A museum of volcanic activity, featuring active volcanoes and tranquil blue lakes.

Shikotsu-Toya National Park is located in south-east Hokkaido and includes two major caldera crater lakes, Lake Shikotsu and Lake Toya, as well as various types of volcanoes such as Mt. Yotei, Mt. Usu, and Mt. Tarumae, and diverse volcanic terrains. Many kinds of onsen hot springs and other results of volcanic activity, including sulfuric eruptions and other geothermal phenomena, can be observed, earning the national park a reputation as a “museum of active volcanoes.”

Thanks to such volcanic activity, Noboribetsu, Lake Toya, Jozankei, and other major hot spring sightseeing spots of Hokkaido are popular attractions, and the scenic beauty formed by lakes, forests, and volcanoes offers comfort to all who visit. Lake Shikotsu is well known as Japan’s northernmost ice-free lake and its unique dark blue surface is an enchanting sight to those who visit.

The national park is situated in an easily accessible location, being near to central Sapporo and New Chitose Airport, and can be accessed by car or group tour buses. Most itineraries take advantage of the area’s many onsen hot-springs and extraordinary observable ongoing volcanic activity. Additionally, this national park is a popular destination for climbing and observing high-altitude alpine vegetation.

### 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

[Lake Shikotsu area] Lake Shikotsu Visitor Center
Address: 0123-45-6789
Website: http://shikotsu-kou-souza.ne.jp/

[Jozankei area] Jozankei Tourist Association
Address: 011-59-60-71
Website: kankouyoukai@jozankei.jp

[New Chitose Airport] New Chitose Airport
Address: 0123-45-6789
Website: http://shikotsu-kou-souza.ne.jp/
Activity 01
Tour Lake Shikotsu on a Canadian canoe!
Experience seasonal scenery and encounter local wildlife.
Admire the sensational mountain scenery from the tranquil waters of Lake Shikotsu.
There are many places in Lake Shikotsu that can only be accessed by canoe. Tour the remote shores of the Lake Shikotsu Orsen Hot Spring area via a Canadian canoe. In this three-hour program, you can fully experience the exquisite natural beauty of Lake Shikotsu with all its serenity, no matter the season. During the tour, you will also have a chance to go ashore for a al fresco "SOTO CAFE." cafe break.

- Season: April to October
- Duration: 180 min
- FEE:
  - Adults (junior high school students and over): 8,500 yen, children (6 years old and over): 5,000 yen
- Booking:
  - Shikotsu Guide House CANOA
  - TEL: 0123-25-2430 (Japanese only)
  - Email: canoa@gmail.com
  - URL: http://www.canoa.com/

Activity 02
A winter trekking tour taking in the must-see sights of the national park including "ice spray" scenery, magnificent mountains, and beautiful corridors of moss
Trek around Japan’s northernmost ice-free lake and snowforest!”
Walk along Lake Shikotsu, the northernmost ice-free lake in Japan, and take in "ice spray" scenery you can only see in winter, as well as magnificent mountains on this lakeside walk filled with unforgettable sights. The winter trekking tour includes a visit to Kaedeawara, a corridor of moss that covers the marshes formed by the volcanic eruption of Mt. Tsurumai, a major active volcano in the Lake Shikotsu area.

- Season: December to March
- Duration: 210 min
- FEE:
  - Adults (junior high school students and over): 8,500 yen, children (6 years old and over): 5,000 yen
- Booking:
  - Shikotsu Guide House CANOA
  - TEL: 0123-25-2430 (Japanese only)
  - Email: canoa@gmail.com
  - URL: http://www.canoa.com/

Activity 03
Experience freshwater diving in ice-free Lake Shikotsu!
Encounter kokanee salmon and shrimps in the crystal-clear water!
See a different side of Lake Shikotsu! Lake on a diving tour through exceptionally clean and clear fresh water.
Lake Shikotsu is one of the few places in Japan where you can dive in freshwater. Our experienced local staff will teach you how to dive safely and safely so even inexperienced swimmers are welcome. The calm waters also make it a great place to learn the basics. Swim with local fish such as kokanee salmon, white-eyed chubs, and dusky tripletooth gobies, and if you look closely you may cross paths with a tiny shrimp. Our dry suits will keep your body dry and warm, so you can enjoy the tour all year round.

