The largest caldera crater terrain in Japan wrought by volcanic activity and adorned with forests and lakes

Akan-Mashu National Park is situated in eastern Hokkaido and boasts the longest history of any national parks in Hokkaido, Japan’s northern island. The foundations of Akan-Mashu National Park are the three caldera areas of Akan, Kushiro, and Mashu, which were formed by volcanic activity in the Chishima volcanic zone. The park features diverse terrains formed by volcanic activity, and a number of unique animals and plants that benefit from the geothermal energy inhabiting a relatively small area, lending the park an atmosphere all its own.

The park is broadly divided into 2 areas, the Akan region and the Mashu region. The Akan region offers beautiful scenery, featuring the magnificent Mt. Oakan and Mt. Mekasa, as well as Lake Akan, Lake Onneto, and other lakes and ponds that lie in the surrounding area. Lake Akan is home to a colony of beautiful spherical Marimo moss balls that aren’t found anywhere else in the world.

Features of the Mashu region include Lake Mashu, one of the clearest lakes in the world, Lake Kussharo, which can be viewed from the surrounding ridges and mountains, and Aroisa-nupuri (Mt. Io), an active volcano where you can feel the heartbeat of the earth.

The culture of the indigenous Ainu people is also preserved in the area. The Ainu have lived in symbiosis with nature, and you can experience their lifestyle and culture for yourself at Akank’s Ainu Kotan village and Kushsharo Kotan village.

Access

Access routes are given as examples. Times indicated for each route section are approximate only. For more details, please visit the counters or websites of the transportation providers.

Information counter

Please contact the each provider directly.
Activity 01
An approximately 180 mins. downhill cycling course starting at Uramasu Observatory
Take a route map and ride along the route of your choice

Uramasu downhill cycling tour

After orientation at the meeting place, you will go to Uramasu Observatory, from the observation, ride your mountain bike and head for the goal. As this is an unguided tour, please enjoy cycling adhering to traffic regulations. We will provide you with a route map so you can select the route you wish to ride. From July to August, you can watch the cherry salmon jump at Sakura Falls.

- Dates: Early June to late September
- Time: 240 min
- Fee: Adults (junior high school students and over): 5,000 yen, children (elementary school students): 1,500 yen, infants: 700 yen, groups (10 to 20 people): same prices *one person: 4,300 yen
- Contact: 015-32-4111 “English-speaking staff available only on weekdays from 9 a.m. to 5 p.m.
- Welcome@kiosotokikou.com
- https://www.kiosotokoukou.com/riding_e.html

Activity 02
A birdwatching and forest bathing tour at Mt. Mokoto
Observe spotted nutcrackers, red-flanked blue tits, and other rare wild birds in their natural habitat

Forest bathing and birdwatching tour at Mt. Mokoto, overlooking Lake Kussharo

With Mt. Shari and Mt. Unabetsu visible in the distance and Lake Kussharo extending right below your eyes, this tour gives you the chance to forest bath and bird watch in a vast area covered by Japanese stone pines located in Mt. Mokoto at 1,000 meters of sea level. It offers a spectacular view, with even the Sea of Okhotsk just in visible distance to the north.

- Dates: Way to October
- Time: 150 min
- Fee: Adults (junior high school students and over): 15,000 yen, groups (2 to 5 people): 13,000 yen
- Contact: Koshimizu Tourism Association
- Tel: 015-52-67-5120
- Email: k-kam@koshimizu-kanko.com
- Website: https://www.koshimizu-kanko.com/

Activity 03
A walk in the woods around the base of Hokkaido’s only forest therapy will give you total relaxation.
Make your very own aromatic distilled water using tree leaves gathered in the woods

Bring it back with you and enjoy a forest scent at home.

After walking around in the woods with a guide and collecting leaves, we will use a distilling machine to make aromatic distilled water. The water contains a forest fragrance ingredient called phytosolde, which is said to be effective for relieving stress, promoting wellness, and easing fatigue. Bring it back with you and enjoy a forest scent at home.

