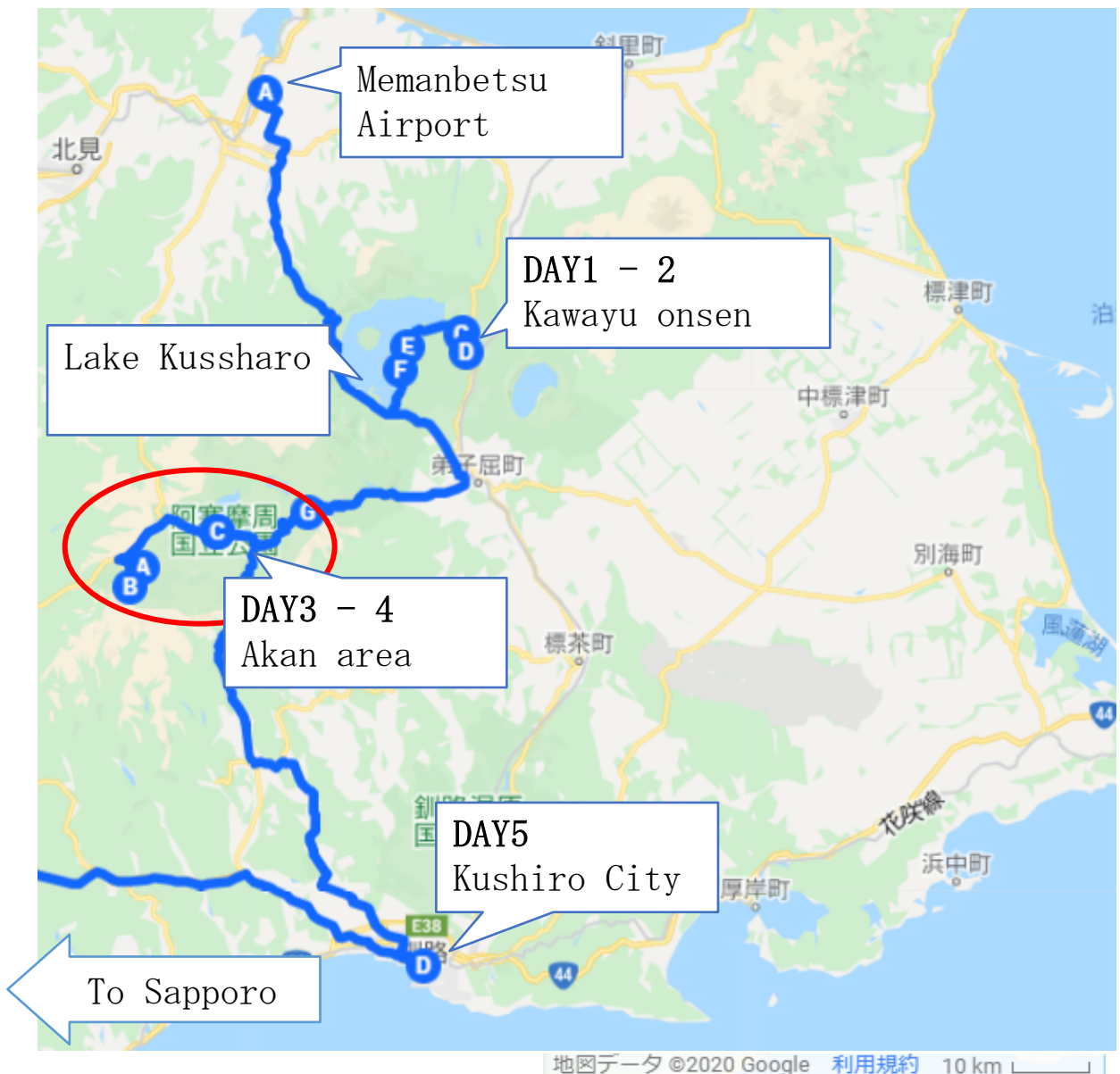
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## Route map