- Season: All year round
- Duration: 180 min
- FEE:
  - Adults and students (junior high school students and over): 16,000 yen
  - Booking:
    - Ocean Days Co., Ltd.
    - TEL: 0123-25-4133 (080-9325-6507)
    - Email: lake452@ocean-days.com
    - URL: http://www.ocean-days.com/

Activity 04
Row across Lake Shikotsu on a clear bottom kayak! A first for Hokkaido!
Watch out for kokanee salmon, white-eyed chubs, and dusky tripletooth gobies as you glide across Japan’s clearest freshwater lake.
Ride Hokkaido’s first ever clear bottom kayak on a pristine lake recognized as Japan’s cleanest and clearest for 11 consecutive years.
After gathering and navigating at the shop in the Lake Shikotsu Orsen Hot Spring district, you will head to the show starting point and head out to the tranquil waters. Our experienced guides will teach you how to kayak, so even beginners can participate. The tour also takes in Chitose River, which flows from Lake Shikotsu. At the end of the tour, participants will receive a souvenir photo taken during the tour and a discount voucher for the local hot springs to help you rest and recharge.

- Season: All year round
- Duration: 120 min
- FEE:
  - Adults (junior high school students and over): 7,000 yen, children (4 years old and over): 3,500 yen, groups (11 to 40 people) same price
  - Booking:
    - Ocean Days Co., Ltd.
    - TEL: 0123-25-4133 (080-9325-6507)
    - Email: lake452@ocean-days.com
    - URL: http://www.ocean-days.com/

Activity 05
Experience a one-of-a-kind tour on Lake Shikotsu’s frozen waters! A unique activity that can only be experienced during the coldest of seasons.
Enjoy the mystical Lake Shikotsu from a novel perspective on this exhilarating tour!
Although Lake Shikotsu is known as the northernmost ice-free lake, there are some locations along the lake that freeze during the coldest months. The crystal-clear lake freezes only in the middle of winter and is a uniquely Hokkaido experience that allows you to get up close and personal with the icy lake. The location is easily accessible, and dry suits are provided, making it a hassle-free experience. The tour is popular among thrillseekers from around the world.

- Season: January to end of March
- Duration: 120 min
- FEE:
  - Adults and children (elementary school students and over): 7,000 yen, groups (11 to 40 people) same price
  - Booking:
    - Ocean Days Co., Ltd.
    - TEL: 0123-25-4133 (080-9325-6507)
    - Email: lake452@ocean-days.com
    - URL: http://www.ocean-days.com/

Activity 06
Enjoy early morning nature observation and birdwatching in Shikotsu forest.
Discover wild birds, the Hokkaido squirrel, and deer, as well as a variety of seasonal trees and flowers.
Green season morning walking tour in Shikotsu’s verdant forest
The walking tour begins every morning at 7:00 a.m. and lasts approximately one hour. Enjoy getting closer to Hokkaido’s nature and birdwatching in the early morning clear air of Shikotsu! Guided by commentary provided by a guide from the local nature center, you will encounter Hokkaido wildlife such as squirrels and deer, and you are sure to come across seasonal trees and flowers in various colors. You can also hear an array of bird song, as Lake Shikotsu’s natural environment is said to be a destination for a third of all species of wild birds in Japan. Young children can also participate if accompanied by an adult.

