

Kayak the Sacred Lake of Shikaribetsu in Central Hokkaido and Explore its Natural Beauty



Location:	Central Hokkaido Lake Shikaribetsu
Main Activity:	Kayaking Lake Shikaribetsu Hiking Lake Shinonome
Difficulty:	3 / 5 (Moderate)
Duration:	4 Nights 5 Days
Pax:	Min. 4, Max. 10
Price:	JPY164,000～

Highlights

- Enjoy kayaking on Lake Shikaribetsu and hiking around Lake Shinonome
- Hike up Mt. Haku'unzan and get a beautiful bird's eye view of Lake Shikaribetsu
- Walk in the Forest of Moss and discover the wind cave formed from the unique geographical feature of Lake Shikaribetsu
- Enjoy outdoor lunch using a Dutch oven with local ingredients.



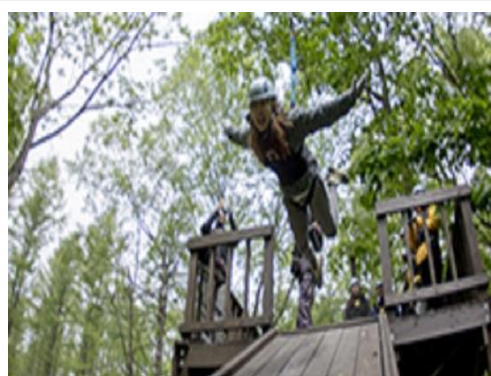
View of Lake Shikaribetsu from Mt. Haku'unzan



Pika – endangered animal living in wind caves



We will enjoy outdoor lunch using Dutch ovens



Enjoy the zip-line like activity and experience the speed of living species in the forest

Overview

This tour offers adventurers different outdoor activities while learning about the environmental history and coexistence with nature of the sacred lake of Shikaribetsu. As the only natural lake in Japan's largest national park "Daisetsuzan National Park" located in central Hokkaido, its origin dates back to the ice age, making this lake to be called "sacred" from the Ainu People (the aborigine of Hokkaido). The tour will start with a half day of hiking Mount Haku'unzan, one of the lava dome surrounding the lake with a beautiful bird's eye view of the lake. Then a good two and a half hours of walking in the "Forest of Moss" to meet rare animals and enjoying a fast speed zip-line like activity to experience the speed of living species follows. After exploring the area from the land, we go on to exploring the water area by kayaking on the sacred lake and hiking the surrounding. Last but not least, exploring the river flowing into the sacred lake to meet rare species in the water.

Itinerary

- Day 1 Meet your English-Speaking Guide at hotel with a get together to go over the itinerary
- Day 2 Head to lake Shikaribetsu and Hike Mount Haku'unzan
- Day 3 Walk in "Forest of Moss" and enjoy zip-line like activity with outdoor lunch in between
- Day 4 Main Activity: Kayak Lake Shikaribetsu and take a hike around Lake Shinonome
- Day 5 Take a dip into Yanbetsu River – the mother river of Lake Shikaribetsu – and enjoy observing living species in the river.

Meal

Day	Breakfast	Lunch	Dinner
1	N/A	N/A	N/A
2	Buffet at hotel	Bento Box (TBC)	Japanese Set Menu at hotel
3	Buffet at hotel	Self-cooking Outdoor Lunch	Japanese Set Menu at hotel
4	Buffet at hotel	Bento Box (TBC)	Farewell Barbeque Dinner
5	Buffet at hotel	Bento Box (TBC)	N/A

Accommodations

Day	Area	Facility Type	Room Type	Onsen/Spa	WiFi
1	Obihiro	Hotel	Western Room	-	✓
2	Lake Shikaribetsu	Ryokan (Japanese Inns)	Japanese Room	Onsen	✓
3	Lake Shikaribetsu	Ryokan (Japanese Inns)	Japanese Room	Onsen	✓
4	Lake Shikaribetsu	Ryokan (Japanese Inns)	Japanese Room	Onsen	✓

Day-by-day Itinerary

September 6 - Day 1 – Meet your group at the hotel in Obihiro

Please check in to the hotel by 05:00PM. An English-speaking representative will be waiting for you at the tour desk, set in the lobby. Once everyone arrives, we have a small get-together to introduce everyone and go over the itinerary. After that, you have free time for the rest of the night. If you need help in choosing a restaurant, feel free to ask us. Our hotel is located in front of Obihiro Station, about a 5-minute walk.