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# Day-by-day Itinerary

## Day 1 ▀ Arrive at Memanbetsu

After arriving at Memanbetsu Airport (MMB), the tour guide will be waiting for you at the arrival lobby. Direct flights to Memanbetsu Airport from Haneda Airport in Tokyo are available with JAL or ANA or AIR DO. Once the group gets together, a private coach will take you to Oyado Kinkiyu, a ryokan (Japanese inn) with a history stretching back 70 years, where you will spend your first night. The 100% natural hot spring water and dishes prepared with carefully selected ingredients provide the perfect spot to relax while surrounded by the nature of Akan-Mashu National Park.

Oyado Kinkiyu offers a range of delicious cuisine that uses traditional Japanese cooking as a basis to explore new ideas while making use of local ingredients. Particular emphasis is placed on the use of seasonal ingredients found in the mountains around Teshikaga and the seas surrounding eastern Hokkaido. The breakfast buffet is an excellent opportunity to sample Japanese homemade cooking.

After checking in, the itinerary for the rest of the tour will be explained, followed by a kaiseki-style dinner. There will also be an opportunity to get a good night's rest following the long trip to get to Hokkaido, in preparation for travelling to Kawayu Onsen, which has long been known for the medicinal qualities of its hot springs, the next day.



### Dinner

Oyado Kinkiyu  
Kaiseki-style dinner

#### 【What is Kaiseki?】

Kaiseki ryori is a traditional type of Japanese multi-course cuisine.

Note: The photo is a sample image.



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# Day-by-day Itinerary

## Day 2 ▪ Kawayu – Kussharo Cycling

After breakfast at the hotel, you will head to the Kawayu Eco Museum Center for a talk about the significance of the topography of Akan-Mashu National Park and its connection with Kawayu Onsen. This is followed by a 28km morning cycle with an elevation gain of about 180m. Along the cycling route, you will stop at three locations connected to volcanic activity before heading to a restaurant for lunch. A support car will be on hand to provide assistance as needed during the cycle.

### Mt. Io

Mt. Io is known as Atosanupuri (literally “naked mountain”) in the Ainu language. Feel the dynamic volcanic activity up close as the distinctive smell of sulfur fills the air, creating a special atmosphere, accompanied by the impressive sight and sound of smoke rising from the mountain’s surface.

### Lake Kussharo Sand Bath

Located in the largest caldera formed by volcanic activity in Japan, digging into the sand causes hot spring water to well up from under the surface.

### Kotan Onsen

An open-air bath that flows directly from the source, with spectacular views for those in the know. After taking a break here, you will cycle through the gentle hills of the upland fields to go for lunch.

## Lunch

Tsuruga Auberge SoRa, Lake Kussharo

French-style course lunch

Enjoy lunch while taking in magnificent scenery

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After lunch, the cycle continues for about 16km (elevation gain: 160m) over an hour and a half, including an exciting downhill section on the final stretch before you reach Lake Akan. Akan Ainu Kotan, a settlement of Ainu people (an indigenous people in Hokkaido) is located near the lake.

Accommodation is at Lake Akan's iconic Tsuruga WINGS. This stylish, contemporary ryokan (Japanese inn) features an impressive lobby gallery, including examples of Ainu craftsmanship, and offers a range of healthy cuisine created with an emphasis on natural seasonal ingredients. With hot stone baths featuring a range of temperatures, scents and herbs, the hot spring will rejuvenate your body and soul.

Each guest will have their own private room with a view of the pristine nature on the shores of Lake Akan. All rooms have their own restroom, shower, TV and Wi-Fi, while the ryokan's onsen (hot spring) is the perfect way to relieve the fatigue of the day's cycle.