- Season: May to October
- Duration: Approx. 60 min
- FEE:
  - Adults and children (500 yen)
  - Booking:
    - Shikotsu Oren Ryokan Association
    - TEL: 0123-25-2001 (Japanese only)
    - Email: shikotsutou@lumaru.or.jp (Japanese only)
    - URL: http://www.shikotsu.com/activity-toy.html

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**Shikotsu-Toya National Park -Recommended Activities-**
Activity 07
Climb the rugged Mt. Tarumae with a professional guide
Don’t miss the spectacular views of the national park from the summit!
Climb the famous Mt. Tarumae and see the national park from a new perspective

A lightly recommended climbing courses to experience Lake Shikotsu’s extensive and diverse nature. There are two courses: the East Peak Piston Course and the Around-the-Somma Course. In the Around-the-Somma Course, you will climb the hillside of the somma, a type of caldera crater. The tour is about 350 meters long, and a guide will accompany you during the climb. Reservations are available until the day before the tour.

Date: June to mid-October
Price: East Peak Piston Course: approx. 330 min, Around-the-Somma Course: approx. 350 min
Reservations: Please contact the instructor or the mountain guide at the mountain guide or the mountain guide association.

Activity 08
Go on a Canadian canoe tour in the Jozankei Onsen Hot Spring area, Sapporo’s hidden nature resort!
Forest bathing in the great outdoors! Enjoy dark greens in the summer, and rust reds in the fall

Fill your lungs with refreshing forest air! Set out on a canoe to feel the gentle wind blowing through the dense greenery and valleys in the summer, and enjoy a world covered with a tapestry of yellow and red leaves in the autumn. Our guides will teach you how to canoe, so beginners are welcome too.

Date: July to October
Price: Approx. 75 min

Activity 09
Year-round horse-riding on the foothills of Mt. Hakken!
Head to the natural hot springs of Jozankei Onsen after your ride.
The natural beauty of Hokkaido sets the stage for a wild ride on the foothills of Mt. Hakken

Leisurely trot through lush nature in the green season and gallop over the snow during the snowy season; Hokkaido horse riding can be enjoyed all year round. The unforgettable scenery from horseback is then yours to recall as you relax in one of the areas many natural hot spring baths. Jozankei’s nature produces hot spring water with four different qualities, and it takes years for the mineral-rich underground water to spring from the lush forest.

Date: All year round
Price: Approx. 80 min

Activity 10
Pick a wide variety of seasonal fruit at Jozankei Farm
Taste the bounty of nature in one of the largest tree adventure areas in Hokkaido, featuring fruit-picking, fishing, and much more
A fruit wonderland you will never forget for the whole family

Jozankei Farm is surrounded by lush Hokkaido nature. In its vast grounds, you can pick strawberries, cherries, and various kinds of fruit depending on the season. The farm also features an orchard garden, a tree adventure area with one of the longest ziplines in Hokkaido, and fishing spots for anyone interested in nature. We also offer all the things you need to make a barbecue so take this chance to enjoy the bounty of Hokkaido.

Date: Late May to early November
Price: Approx. 75 min

Jozankei Farm: admission: adults (high school students and over): 500 yen, children (9 years old and over): 300 yen, and additional fee is required for activities other than picking. *Groups of 20 or more get a 10% discount on the admission fee.

For more information, please visit the Jozankei Farm website:
https://www.shikotsutoya.com/activity/
Season: Summer
Duration of stay: 1 night, 2 days (requires arriving the day before the itinerary begins)

Experience the Living Earth with Volcanoes, Hot Springs and a Pristine Lake

- Climb Mt. Tarumae, a rare triple volcano, while admiring the scenery of the season and reveling in the clear, clean air of Hokkaido.
- Become one with nature at the natural open-air hot springs, where the water wells forth from below your feet.

Notes

Trail map

Day 1
7:00a.m. Gardens in front of the Lake Shikotsu Holiday Village
(A guide from the Lake Shikotsu Visitor Center will introduce you to the area and its abundant nature as you breathe in the cool Hokkaido air.)

30min

9:00a.m. Mt. Tarumae
(Rainy day: Climb the Famous Mt. Tarumae (3.30min)
(Warumako Onsen has been in business for 104 years, and is one of the inns listed by the Japan Association of Secluded Hot Spring Inns. Its open-air hot spring, which is connected to Lake Shikotsu, is popular because the water level changes along with the lake level.)

