

Discover the Volcanoes of Eastern Hokkaido (cycling/hiking)



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

(Irankarapute means “hello” in the language of the Ainu, the indigenous people of Hokkaido.)

Discover the nature of Japan’s northernmost island on a journey through eastern Hokkaido that includes Akan-Mashu National Park. Best known for its three caldera lakes—Akan, Kussharo and Mashu—the national park offers spectacular 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 is an exhilarating experience, especially the thrilling downhill rides. Local wildlife such as Yezo sika deer and red foxes can be seen along the route. Various bicycles, such as road bikes, fat bikes and e-bikes, are available and a support car is on hand to help with any difficulties. Learn more about Japanese onsen (hot spring) culture at Kawayu Onsen. Created by volcanic activity, the hot springs here have long been known for their healing qualities.

After arriving in the Ainu Kotan area, take on the challenge of hiking up Mount Meakan (1,499 meters), an active volcano known as Machineshiri in Ainu. Surrounded by lakes, volcanoes and forests, the mountain’s scenery changes from rich vegetation to volcanic landscapes as you ascend. The approach to the summit reveals the explosion crater and the awesome scale of volcanic activity.

The tour concludes with cycle rides and hikes through secluded forests that are only accessible with a certified guide. Gain a unique insight into the area’s nature and culture from a local Ainu guide.

Enjoy delicious seafood and other delicacies unique to eastern Hokkaido.

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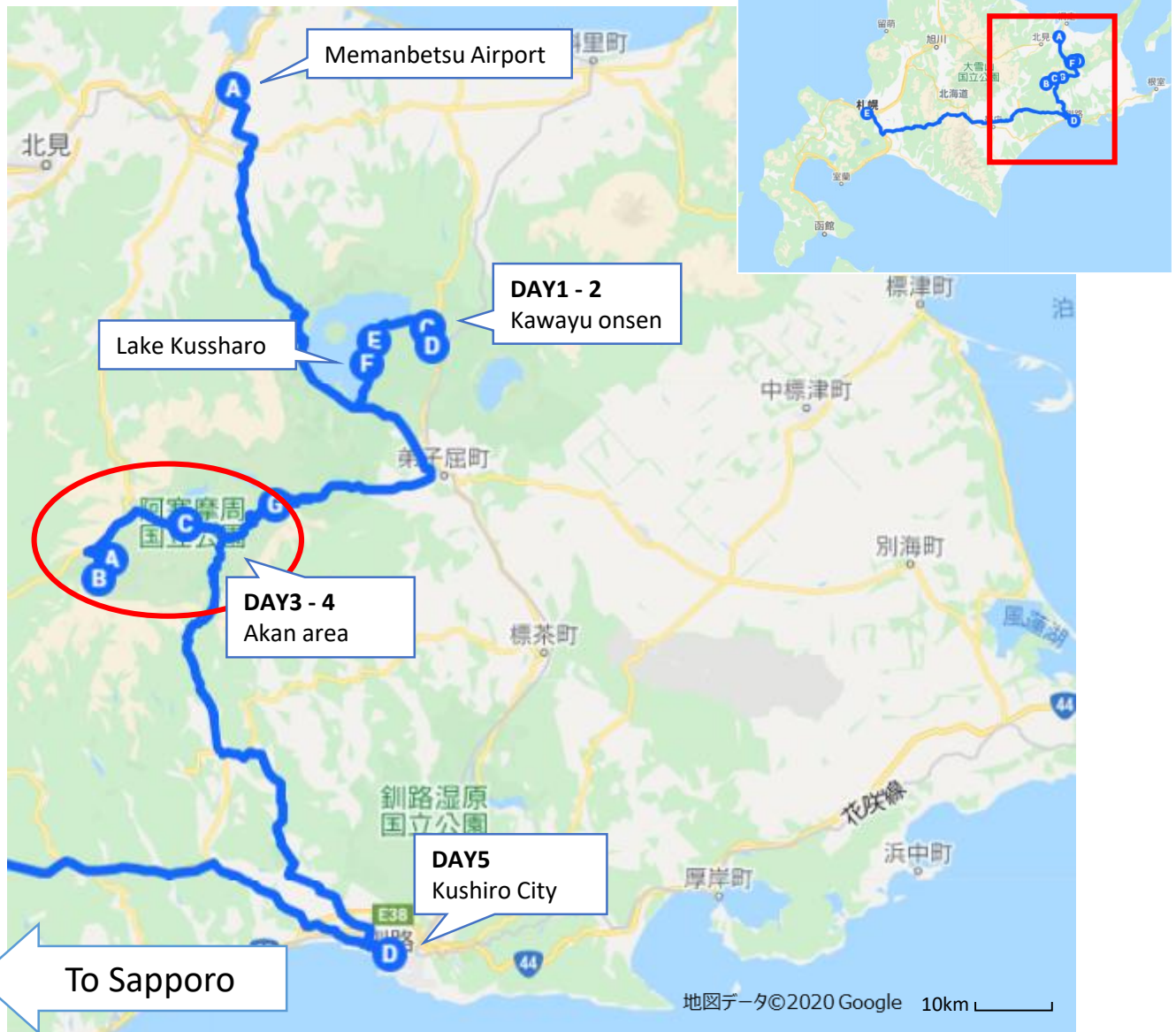
- Immerse yourself in Japan's unique hot spring culture
- Cycle between Lake Mashu and Akan (road bike & e-bike)
- Hike up Mt. Meakan
- Cycle around Lake Onneto (fat bike & e-bike)

Location: Teshikaga, Akan, Kushiro, Hokkaido

Main Activity: Hiking and Cycling

Difficulty: 4/5

Route map



Day-by-Day Itinerary

Day 1:

Arrive at Memanbetsu

After arriving at Memanbetsu Airport (MMB), meet your guide in the arrival lobby. Direct flights to Memanbetsu Airport from Tokyo's Haneda Airport are available through JAL, ANA or AIR DO. A private bus takes you to Oyado Kinkiyu, a ryokan (traditional inn) with a 70-year history. Here you spend your first night. With its 100 percent natural hot spring water and dinner prepared with carefully selected ingredients, the ryokan provides the perfect spot to relax while surrounded by the nature of Akan-Mashu National Park.