## Dinner

Tsuruga WINGS

Kaiseki-style dinner

Note: The photo is a sample image



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### Activity

Cycling

Morning

Distance: 28km, Time required: approx. 5 hours,

Elevation gain: 180m

Afternoon

Distance: 16km, Time required: approx. 1.5 hours

Elevation gain: 160m

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### Difficulty

4/5

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## Day 3 – Mt. Meakan hike

Mt. Meakan (1,499m) is an active volcano known as Machineshiri (literally “Woman’s Mountain”) in the Ainu language. A mountain guide with Ainu heritage will accompany you as you take on the challenge of climbing this mountain. After setting off, the first section consists of a forest trail with a gentle incline. Further along the ascent, sulfur crystals can be seen along the road and as approach the volcanic landscape beyond the tree line.

Approaching the summit, the scenery around the crater demonstrates the magnificent scale of volcanic activity. This hike offers a rare opportunity to enjoy the wonderful natural scenery of lakes, volcanoes, and forests on a single hike.

### Lunch

Lunch box (traditional Japanese boxed lunch)

The food served varies throughout the year but generally includes items such as seasoned rice, *nimono* (a traditional Japanese simmered dish) and *tamagoyaki* (Japanese omelet).

Enjoy lunch at the top of mountain as you take in the amazing sight of an active volcano.

Along the way, you can enjoy views of another volcano, Mt. Akanfuji, and Lake Onneto, which means “old swamp” in the Ainu language. Your guide will also introduce to hikari goke (literally “luminous moss”), moss that glows beautifully when exposed to light and is only known to local guides. After arriving at Lake Onneto, a private car will take you back to the ryokan.

### Dinner

Izakaya (Japanese-style pub)  
in the Akan city center

Note: The photo is a sample  
image.



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<b>Activity:</b>	One day hike(approx. 7hours) Elevation 1,499m
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<b>Difficulty:</b>	4/5
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## Day 4 ▪ Lakeside cycle

After a healthy, hearty breakfast including seasonal vegetables and fruit and vegetable juice, choose a fat bike or an e-bike before setting off on a cycle around Akan and along downhill forest trails.

The first and last 1km are on tarmac roads, with the remainder along gravel roads. The cycling route has an elevation gain of 100m, but there are no steep slopes. The return trip back to Akan is along the same road.

\* The route may change depending on the road conditions on the day.

### Lunch

Tsuruga WINGS  
restaurant

After lunch, set out for a gentle walk through Hikarinomori forest with the same guide as in morning. The 3km route is along a relatively flat trail that includes unpaved paths through the forest and takes about 3 hours.

This forest is a central part of Akan and can only be accessed together with a certified guide.

For the Ainu of Lake Akan, the forest played an important part in their daily lives as a source of food and materials for creating clothing and tools. As a result, these Ainu people believed that souls reside in all things, including plants, animals and nature, and held them dear.

During this walk, the focus is on the lives of the Ainu who live by Lake Akan. You will hear about folklore relating to the forest and the relationship between its flora and fauna.

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## Dinner

Tsuruga WINGS

Buffet style dinner

Note: The photo is a sample image.



Tsuruga WINGS offers a new style of buffet dinner with a range of about 70 dishes that transcends the boundaries between Japanese and Western cuisine. Enjoy delicious Hokkaido dishes created with an emphasis on using healthy seasonal ingredients without artificial preservatives and coloring.

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Morning: Cycling

Distance: 40km,

**Activity:**

Time required: approx. 3 hours, Elevation gain: 100m

Afternoon: Forest walk (approx. 3km)

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**Difficulty:**    Cycling:3/5 , Walking: 1/5

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## Day 5 ▫ Transfer to Sapporo

After breakfast, you will check out of the ryokan and depart for Kushiro station by private car. Kushiro has a history as a thriving fishing port, and you will have time to explore the city while waiting for the train.

### lunch

Free time in Kushiro City  
(lunch is not included in the cost of the tour)

After lunch, you will take the train to Sapporo (about 4.5 hours).