Day 2

4:00a.m. Poropina
Lake Shikotsu Kokanee Salmon Fishing (1.80min)
(The Lake Shikotsu kokanee fishing ban is lifted from June 1st until August 31st, during which time fishing is possible. Fishing times are as follows: June 3:00 a.m. - 7:30 p.m., July 3:30 a.m. - 7:30 p.m., August 4:00 a.m. - 7:00 p.m.)

10min

7:10a.m. Marukoma Onsen
Cruise Lake Shikotsu with the Marukoma Onsen Cruiser (30min)
(Board the Marukoma Onsen owned cruiser and explore Lake Shikotsu from the water)

120min

Otaru/Sapporo/Lake Toya/Niseko (free time)
Sample course using the recommended activities

**Season** Spring/Summer/Fall  **Duration of stay** 1 night, 2 days (requires arriving the day before the itinerary begins)

Become Acquainted with Japan’s Most Beautiful Lake from Above and Below its Surface

- Make the most of your Lake Shikotsu experience by diving deep into its depths, as well as by gliding across its surface by canoe.
- Experience freshwater diving, a rare treat even in Japan.

**Notes**

**Trail map**

Day 1
1. Depart from local airport
2. Depart from New Chitose Airport
3. Lake Shikotsu shore accommodation [Accommodation] (90min)
4. Enjoy Kokanee Salmon (fishing ban lifted from June to August) (30min)
5. Delight in the rich taste of kokanee salmon cuisine, served fried, grilled, or as fatty sashimi or sushī.
6. Lake Shikotsu Accommodation [Accommodation] (30min)
7. Lake Shikotsu [Accommodation] (120min)

Day 2
1. Jozankei Onsen accommodation [Accommodation] (120min)
2. Jozankei Onsen [Accommodation] (90min)
3. Savor a freshly-made Onsen-manju Bun in the Park (can be purchased in town)
4. (The park recreates the scene of founder Mituzumi Jozan first coming across the hot spring. In addition to the status of Mituzumi Jozan, the park boasts ashi-yu foot baths with hot spring water from the source, and onomata no yu, hot water baths for soft-boiling eggs in Jozankai’s high-temperature spring water.) (90min)
5. Departure to Otaru/Sapporo/Lake Toya/Niseko/Yoichi (free time)
Sample course
using the recommended activities

Season Summer/Fall  Duration of stay  1 night, 2 days

Enjoy Horseback Riding, Tasty Fruit, Fresh Air and Pristine Nature

- Experience the wonders of Hokkaido with all your senses, from admiring its beautiful valleys and savoring its many delicacies, to tuning in to the sounds of nature, enjoying the aromas of the earth, and feeling the warmth of another living being while discovering the region on horseback.

