

# Multiple Adventures Around Lake Shikotsu

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Lake Shikotsu, a caldera lake formed by volcanic eruption about 40,000 years ago, is famous for the clear blue of its waters. In fact, official surveys have found that Lake Shikotsu Blue is Japan's clearest and highest quality water. Enjoy the best Lake Shikotsu by kayaking, cycling, climbing Mount Fuppushi, and camping at Bifue. This adventure tour features the best natural scenery and cuisine Lake Shikotsu can offer.

Mt. Tarumae on the shore of Lake Shikotsu is a well-known triple volcano – one of the rarest forms of volcano and its eruption contributed to the formation of the Koke no Kairou mossy canyon, which resulted from years of erosion.

The lake is surrounded by unique plant life, such as *Ranunculus Yezoensis*, the perennial Perfoliate Pondweed, and much more.

Lake Shikotsu is an oligotrophic lake, which influences the growth of Himemasu, a local lake salmon. Let's enjoy the beauties of nature!

### Highlights:

- Camp surrounded by views of Lake Shikotsu Blue and the volcano mountains surrounding the lake.
- Kayak through virgin nature extending from Bifue to Okotan.
- Cycle through natural caldera formations created by volcano eruptions.
- Revitalize your spirit by soaking in an open-air bath at Marukoma Onsen, which shares its hot spring source with Lake Shikotsu.
- Hike to Koke no Kairou, a mossy cloister-like canyon and mystic space created by the erosion of lava flows.
- Climb Mount Fuppushi to enjoy great panoramic views of Lake Shikotsu.

**Location:** City of Chitose, Hokkaido

**Main Activity:** Hiking

**Difficulty:** 3

**Availability:** Recommended from June until mid of October

**Tour Duration:** 4 Nights 5 Days

**Pax:** Minimum 5                      Maximum 10

**Price per person:** JPY 472,000 (5 pax)  
JPY 325,000 (10 pax)

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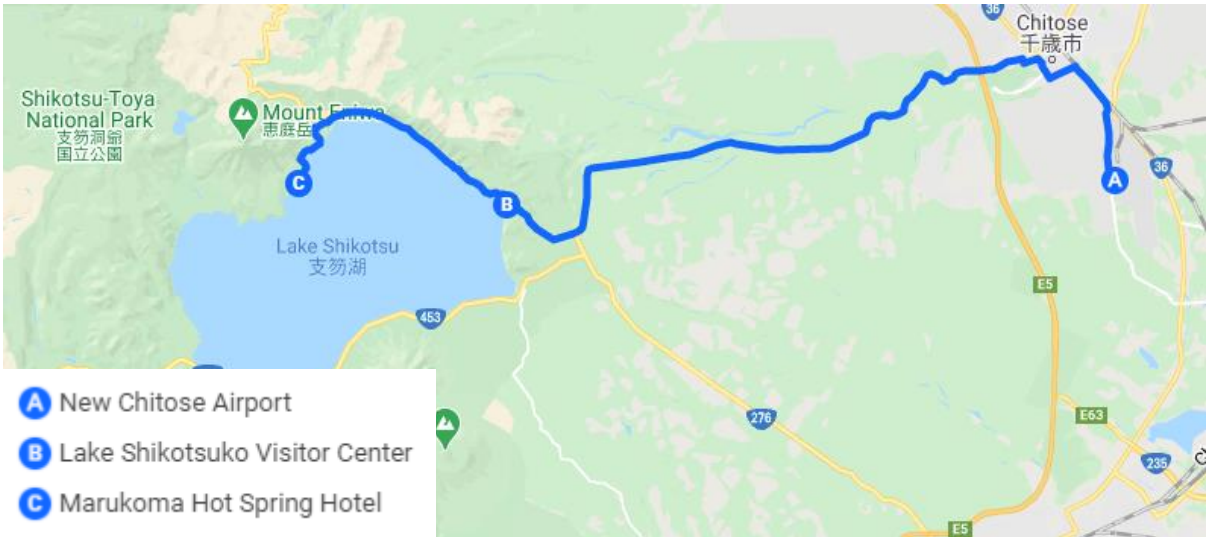
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# Route map <DAY 1~2>