- Dates: All year-round
- Time: 90 min
- Fee: Adults (junior high school students and over): 3,300 yen, children (elementary school students): 1,800 yen, infants: 700 yen, groups (10 to 20 people): same prices *one person: 4,300 yen
- Contact: 015-77-3344 (Japanese only)
- Email: info@nonnomori.com
- Website: http://nonnomori.com/

Activity 04
A sightseeing tour around the Kussharo Caldera, Mt. Io, and Lake Kussharo
with additional activities such as canoeing, snowshoeing, cooking, and pottery available

A journey to experience the workings of the Earth

This guided sightseeing tour covers the natural and historical aspects of the Kussharo Caldera, Mt. Io, and Lake Kussharo. For an additional fee, you can also enjoy canoeing and snowshoeing, pottery using earth taken from the volcano, and other cultural activities.

- Dates: All year-round
- Time: 360 min
- Fee: Individuals (2 to 5 people): adults: 30,000 yen, junior high school, high school, or university students: 24,000 yen; children: 20,000 yen; infants: 10,000 yen; varies depending on the course *Please contact us in advance for groups (9 to 30 people)
- Contact: 015-485-7755 (Japanese only)
- Website: http://tabi@tourism-kushiro.co.jp

Activity 05
A tour to enjoy the dynamic sea of clouds flowing into the calderas of Mashu and Kussharo
Our guide will provide detailed explanations of how the sea of clouds is formed

Mashu-Kussharo sea of clouds tour: experience the dynamic sea of clouds around the Mashu Caldera and Kussharo Caldera

A tour van will take you from the Kawayu Onsen Hot Spring area to an observatory of Lake Mashu that is called “mystical” lake. Enjoy the sea of clouds extending into the Kussharo Caldera and into the Mashu Caldera. Our guide will provide a detailed explanations of how the sea of clouds are formed. Please be advised that the formation of clouds is dependent on local weather systems.

- Dates: June 1 to October 10
- Time: Approx. 90 min
- Fee: Adults (junior high school students and over): 3,600 yen, children (aged 7 to 11): 2,600 yen, infants (aged 6 and below): 500 yen *We can accommodate to 2 to 16 people
- Contact: National Park Tourism Tekihaga Co.,Ltd.
- Tel: 015-485-2101 (Japanese only)
- Email: e-tabi@tourism-shishokyo.co.jp
- Website: https://tourism-shishokyo.co.jp/

Activity 06
Enjoy a panoramic stellar show at the mystical Lake Mashu
Learn about the constellations and their stories from our guide

Go on the “Lake Mashu Star Journey” and gaze up at the beautiful starry sky from Japan’s clearest lake

A tour van will take you from the Kawayu Onsen Hot Spring area to Lake Mashu Observatory that offers a 360-degree view of the night sky. Observe the Milky Way, shooting stars, and various constellations which light up the dark sky, and our guide will tell you stories relating to them.

- Dates: All year-round
- Time: Approx. 90 min
- Fee: Adults (junior high school students and over): 3,600 yen, children (aged 7 to 11): 2,600 yen, infants (aged 6 and below): 500 yen *We can accommodate to 2 to 16 people
- Contact: National Park Tourism Tekihaga Co.,Ltd.
- Tel: 015-485-2101 (Japanese only)
- Email: e-tabi@tourism-shishokyo.co.jp
- Website: https://tourism-shishokyo.co.jp/
Experience the spectacular early morning view of Lake Mashu and rime ice on the trees.

Activity 07
Experience the "Mashu Blue" waters and glinting white ice rime on the early morning "Lake Mashu Rime Ice Tour"

A tour van will take you from the Kawazu Onsen Hot Spring area to an observatory of Lake Mashu that is called "mystical" lake. Enjoy looking at the rime ice formed on the trees of the Mashu Caldera. The guide will provide commentary including why rime ice is formed and other natural phenomena.