## Accommodation

September 15-16 (one night) : Oyado Kinkiyu (Ryokan)

Private room

- No Wi-Fi in room, Wi-Fi available in lobby
- Laundromat on first floor  
(washing machine: 300 yen per use / drier: 100 yen for 30 minutes)

September 16-19 (three nights): Akan Yuku no Sato TSURUGA

Private room

- Wi-Fi available
- Laundromat on first floor, can be used 24 hours a day  
(washing machine: 300 yen per use / drier : 100yen for 30 minutes)
- Hot springs located on the 1<sup>st</sup> and 8<sup>th</sup> floors



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# About Japanese culture

## Japanese-style inns (ryokan)

No other country has accommodation quite like ryokan, which reflect Japan's unique style of hospitality. Stylistic elements of traditional Japanese culture can be seen in every element, including the architecture, garden design, cuisine, hot springs (onsen) and rooms.

## Hot springs (onsen)

When you stay in a Japanese-style inn, choose one with a hot spring if you can. Each hot spring has different minerals depending on the source of hot water from underground, which have a variety of health benefits. In fact, hot springs were once used as a medical treatment because of their efficacy. Hot springs are usually communal, and 99% are gender segregated. On this tour, you will stay at a ryokan in Kawayu Onsen, which has one of the few hot springs in Japan to flow directly from the source. It has a very high sulfur content and said to have medicinal qualities. The hot springs of Lake Akan, meanwhile, are colorless, transparent, and are gentle on the skin, making them popular among children and the elderly.

## Traditional Japanese cuisine (washoku)

Traditional Japanese cuisine, known as *washoku*, was registered as a UNESCO Intangible Cultural Heritage in 2013.

*Washoku* is known for its healthy dishes, subtle seasonings that draw out the flavor of the ingredients and beautiful presentation. Each cooking method—grilling, cooking in broth, deep-frying, sashimi, fermenting and stir-fry—is its own work of art. The food culture varies from one area to another, with many different local specialties made with each region's seasonal ingredients.

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## What's included

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- Local English-speaking guide and activity guides (for hiking and cycling)
- Accommodation (4 nights)
- Meals (4 breakfasts, 3 lunches and 4 dinners)
- Coach transfer from the airport to Sapporo station (arrival and departure day)
- Safety equipment
- Cost of activities

## What's not included

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- Lunch and activities on arrival day
- Lunch and dinner on departure day
- Alcoholic beverages
- Travel insurance
- Personal expenses

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# What we provide

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- Safety equipment
- The guide will also bring GPS, communication device, first aid repair kit
- Bicycle(E-bike, Hybrid bike and Fat bike) and helmet
- Safety support car for Cycling

NOTE: The picture below is sample image

Cross bike



MIYATA CRUISE 6180

E-MTB



eBIG. SEVEN 600  
ヤマハ製 YPJ-XC

Fat bike



SURLY Ice Cream Truck

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# What to bring

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## Upper and lower body

Jacket and rain pants/T-shirt/Hiking pants/Underwear

## Hands, feet and head

Gloves/Warm waterproof warm/Hiking shoes/Socks/Cap or hat/Face mask

## Hiking

Backpack (over 20L) and rain cover

## Other items

- Portable Toilet
- Small towel
- First aid
- Bring your water bottle (please support the conservation of our planet)
- Cash

(Small shops and restaurant may only accept only cash, we recommend that you exchange money after arriving at the airport in Japan.)

\*Please bring any prescription medication, asthma inhalers or epi-pens that you need.

## Optional

- Camera
- Sunscreen
- Wind jacket
- Binoculars
- Trekking poles
- Sunglasses

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# About us



*Perfect moments, always*

JTB -- “Perfect moments, always.”

The JTB Group traces its roots back to 1912 when “Japan Tourist Bureau” was formed to attract international travelers to Japan and assist with their travel needs. While our activities and clientele have expanded greatly since then, the JTB Group remains aligned around a core purpose: bringing people, places and possibilities together. Developing innovative services and solutions that enable our customers to connect more deeply and meaningfully. Contributing to the creation of sustainable communities and a more peaceful and interconnected planet.

No matter how the world changes, the JTB Group remains as committed now as we were 108 years ago to delivering unrivaled excitement, value and satisfaction. At its essence, JTB’s legacy resides in the bonds of trust we have forged with our customers, communities and stakeholders.