< DAY 1 >

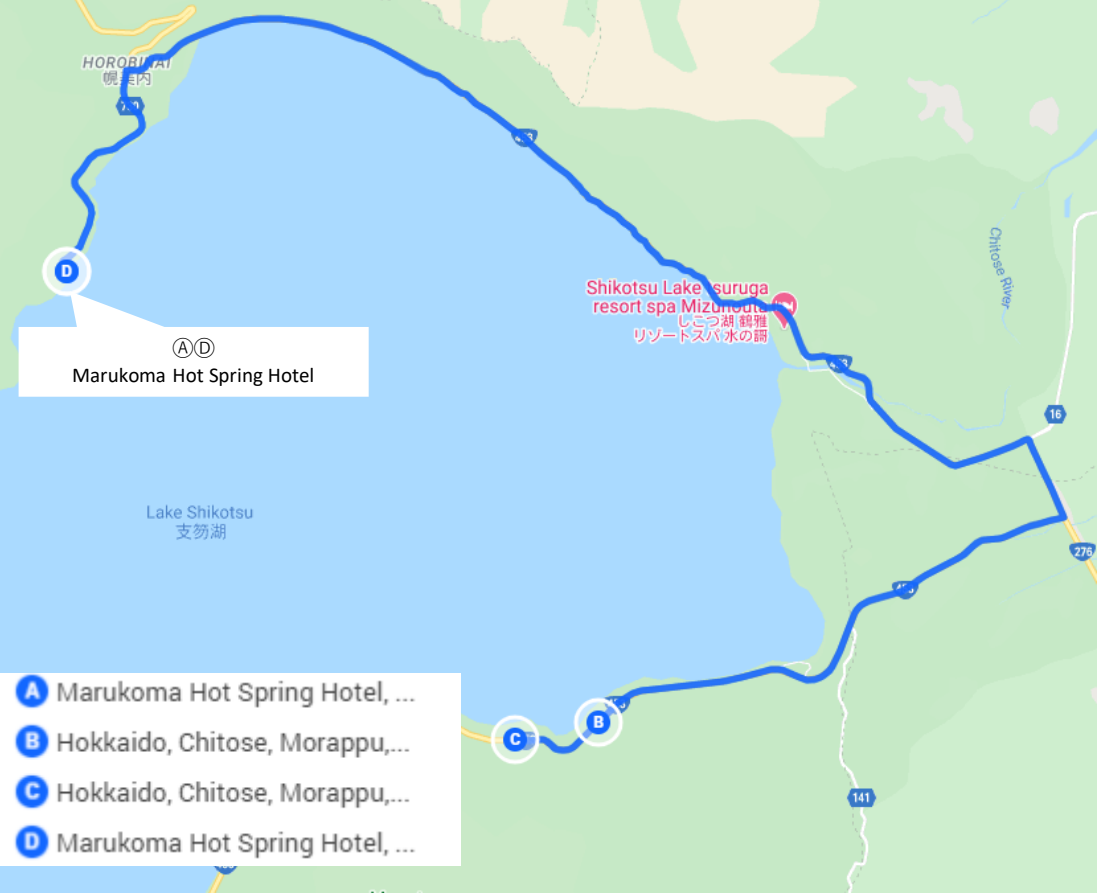


< DAY2 >

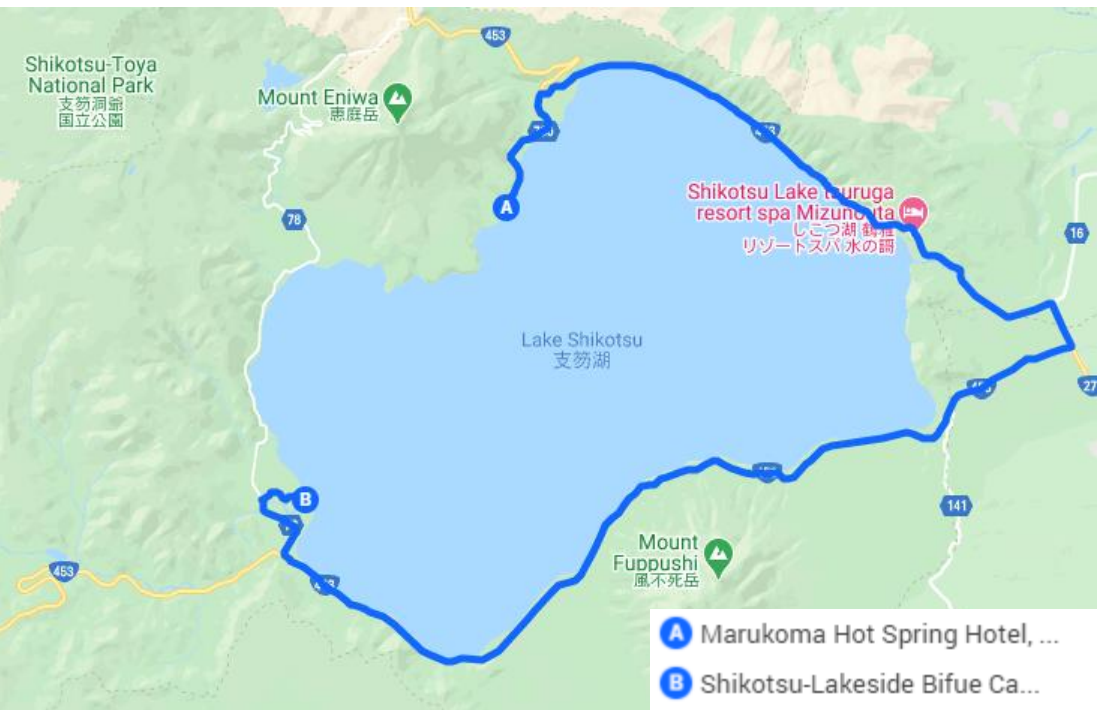


# Route map <DAY 3~4>

< DAY 3 >

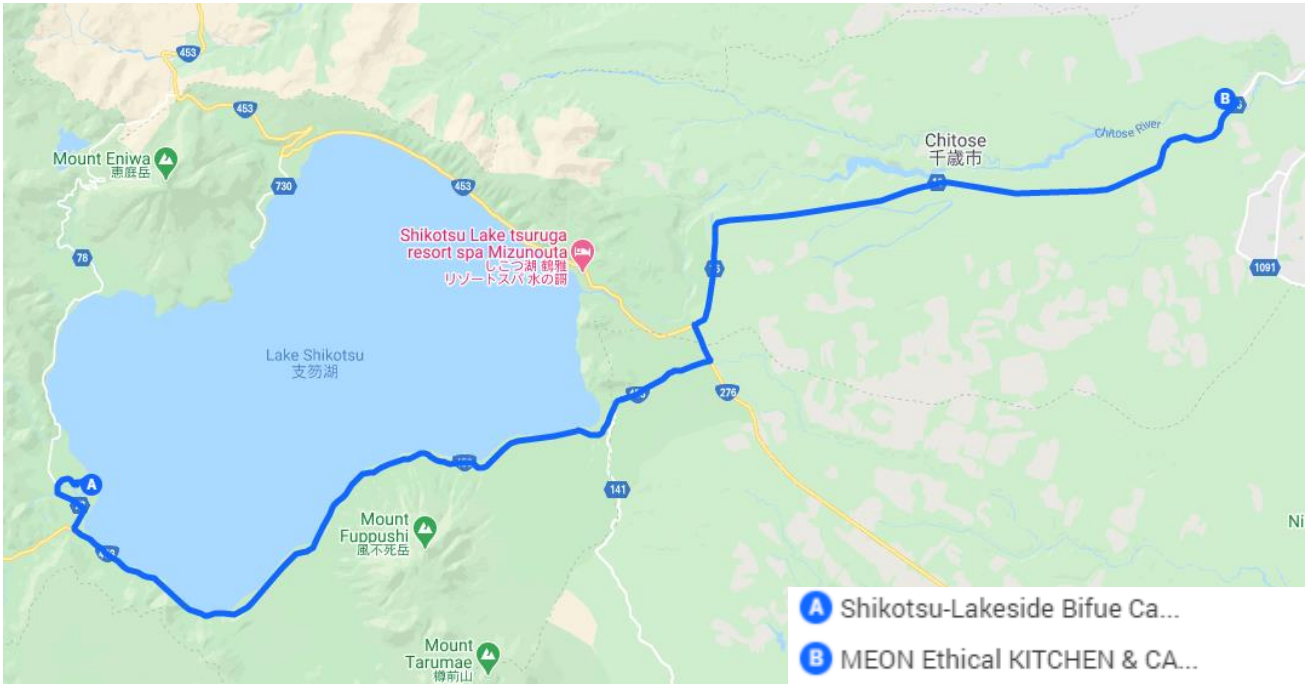


< DAY 4 >



# Route map <DAY 5>

< DAY 5 >





## Day-by-day Itinerary

### Day 1 -

Meet your guide at New Chitose Airport at 13:00, and transport to Lake Shikotsu by private car.