Date: End of December to end of February
Access: Approx. 90 min
Fare: Adults (junior high school students and over): 3,600 yen, children (aged 7 to 11): 2,600 yen, infants (aged 6 and below): 1,500 yen
*We can accommodate 2 to 16 people

Organ: National Park Tourism Teikikagu Co., Ltd.
Tel: 015-483-2101 (Japanese only)
E-mail: e-tabi@tourism@teikikagu.co.jp
URL: https://tourism@teikikagu.co.jp/

A peaceful canoe tour down the headwaters of the Kushiro River.

Activity 08
Encounter schools of fish swimming in the clear waters.

A canoe tour down the clear headwaters of the Kushiro River, a mecca for canoeists

Departing from the riverhead of Kushiro River, the only river flowing out from Lake Kushiro, you will descend for about 60 minutes over a distance of about three kilometers. Depending on the season, you can see many schools of fish swimming around in the clear waters. Your guide will navigate the canoe, so no canoeing experience is necessary.

Date: All year-round
Access: Approx. 75 to 90 min
Fare: Adults (junior high school students and over) and children (aged 7 to 11): 6,600 yen, infants (aged 6 and below): 3,000 yen
*We can accommodate up to 20 people

Organ: National Park Tourism Teikikagu Co., Ltd.
Tel: 015-483-2101 (Japanese only)
E-mail: e-tabi@tourism@teikikagu.co.jp
URL: https://tourism@teikikagu.co.jp/

A digital reproduction of the Ainu legend, the "Tale of the Owl and the Jay" on a nighttime stage in the woods of Lake Akan

Activity 09
KAMUY LUMINA: a night walk through Lake Akan’s woods

This walking tour is based on indigenous Ainu legends and teaches you the importance of living in harmony with nature. Under the supervision of the local Ainu people, the "Tale of the Owl and the Jay," a legend of Lake Akan, has been brought to life on a nighttime stage in the woods of Lake Akan.

Date: Late May to early November
Access: Approx. 60 min
Fare: Adults (junior high school students and over): 3,000 yen, children 1,500 yen
*We can accommodate up to 25 people per session

Organ: Akan Adventure Tourism Corp.
Tel: 0154-65-7131 (Japanese only)
E-mail: kamuylumina@akanak.co.jp
URL: http://www.kamuylumina.co.jp/en

Experience the world of the Kamuy, revered and revered by the indigenous Ainu people, at Akanko Aino Theater <Ikaru>.

Activity 10
A new performance featuring ancient and modern dances with digital technology and 7.1 surround sound

Experience the tale of Hork-Kamuy, the now extinct and lost Hakkaido wolf Kamuy ("daily") in the Ainu language, in the Akanku woods using CG technology. This new production unravels the story that led to the coexistence and extinction of the Hakkaido wolf from the perspective of the indigenous Ainu people. Through this story viewers can learn about Ainu culture and the importance of living in harmony with nature.

Date: All year-round (daily)
Access: Approx. 40 min
Fare: Adults (junior high school students and over): 2,200 yen, children 600 yen

Organ: The Akanku Aino Industrial Arts Association
Tel: 0154-67-2727 (Japanese only)
E-mail: https://www.akanko-ainu.or.jp/otokamuy/en

Enjoy the nature at a beautiful lake at the foot of Mt. Meakan on our tour

Activity 11
Onneto Hiking Tour

On this approximately 2 to 2.5 hour hiking tour, a guide will show you around the forest at the foot of Mt. Meakan. Featuring a coffee break, this is a relaxing hiking tour that takes you from forest to lake. Lake Onneto changes into various colors depending on the angle, time, and wind conditions. You can also enjoy pristine views of Sahihai Spires.

Date: All year-round
Access: Approx. 210 min
Fare: Adults and children: 16,300 yen, groups: same price. "We can accommodate 2 to 5 people" Participants must be aged 6 and over in the summer season and aged 13 and over in the winter season

Organ: Tsuugun Adventure Base (SR)
Tel: 0154-65-6276
E-mail: tsuugun.adventure@tsuugun.com
URL: https://tsuugun-adventure.com/

See signs of Mt. Oakan's ancient volcanic activity and take an exploration trek to two untouched lakes.