Oyado Kinkiyu uses traditional Japanese cooking techniques to explore a range of 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 waters of eastern Hokkaido. The breakfast buffet is an excellent opportunity to sample Japanese homemade cooking.

After checking in, attend a short orientation session before enjoying a kaiseki-style dinner. Take the opportunity to get a good night's sleep in preparation for your trip to Kawayu Onsen the following 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.

Day 2 :

Kawayu - Kussharo Cycling

After a hotel breakfast, head to the Kawayu Eco Museum Center for a short lecture on the topography of Akan-Mashu National Park and its connection with Kawayu Onsen. This is followed by a 28-kilometer morning cycle ride with an elevation gain of about 180 meters. There are three stops at places of volcanic interest along the way as well as a break for lunch. A support car will be on hand to provide assistance if needed.

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Mt. Io

Known as Atosanupuri, or “the naked mountain,” in the Ainu language. The distinctive smell of sulfur creates a special atmosphere, while the sight and sound of the volcanic gas rising from the mountain is a reminder of nature’s awesome power.

Lake Kussharo Sand Bath

The largest caldera in Japan formed by volcanic activity. Hot spring water wells up if you dig a hole.

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, cycle through the gently rolling hills of upland fields to lunch.

Lunch

< Tsuruga Auberge SoRa, Lake Kussharo >
French-style course lunch
Enjoy lunch while taking in magnificent scenery

After lunch, continue cycling for about 16 kilometers (elevation gain: 160 meters). The final stretch to Lake Akan includes an exciting downhill ride. Akan Ainu Kotan, an Ainu settlement, is located near the lake.

Accommodation is at Lake Akan’s iconic Tsuruga Wings. This stylish, contemporary ryokan features an impressive lobby gallery, as well as fine examples of Ainu craftsmanship, and offers a variety of cuisine created with an emphasis on natural seasonal ingredients. With hot stone baths featuring a range of temperatures, scents and herbs, this hot spring rejuvenates both body and soul.

Each guest has their own private room with a view of the pristine nature along 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 ride.

Dinner

< Tsuruga WINGS >
Kaiseki-style dinner
Note: The photo is a sample image.



Activity	Cycling	<Morning>	Distance: 28km, Time required: approx. 5 hours, Elevation gain: 180 m
		<Afternoon>	Distance: 16km, Time required: approx. 1.5 hours Elevation gain: 160 m

Difficulty 4/5

Day 3:

Mt. Meakan hike

Mt. Meakan (1,499 meters) is an active volcano known as Machineshiri (lit. “woman’s mountain”) in Ainu. An Ainu mountain guide accompanies you as you take on the challenge of hiking up the mountain. The first part is a gently ascending forest road. Look out for sulfur crystals at your feet as you near the volcanic area above the tree line. The approach to the summit reveals the explosion crater and the awesome scale of volcanic activity. This hike offers a rare opportunity to enjoy the 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, look out for Mount Akanfuji (another volcano) and Lake Onneto (“old swamp” in Ainu). Your guide will point out luminous moss known as hikari-goke that shimmers when exposed to the light. From Lake Onneto return by private vehicle to the ryokan.

Dinner

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

Note: The photo is a sample image.



Activity One day hike(approx. 7hours)
Elevation 1,499m

Difficulty 4/5

Day 4:

Lakeside cycle

After a hearty breakfast with lots of seasonal fruit and vegetables, choose between a fat bike and an e-bike and head off for a cycle ride around the small town of Akan and a downhill ride through the forest.

The first and last kilometers are on tarmac roads, with the rest on gravel paths. The route has an elevation gain of 100 meters but there are no steep climbs. The return trip to Akan is along the same road.

* The route may vary depending on road conditions on the day.

Lunch

< Tsuruga WINGS >
restaurant

After lunch, set out for a leisurely walk through Hikari-no-mori (lit. "forest of light") with your Ainu guide. The three-kilometer route is relatively flat and includes unpaved paths through the forest. It takes about three hours.

The forest is an integral part of Akan culture and a special place that is only accessible with a certified guide.

For the local Ainu people the forest was once an important place to find food and resources for clothing and tools. In Ainu culture all plants and animals have souls and are therefore treated with respect as family members.

The focus of the walk is on the lives of the Ainu who live around Lake Akan. As you trek through the forest, learn about local folklore and the Ainu relationship with nature.

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 fuse Japanese and Western cuisine. Enjoy delicious Hokkaido dishes created with an emphasis on using healthy seasonal ingredients without artificial preservatives or coloring.

Activity	<Morning> Cycling Distance: 40km, Time required: approx. 3 hours, Elevation gain: 100m
	<Afternoon> Forest walk (approx. 3km)

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

Transfer to Sapporo

Check out of the ryokan after breakfast and head to Kushiro train station by private vehicle. Explore Kushiro, a city that once flourished as a fishing port, before boarding 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

Day1-Day2 (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)

Day2-Day5 (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 1st and 8th floors