At the Lake Shikotsu Visitor Center, learn about the origin and characteristics of the lake you will tour over the next days. Then, transport to Marukoma Onsen, a time-honored hot springs spa on the lakeside. The hotel is self-sufficient for both power and drinking water, which is directly sourced from Lake Shikotsu. The hotel's open-air baths are filled with natural spring waters from the lake.

The hotel restaurant features Irori, a traditional Japanese sunken hearth used for heating the home and cooking food. Guests are served sizzling dishes grilled on the fireplace according to the old customs of Japanese households. Savor this joyful encounter while relaxing around the fire with your fellow guests.

**Dinner**                      Local Sockeye Salmon at hotel

**Activity:**                      -

**Difficulty:**                      1



### Day 2 – Close-up views of Lake Shikotsu

Kayak the lake to enjoy views of virgin nature and Lake Shikotsu Blue, Japan's finest and clearest water. Cycle around the lake amid views of its unique ecology, especially forests impacted by surrounding volcanic activities. The area is home to Yezo Shika, Hokkaido's native deer, and you may come across them if lucky.

**Breakfast** Japanese Set Meal featuring local produce

Lake Shikotsu Kayak Tour 【Time】 3 hours 【Distance】 3km

Kayak to areas unreachable by land, starting near the Bifue Camping Ground. While paddling through it, view the lake's untouched nature and 300 year-old fallen trees, which will soon give rise to thoughts on environmental preservation. Mt. Eniwa, another large peak overlooking the lake, was the site of ski races at the 1972 Winter Olympics. Many trees were cleared to accommodate race courses; today we're still dealing with the slow regrowth of vegetation in the area.

**Lunch** Lunch at Lake Shikotsu Tsuruga Resort Spa MIZU NO UTA, which serves set meals prepared with local produce and ingredients.

Cycling around Lake Shikotsu 【Time】 3 hours 【Distance】 33km

Circling the lake, 270° counterclockwise from Bifue

Bifue Camping Ground～Morappu～Lake Shikotsu Hot Spring Town～  
Polo Pinai～Marukoma Onsen

**Dinner** Japanese Kaiseki Course Meal featuring local ingredients

**Activity:** Kayak and Cycling

**Difficulty:** 3



### **Day 3** - Koke no Kairou, a mossy canyon～Mount Fuppushi Climb

Experience the vastness of Hokkaido's nature.

While hiking Koke no Kairou (created by volcanic eruption of Mt. Tarumae about 300 years ago) and climbing Mount. Fuppushi (another of the volcanoes surrounding the lake), you'll learn about the origin, formation and stories of Lake Shikotsu and its surroundings.

**Breakfast**      Japanese Set Meal featuring local produce

Hiking Koke no Kairou, a mossy canyon      **【Time】** 2 hours      **【Distance】**  
3.6 km

Koke no Kairou is the result of years of erosion by wind and rain on the hardened lava flows created by the enormous volcanic eruptions around Lake Shikotsu.

The canyon consists of two major routes; the first with splendid views of moss and the second featuring the trailhead to Mt. Fuppushi. The cloister-like canyon is covered with more than 80 kinds of bright green moss.

Hike from the entrance along the national road to Koke no Kairou for about 20 minutes each way. Walk on a pebble road with the lake behind you.

Watch out for your footing since the road narrows with fallen trees! Then, a breathtaking view awaits you on the first route – a cloister carpeted by rich greenery.

**Lunch**      Chitose Tempura Style Burger; a local style fish sandwich with Japanese flavors featuring local eggs and salmon.



Climbing Mount Fuppushi   【Time】 5.5 hours   【Distance】 10.3 km  
【Elevation】 1071 m

At the summit, savor breathtaking 360° panoramic views of the beautiful landscape dappled with serene green and blue colors, including Lake Shikotsu, Mount Eniwa, the cities of Sapporo, Eniwa, Chitose, Tomakomai and thousands of acres of forest against the background of Mount Yotei and the Hidaka Mountain Range. For the climbing route, you'll enter the mountain from the trailhead located on the second route of Koke no Kairou (which you reached after hiking the first route). It takes about three hours to reach the summit. The degree of difficulty is not high.

**Dinner**      Japanese Kaiseki Course Meal featuring local ingredients

**Activity:**                  Hiking  
**Difficulty:**                4



### Day 4 - Camping at Lake Shikotsu

#### Camping at Lake Shikotsu

～A genuine camping experience guided by a camping expert～

Stay at a campground surrounded by nature, in a forest of giant trees. The site is located in Bifue, across from Lake Shikotsu Hot Spring Town, with a beautiful view of Mt. Eniwa from the lakefront.