Activity 12
A fun-filled tour with lakeside coffee break while you relax and take in the spellbinding sights

Mystical lake trekking tour

In this trekking tour, you can see the signs of Mt. Oakan’s ancient volcanic activity and the beauty that recovered after volcanic activity ceased. You will also visit the pristine lakes of Lake Tone and Lake Jiro, feeding places of black woodpeckers and other woodpeckers can be observed in the area, and its also home to various wild birds including aquatic birds making this a haven for birdwatchers.

Date: All year-round
Access: Approx. 150 min
Fare: Adults (junior high school students and over): 6,600 yen, children 3,300 yen. *We can accommodate up to 3 people. Participants must be aged 6 and over in the summer season and aged 13 and over in the winter season

Organ: Tsuugun Adventure Base (SR)
Tel: 0154-65-6276
E-mail: tsuugun.adventure@tsuugun.com
URL: https://tsuugun-adventure.com/
Akan-Mashu National Park  Recommended Activities

Activity 13
A trekking tour on Lake Akan, only possible during the winter when the lake is frozen
Enjoy fishing lake smelts and having lunch on an island on the lake

Trekking on Lake Akan

Walk through the forests of Akan and on to the Lake Akan, heading for the small island. Once through the woods and onto the lake, a spectacular sight, only seen here, created by Mt. Oakan and Lake Akan will emerge for those that make the trip. The tour includes a warm lunch on the island surrounded by the frozen lake.

Season: Mid-January to mid-March
Time: Approx. 360 min
Price: Adults (aged 12 and over): 22,000 yen, children: 15,400 yen
*We can accommodate 2 to 10 people
Address: Tsugaru Adventure Base (188)
Phone: 0154-65-6276
URL: https://tsugaru-adventure.com

Activity 14
Navigate a two-man canoe and tour along the shores of Lake Akan with a guide!
Enjoy the pristine landscape of Lake Akan and meet rare animals in the forest

Canadian canoe adventure course

This popular course tours the shores of Lake Akan where needs cross the land and pristine forests born. You will row a two-man Canadian canoe along the course. The tour is full of features that you can only experience on a canoe on Lake Akan such as adventuring through a sea of reeds, passing under fallen trees, and adventuring in the woods. You may see enzootenal eagles, cranes, or other rare wildbirds. Experience the charms of Lake Akan from the canoe, not as a tourist site but as a national park. In addition to an orientation and safety briefing before the tour, a guide will accompany you on another canoe to ensure your safety. The tour includes a drink and lunch.

Season: May 1 to October 31
Time: Approx. 120 min
Price: Adults (school high school students and over): 5,200 yen, children (aged 3 and over): 4,388 yen; groups (15 to 40 people); adults 5,000 yen, children (aged 3 to 5): 5,000 yen; children (aged 3 to 5): 5,000 yen; *Minimum number of participants 2
Address: Akan Nature Center
Phone: 0154-47-2851 (Japanese only)
URL: http://www.aikan.co.jp

Activity 15
Cycle through Lake Akan’s nature on a fat bike with a certified guide
A rare nature tour where you can also experience Ainu culture

Fat bike tour of the Akan forest: An adventure of seasonal beauty

On this tour, you will ride a fat bike through the forest of Lake Akan, a place you can visit only when accompanied by a certified guide. Ride through the forest, along the lake side with a volcano looming in the distance, all while listening to your guide talk about local Ainu culture and the nature of Lake Akan. Highlights include a Lake Akan’s marimo moss balls, a larch tree approximately 800 years old and a mud volcano (known as boke in the Ainu language). In the winter season, we will change to stubbed tires (tireless) and ride on the frozen surface of Lake Akan.

Season: All-year-round
Time: Approx. 180 min
Price: Adults (aged 12 and over): 8,500 yen
*Participants must be 150 cm or taller
Address: Guide Shop Imoshin
Phone: 090-3310-1627 (Japanese only)
URL: info@imoshin.com
https://imoshin.com

Activity 16
A trekking tour guided by a certified guide where you can enter an area of Atosa-nupuri (Mt. Io) normally closed to general visitors
Feel the lifeforce of the earth beneath you with all your senses

Trekking tour of the still-active volcano Atosa-nupuri

Enjoy steaming fumaroles, sulfur crystals and odors, alpine vegetation, and more on this guided tour of an area closed to general visitors. Atosa-nupuri (Mt. Io) is a very powerful sight, with volcanic gas steaming out from its rocky surface and numerous yellow sulfur crystals scattered across its slopes.