Accommodation: Hotel Nikko Northland Obihiro / single occupancy

Included Meal(s): None

September 7 - Day 2 – Head to Lake Shikaribetsu and Hike Mt. Haku'unzan

After breakfast at the hotel, we meet at the lobby by 07:45AM. We board a chartered bus and head to Lake Shikaribetsu. After an hour-long ride, we meet an activity guide from the Shikaribetsu Nature Center. This activity guide will be with us throughout the tour.

We first learn about the safety procedures in the mountain. With a height of 1,186 m (3,891 ft), Mt. Haku'unzan is an active lava dome, so we must be prepared for any troubles that may occur. After the explanation, our hike officially starts.

Mountain trails here are not well maintained. There are a few narrow roads and steep hills. As we hike the mountain, we learn about the history of the area. As the lava domes grew, it stopped the *Yanbetsu River* flowing from the North into what has now become Lake Shikaribetsu. This stop eventually made the river to turn into a lake now called Lake Shikaribetsu. At the summit of the mountain, a beautiful bird's eye view of the sacred lake of Shikaribetsu greets us.

During the five-hour hike, we will take several breaks and also have lunch. Once we come back from the hike, we rest our bodies and meet up for dinner.



Welcome Dinner

Welcome Dinner will be in the banquet room of the hotel. A traditional Japanese set menu with local ingredients will be served.

Sample Menu: appetizers, tofu, deep fried fish, pickles, pork or beef, cooked Miyabe Charr, Sashimi (raw fish), rice and miso soup



Accommodation: Hotel Fusui / single occupancy (Japanese Room) / Onsen

Included Meal(s): Breakfast / Lunch / Dinner

September 8 - Day 3 – A day of Walking and Outdoor Lunch

Breakfast

Breakfast is a buffet breakfast with a mixture of Japanese and Western menus. Please come down to the dining room and have a good breakfast before another long adventurous day!

After breakfast, we meet in the lobby at 08:45AM. We walk over to Shikaribetsu Nature Center and meet our guides. Our morning activity is taking a walk into the Forest of Moss. In this 2.5 h of walking in the forest, we learn about the natural environment in the forest. One of the must-see places in this walk is the wind cave. These wind caves are not seen everywhere, only under certain conditions. It is told that rock rabbits prefer to live around the wind caves, so if we are lucky, we may be able to hear and see them! Note that half of the trails are well maintained, but we walk directly on the soil for the other half.

Lunch

Lunch will be a self-cooking outdoor lunch using Dutch ovens. Ingredients are from the local areas so that we can contribute to the local food industry. Cooking in a Dutch ovens takes time, so there will be plenty of time to talk.



After our wonderful outdoor lunch, we head on to our last activity of the day – Air Trip. It may be easier for you to imagine what Air Trip is if you think of “zip-line”. You will fly through the forest at top speeds of 40kph (24mph)!



Dinner

Dinner this night will again, be in the hotel. A different Japanese set menu will be served so you won't feel tired of tasting the same Japanese food.

Accommodation: Hotel Fusui / single occupancy (Japanese Room) / Onsen

Included Meal(s): Breakfast / Lunch / Dinner

September 9 - Day 4 – Kayak on Lake Shikaribetsu and Hike around Lake Shinonome

Breakfast

Breakfast will be a buffet breakfast with a mixture of Japanese and Western menus.

Rise and shine! We have explored the area of Lake Shikaribetsu these past three days, mainly on land (in the mountain and forest). Now, we are finally going to explore the sacred lake.