By day, the surrounding mountains reflect in the crystal-clear water, while at night you'll be amazed by the countless stars shining brightly in the sky.

**Breakfast** Japanese Set Meal featuring local produce

Experience genuine Lake Shikotsu Blue on the lakeside; the crystal blue color of the water reflects the starry nights and the welcoming sunrises.

Enjoy close-up views of Lake Shikotsu and the volcanic mountains around the lake, including Mount Eniwa, Mount Mombetsu, and Mount Fuppushi (which you climbed the previous day,), and wrap up your tour.

#### (Activities)

- Stroll in a forest of giant trees
- Chop Wood
- Bonfire
- Fishing
- Cooking

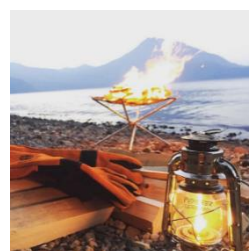
**Lunch** Cook together with a professional chef, using local ingredients.

#### Dinner

Himemasu Chan Chan Yaki, a local style table grill of salmon and vegetables, tasty sausages and local smoked vegetables, and a special wine aged in the 20-meter deep waters of Lake Shikotsu

**Activity:** Camping

**Difficulty:** 2



### Day 5 – Transfer to New Chitose Aripport

Last Day

Strike camp and bicycle from Lake Shikotsu to your lunch restaurant.

**Breakfast**      Camp style breakfast

Lakeside Shikotsu～Cycling Road along the Chitose River～Rankoshi, Chitose

【Time】 90 minutes    【Distance】 22km

Bike along Lake Shikotsu Park Auto Road, a cycling road which was originally the Oji Paper Company's old railroad bed, and head to a restaurant for your lunch, enjoying views of the Chitose River and old railroad sites from the Meiji Era along the way.

**Lunch**      MEON Ethical Kitchen & Cafe, whose menu consists of their own produce. Their private farm is adjacent to the restaurant on the riverside, where irrigation is provided by underground water from Lake Shikotsu.

Arrive at JR Sapporo Station or New Chitose Airport 【Time】 1 hour, transport by private car  
※Support by tour guide

### Accommodations :

Day 1 : Marukoma Onsen Ryokan

Day 2 : Marukoma Onsen Ryokan

Day 3 : Marukoma Onsen Ryokan

Day 4 : Bifue Camping site

## What's included

- Activities Fee
- Meals
- Tour Guide
- Cycling Guide Fee
- Mountain Guide Fee
- Kayak Guide Fee
- Private Car

## We provide& What to bring

- Kayaking Equipment
- Camping Equipment (Rental)
- Safety Jacket (Size )
- E-bike (hybrid electric bicycle)
- Water and Energy Snacks
- Emergency Shelter
- First Aid Equipment Set
- Extra Portable Toilet
- Alcohol disinfectant, non-contact thermometer

### What to bring

☐ = Necessary / ☐ = Recommended

☐ Underwear

☐ Hiking Boots

☐ Socks

☐ Long pants

☐ Long sleeve shirts (quick dry)

☐ Shorts (quick dry)

☐ Hat · cap

☐ Gloves

☐ Backpack

☐ Rain Gear (top and bottom)

☐ Winter Clothes

☐ Water Bottle

☐ Toiletries

☐ Portable Toilet

☐ Sunglasses

☐ Toiletries

☐ Towels

☐ Sun Screen

☐ Face Mask

☐ Trekking Pole

☐ Binoculars

☐ Camera

## About us

The company is certified by JATA's Tour Quality Japan Quality Assurance System for Tour Operators. Our mission is to provide the highest quality services to our clients. We specialize in Japan inbound tours focusing on Hokkaido.