Season: Mid-May to November
Time: Approx. 180 min
Price: Adults (junior high school students and over): 9,000 yen
*We can accommodate 2 to 12 people
*The price may change in year 2020
Address: Akan National Park Tourism Teishika Co.,Ltd.
Phone: 015-443-2101 (Japanese only)
Website: e-tab@tourism-teishika.co.jp
URL: http://tourism-teishika.co.jp
Find Adventure Scaling Three Calderas: Akan, Kussharo and Mashu

- Marvel at the dynamic views from one of the world’s largest calderas, unique to the Akan-Mashu National Park!
- Experience life and culture living within the caldera.
- Become acquainted with the vibrant nature of Hokkaido and the Akan-Mashu National Park, where volcanoes, lakes and forests take center stage.

Day 1
11:25 a.m. Haneda Airport 
2:00 p.m. Kushiro Airport 
3:00 p.m. Akkan International Crane Center

Day 2
8:20 a.m. Accommodation in Akkan Onsen
8:30 a.m. Tsurga Adventure Base (SIB)
12:30 p.m. Lunch at Onsen
4:00 p.m. Akkan Eco-museum Center

Day 3
5:00 a.m. Accommodation in Kawayu Onsen
9:00 a.m. Akkan International Crane Center
12:00 p.m. Lunch at Kawayu Onsen
1:30 p.m. Walk to Kawayu Peninsula

Day 4
9:00 a.m. Accommodation in Kawayu Onsen
9:30 a.m. Highland Koshimizu
12:40 p.m. Lunch at "Papa’s Land Satsuru" Michino-Eki Road Station
3:15 p.m. Koshimizu Flower Garden
5:00 p.m. Accommodation in Kiyosato

Day 5
10:00 a.m. Accommodation in Kiyosato
11:30 a.m. Kiyosato Tourist Association
6:00 p.m. Accommodation in Utoro

Day 6
9:00 a.m. Accommodation in Utoro
12:30 p.m. Lunch in Utoro
3:00 p.m. Visit to the Hokkaido Museum of Northern Peoples
7:00 p.m. Memanbetsu Airport
Akan-Mashu National Park Wilderness Course

- Feast your senses on the splendor of the forests, volcanoes and lakes typical of Akan-Mashu National Park.
- Capture the charms of the outdoors with mountain climbing, canoe rides, and making your own healing fragrances.
- Take advantage of the wide open skies of Hokkaido with evening star-gazing.

Day 1
7:10 a.m. Haneda Airport  
10:00 a.m. Memanbetsu Airport  
11:00 a.m. Lunch in Bihoro or Tsubetsu (60min)  
1:00 p.m. Tsubetsu Nonno mori Forest  
3:00 p.m. View Lake Kussaroo from Tsubetsu Pass (60min)  
4:30 p.m. Accommodation in Tsubetsu [Accommodation]

Day 2
7:30 a.m. Accommodation in Tsubetsu  
9:00 a.m. Mt. Meakan Onsen, Mt. Meakan Trailhead Hot Spring  
3:05 p.m. Lake Onneto - Visit to Yunotaki Falls (75min)  
4:45 p.m. Accommodation in Akanko Onsen [Lake Akan] [Accommodation]  
7:00 p.m. Kamuy Lumina Night Walk  
Accommodation in Akanko Onsen [Lake Akan] [Accommodation]

Day 3
8:50 a.m. Accommodation in Akanko Onsen [Lake Akan]  
9:00 a.m. Tsuruga Adventure Base [SIB] Activity 12 Mystical Lake Trekking Tour (150min)  
11:30 a.m. Lunch in Akanko Onsen [Lake Akan] (90min)  
1:00 p.m. Akanko Onsen [Lake Akan] Activity 14 Canoe Adventure Course (120min)  
3:30 p.m. Accommodation in Akanko Onsen [Lake Akan] [Accommodation]