Our exciting day will start with kayaking on Lake Shikaribetsu, though the starting time will be a little late as the temperature of the lake in the early morning may be too cold.

We meet our guides again and listen to the introductions on controlling a kayak. We will ask you to pair up (or we will assign you to a partner) as the kayak's seats two people. Once we learn about the procedures and the safety precautions, we are ready to go on the great adventure! Starting slowly at first, we enjoy the peaceful sounds of nature and the murmuring of the water. Once we are used to handling the kayak, we head to Lake Shinonome, another small sacred lake only accessible by kayaking on Lake Shikaribetsu or by hiking the surrounding mountain. In the past, it was too difficult for people to get to this lake, so it was left untouched until the late 1800s.



Lunch

After a good hour of kayaking, we will arrive at Lake Shinonome and get off the kayak for lunch. Should you have any questions about anything, please ask the guide while you eat.

Once we finish lunch, we start walking around Lake Shinonome. As mentioned before, Lake Shinonome is one of the three major secret lakes in Hokkaido, and is only accessible by hiking or kayaking. We walk around the lake for a good hour and a half, for a total of 1km(0.6 mi). After we finish walking, we hop on the kayak again and head back to the Shikaribetsu Nature Center.



Farewell Dinner

We have a barbeque for dinner. After refreshing, we meet up in the hotel lobby around 05:00PM and head to the outdoor barbeque site. We make fire from scratch, which takes about 30 min. When the fire is ready we start the barbeque. If the weather is nice, we may be able to enjoy starry skies. Since it is the final evening of the tour, let's look back and talk about our adventures.

Accommodation: Hotel Fusui / single occupancy (Japanese Room) / Onsen

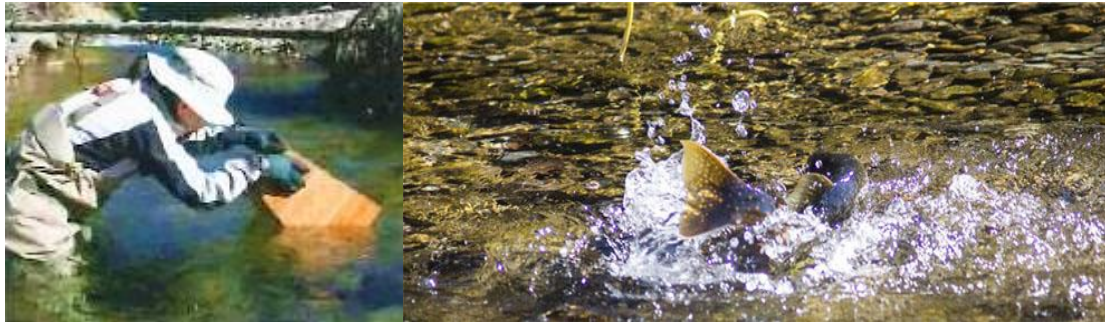
Included Meal(s): Breakfast / Lunch / Dinner

September 10 - Day 5 – River Watching and Transfer to Sapporo

Before we leave for Sapporo, there is one last adventure to go on. We meet at the lobby around 09:15AM. Please make sure to check out, and return your keys to the front desk. If you had any additional drinks, please pay when checking out. Make sure to double-check that you leave nothing behind.

Our last activity on the tour is River Watching. We put on waders and actually dip into the Yanbetsu River, the river that flows into Lake Shikaribetsu. Using the water glass, we observe the living species in the river. Fish like rainbow trout and Miyabe charr inhabit this river. We will walk a good 400 m(0.2 mi) in the river for about two hours.

When our observation of the river is over, we go back to Shikaribetsu Nature Center and say our farewells to the guides. We will board the bus and head to the Japan Rail Shintoku Station. The train ride to Sapporo takes about two hours, and we prepare a local bento box for you to taste on the train.



Accommodation: N/A

Included Meal(s): Breakfast / Lunch

Contact

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