- ATTA Members
- Special ATTA Website for B2B [www.amazing-hokkaidotrip.com](http://www.amazing-hokkaidotrip.com)

### Guides

#### < Mountain Climbing Guide >

##### 【Michiko Aoki】

- 10 years of experience as a mountain climbing guide, specializing in the Mount Daisetsu Area.
- Studied in Canada, Japan Overseas Youth Cooperation Team, Overseas Mountain Climbing, Fluent in English, Guiding mount climbers from overseas (US, Europe and Australia), guides 250 climbers per year
- Certified by Japan Mountain Guide Association for Mountain Climbing
- Guide Stage II and Ski Guide Stage I, CAA ATS Level 2, JAN Level 1 (avalanche training), completed Canada Yamnuska Mountaineering Seminar,
- Wilderness First Aid (80 hours Outdoor First Aid Training ), certified Director of Total
- Travel Management, certified Nature Park Instructor by Japan Ministry of the Environment

#### < Activity Guide (Tentative) >

##### 【Takafumi Itaya】

- EFR (Emergency First Response)
- Diver
- Pilot License for Small Secondary Ships

Experienced guiding visitors from Japan and overseas in the Shikotsu Toya National Park; 3,000 visitors per year.



### Guides

#### 【 Yukihiro Takahashi】

- JCA Certified Cycling Guide
- Completed advanced first aid training
- International Cycling Tour Guide (Taiwan FLCA、 Thailand TCC)
- International Ski Coach Concierge (Canada CSIA)
- Ambassador to VELOBICI, an English cycling apparel company

Organized cycling tours for overseas guests (1,200 bikers per year)

#### 【 Jun Matsuyama】

- JCA Certified Cycling Guide
- Completed advanced first aid training

# Information and Requirements

## Dietary Restrictions

We provide special meals for participants with allergies, as well as for vegetarians and vegans, upon advance request.

## Emergency Response Plan

- Certified Wilderness First Aid (80 hours Outdoor First Aid Training in English)
- Completed First Aid Training upon obtaining certification by the Japan Mountain Guide Association  
(Basic First Aid Class such as CPR or AED, injury treatment (treat or transport) for broken bones and sprains, treatments for heatstroke, hypothermia, bee stings and allergies including anaphylactic shock, outdoor emergency response training for simulated scenes, such as communication, treatment and transportation)
- Practice sessions at the beginning of each guiding season (summer and winter).

### <Operation Flow>

Tour Guide



Tour Leader, Embassies and Consulates in Japan, Insurance Companies, Hospitals, etc.



Accident Management Headquarters, Risk Management Office



CEO, Company President

# Reservation & Cancellation Policy

## Payment Methods

We will send a booking confirmation by email with an invoice requesting 10% deposit per person due within 2 weeks of invoice date. The remaining balance is due 2 weeks prior to arrival. If KNT Hokkaido has not received deposit amount by the due date, the booking will be cancelled.

## Cancellation

Cancellation Policy / 10% : 1 month Before Departure

20% : 21 Days Before Departure

30% : 15 Days Before Departure

50% : 1 Week Before Departure

80% : Less Than 1 Week

# Disclaimer

## Disclaimer

We are not liable or responsible for any damages or injuries caused by the following actions and/or reasons:

- Willful or gross negligence caused by insurance policy holders, other insured persons and insurance beneficiaries
- Fights, suicides and criminal behavior
- Traffic accidents whether or not drivers are insured, the driving of motorcycles without licenses, driving under the influence of alcohol and/or drugs, whether prescription or illegal
- Brain and other diseases, insanity
- Pregnancy, childbirth, premature birth, abortion
- Surgical operations (except for accidents caused by us)
- Accidents and riots related to wars and revolutions
- Earthquakes, volcanic eruptions, tsunamis, and other Acts of God
- Nuclear contamination caused by nuclear accidents
- Mountain climbing using tools such as ice axes; rock climbing; luge; bobsled; skeleton sports; flying planes; sky diving; hang gliding; riding super-light powered machines such as motor hang gliders, micro light aircraft, and ultra light aircraft.
- Racing, competing, performing and test driving of automobiles, motorcycles, motorboats, etc.
- Whiplash or back pain without independent medical proof.
- Willful or gross negligence caused by you.
- Liability for damages directly caused by your performance of duties (damages occurring during your work)
- Liability for damages to your consigned goods caused by you (damage to hotel facilities and rooms is however covered)
- Liability for damages caused by your ownership, usage or management of the following items: vehicles including golf carts and rental cars, motorized bicycles, aircraft, ships including motorboats, and firearms including air guns.
- Liability for damages to your family members living at the same address as you, and family members traveling together.
- Liability for damages caused by your loss of mental facilities.

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## Tour Operator / Contact

KINKI NIPPON TOURIST HOKKAIDO Co., Ltd.

Nittsu Sapporo Bldg., 6F, 2-1, West2, North3, Chuo-ku, Sapporo, Hokkaido 060-0003,  
Japan

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