The JTB Group is poised to embark on the next exciting chapter in its incredible journey, staying attuned to and aligned with the evolving needs of a new era, maintaining its position as a digital trailblazer, and delivering real value that our customers can feel.

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# Guides

## Day 2 Cycling guide

### Atsuhiko Matsuoka

I was born in Akanko Onsen in 1980, and still live there today. I now run Akan Kanko Hire, a taxi firm specializing in cycling and tourism services.

I got into cycling after spending a month traveling around Europe shortly after turning 30. Although I mainly works as a road cycling guide, I have recently expanded to trail riding on E-MTB mountain bikes. As a representative of the Kushiro Loco Cycle Project, an organization that promotes cycling in the Kushiro area, I am actively engaged in promoting the popularization of cycling and hold regular cycling safety education events for children.



#### Qualifications

Certified Japan Cycle Tourism Association (JCTA) Cycling Tour Guide  
Kushiro City Advanced First Aid Course

#### Experience

2005 Appointed as CEO of Akan Kanko Hire  
2017 Appointed as representative of the Kushiro Loco Cycle Project

## Day 3 Hiking, Day 4 Cycling and walking guide

### Keiichiro Nishida

I was born near Lake Akan, Hokkaido in 1969 and have a profound love of nature. After spending several years in Tokyo, I returned home to Hokkaido and started my own business as a mountain guide. I am passionate about providing travel experiences rooted in the local area.



#### Qualifications

Certified Japan Mountain Guides Association (JMGA) Stage 2 Mountain Guide, member of the North Alps Mountain Guides Association



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# Information and Requirements

## Dietary Restrictions

If you have dietary restrictions, an allergy to nuts or seafood, or need vegetarian, vegan, or gluten-free meals, please let us know in advance and we will provide you alternatives to the best of our abilities.

## Emergency Response Plan

There is mobile phone reception at all accommodation facilities. In the event of an accident, your guide will respond promptly in cooperation with local medical personnel.

In the event of problems such as broken gear or minor mechanical problems, please rest assured that we will assist you.

## Weather Conditions

In Eastern Hokkaido it rains a lot in September, and it can get quite cold in the morning and evening. It might be chilly sometimes, so it is a good idea to have a warm, thick coat or sweater such as a fleece.

The average temperature is around 16 degrees Celsius, with an average high of 20 degrees and an average low of 10 degrees.

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# Reservation & Cancellation Policy

## Payment Methods

Trip Price : JPY261,000

Only payments by credit card will be accepted.

The due date for the payment one month prior to departure. Please note that payments will not be accepted after this date.

How to pay by credit card

Visa, MasterCard<sup>®</sup>, JCB, AMEX and Diners Club are accepted.

Your credit card statement will show that the payment has been made to JTB Corp., the agent handling registration.

## Cancellations

\*In the event of a cancellation, your deposit will be refunded after deducting the cancellation fees shown below.

\*JTB will refund the remainder of the tour fee within 7 days of the day after cancellation if the refund is requested before the departure of the tour.

\*Cancellation fee when notice is given:

21 or more days prior to the departure date of the tour	
8-20 days prior to the departure date of the tour	20% of the tour fee
2-7 days prior to the departure date of the tour	30% of the tour fee
1 days prior to the day of departure	40% of the tour fee
On the day of departure	50% of the tour fee
After the day of departure, or if no notice is given	100% of the tour fee

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# Disclaimer

Trip Cancellations: JTB reserves the right to cancel or change the itinerary of a tour. In the event that we need to cancel a tour, we will refund 100% of your costs.

Weather conditions are almost never severe enough to warrant cancelling a tour; cancellations only occur as a result of truly exceptional events that could not be predicted.

JTB is not responsible for compensating any additional costs such as flights.

## [Terms and Conditions for Agent-organized Tours](#)

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## Tour Operator / Contact



*Perfect moments, always*

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