Day 4
8:00 a.m. Accommodation in Akanko Onsen [Lake Akan] Activity 13 Visit the Sokosai and Sogadulai observatory (90min)  
9:30 a.m. Within Teshikaga Activity 14 A Journey to Experience the Workings of the Earth (360min)  
3:30 p.m. Visit to the Kawayu Eco-museum Center (60min)  
4:35 p.m. Accommodation in Kawayu Onsen [Accommodation]  
8:30 p.m. Activity 15 Stargazing at Lake Mashu (90min)  

Day 5
8:30 a.m. Accommodation in Kawayu Onsen  
9:00 a.m. Kushiro River Basin Activity 16 Canoe Tour Down the Clear Waters of the Kushiro River Basin (90min)  
10:30 a.m. Visit to Kusharo Kotan Ainu Folklore Museum (90min)  
12:30 p.m. Lunch in Teshikaga (60min)  
2:00 p.m. Akanko Onsen Michi-no-Eki (Road station) (30min)  
3:30 p.m. Red-crowned Crane Nature Park Observe Japanese Cranes at Kushiro Crane Reserve (60min)  
6:40 p.m. Kushiro Airport  
8:25 p.m. Haneda Airport
Season: January - March  
Duration of stay: 4 nights, 5 days

Snow, Ice and Other Water-related Natural Phenomena: Experience Frozen Winter in Akan-Mashu National Park

- Enjoy activities unique to midwinter in the forests, volcanoes and lakes of Akan-Mashu National Park.
- Marvel at the natural phenomena of sub-zero environments.
- Take advantage of the high number of clear days to snap shots of blue skies and white landscapes.

Day 1
11:25am. Haneda Airport ➔ 95min ➔ 2:00pm. Kushiro Airport 
2:30pm. Akon International Crane Center ➔ Observe Japanese Cranes (60min) ➔ 4:10pm. Accommodation in Akanko Onsen (Lake Akan) [Accommodation] ➔ 7:30pm. Visit the Lake Akan Ice Festival (Subject to Availability) (60min)

Day 2
9:20am. Accommodation in Akanko Onsen (Lake Akan) ➔ 10min ➔ 9:30am. Tsuruga Adventure Base (JRR) ➔ Trekking on Lake Akan (150 min) ➔ 10min ➔ 2:40pm. Visit to the Akankohan Eco-Museum Center (60min) ➔ 20min ➔ 4:00pm. Accommodation in Akanko Onsen (Lake Akan) [Accommodation] ➔ 10min ➔ 9:15pm. Akanko AINU Theater 1hr

Day 3
9:00am. Accommodation in Akanko Onsen (Lake Akan) ➔ 10min ➔ Activity: Fat-tire Bike Tour (180min) ➔ 30min ➔ 4:05pm. Accommodation in Kawayou Onsen [Accommodation] ➔ 1sm ➔ 7:00pm. 4 Diamond Dust in Kawayou; Visit to the Lantern Forest (Subject to Availability) (60min)

Day 4
6:00am. Accommodation in Kawayou Onsen ➔ 5min ➔ 9:00am. Accommodation in Kawayou Onsen ➔ 5min ➔ 9:05am. Visit to Taiho Sumo Museum (60min) ➔ 15min ➔ 10:20am. Visit to Sunayu “Sand Baths” (30min) ➔ 13:30pm. Lunch near JR Mashu Station (60min) ➔ 30min ➔ 1:00pm. Lake Mashu Snowshoe Tour (120min) ➔ 30min ➔ 3:30pm. Accommodation in Kawayou Onsen [Accommodation]

Day 5
9:00am. Accommodation in Kawayou Onsen ➔ 12min ➔ 11:00am. Visit to the Kushiro Washo Market (120min) ➔ 5min ➔ 1:39pm. JR Kushiro Station (JR Limited Express) ➔ Towards central Hokkaido on the Super Ozora train