Morning: Depart from New Chitose Airport  90min.
11:30a.m.  Jozankei region  15min.
Wild Mustangs (riding school)
(The Jozankei Mt. Hakken area is enveloped in vibrant green vegetation throughout the warm “Green Season.” In winter, it’s possible to take a spirited ride through the snow on horseback.)
12p.m.  Horseback Riding (80min)
(Jozankei Onsen Village [Accommodation]
(Jozankei Onsen has a 153-year history, and boasts 56 spring sources which gush sodium chloride-rich water from cracks in the bedrock along the riverbanks and riverbed of the Toyohira River. The Toyohira River flows with clear water, and strolling along its banks wearing a yukata is a popular pastime.)
5:00p.m.  Jozankei Onsen Village  15min.
(Jozankei Onsen Town)
(Jozankei Onsen Village [Accommodation]
(Jozankei Onsen has a 153-year history, and boasts 56 spring sources which gush sodium chloride-rich water from cracks in the bedrock along the riverbanks and riverbed of the Toyohira River. The Toyohira River flows with clear water, and strolling along its banks wearing a yukata is a popular pastime.)
9:00a.m.  Jozankei Onsen Village  5min.
(Jozankei)
(Jozankei Gensen Park)
(Gozankei Gensen Park was opened to commemorate 200 years since the birth of Mizumi Jozan, founder of Jozankei Onsen, and to pass Jozan’s ambitions on to future generations. Within the park, a recreation of Jozan finding the hot spring can be found, as well as ashiyu hot baths with hot spring water from the source. Other attractions include onsen no yu, hot spring baths for making soft-boiled eggs with Jozankei’s piping-hot spring water.
10:00a.m.  Jozankei Onsen Village  15min.
(Jozankei)
(Jozankei Gensen Park)
(Gozankei Gensen Park was opened to commemorate 200 years since the birth of Mizumi Jozan, founder of Jozankei Onsen, and to pass Jozan’s ambitions on to future generations. Within the park, a recreation of Jozan finding the hot spring can be found, as well as ashiyu hot baths with hot spring water from the source. Other attractions include onsen no yu, hot spring baths for making soft-boiled eggs with Jozankei’s piping-hot spring water.
10:00a.m.  Jozankei Gensen Park  75min.
(Surrounded by trees, the Toyohira River offers scenic views of fall’s fiery colors as it sooths the soul with its quiet meandering. Let your mind be healed by the Jozankei forest-bathing tour where you can enjoy the rich greenery of the Toyohira River.)
12p.m.  Jozankei Park at Kyogoku Drawing Spring Water
(The foot of Mt. Yotei boasts at least 10 springs from which high-quality mineral water can be drawn. The springs were selected one of Japan’s 100 Remarkable Waters.
75min.
Afternoon - Towards Otaru/Sapporo

Legend for Itinerary:  Airplane  Train  Car  Bicycle rental  Taxi  Bicycle  Walk  Bus  Hotel  Trailhead
From Ice Sculptures to Ice Walks, Discover the Perks of Hokkaido’s Extreme Cold

- Explore the Bryological Society of Japan-certified Moss Corridor accompanied by a knowledgeable guide.
- Marvel at beautiful ice sculptures created with water from Lake Shikotsu, and admire their “Lake Shikotsu Blue” glow.

Season: Winter  Duration of stay: 1 night, 2 days (requires arriving the day before the itinerary begins)

**Day 1**

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<tr>
<th>Activity</th>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td>Start</td>
<td>8:30 a.m.</td>
<td>Lake Shikotsu shore</td>
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<tr>
<td>Activity 1: Moss Corridor Winter Trek</td>
<td>90 min</td>
<td>From the starting point on the shore of Lake Shikotsu, this mystical trek invites you into corridors completely carpeted in moss. Admire shibukigori naturally forming ice sculptures and the grandeur of the mountains in winter as you go. Afternoon: Lake Shikotsu Ice Walk <strong>Chitose/Observing the Lake Shikotsu Ice Festival</strong> Marvel at ice sculptures made with water blown by the wind from Lake Shikotsu, which freezes to create fabulous forms. The ice sculptures glitter “Lake Shikotsu Blue” during the day, and are illuminated at night with colorful lights. Weekends and holidays see fireworks displays after dark. Lake Shikotsu shore (Accommodation)</td>
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**Day 2**

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<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Description</th>
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<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Lake Shikotsu Activity <strong>Lake Shikotsu Ice Walk (120 min)</strong> (Lake Shikotsu is known as the northernmost Slave lake. There are, however, a few locations — known only to local guides — where ice forms. Wear dry suits and enjoy splashing in the ice-cold water.) Early Afternoon: <strong>Marukoma Onsen One-day Hot Spring Trip (30 min)</strong> (Hot water pushes out from around your feet at these natural open-air baths, a rare situation even in Japan. The rustically beautiful hot springs are separated from the lake just barely by rocky areas, and the water of the baths rises and falls in tandem with the water level of Lake Shikotsu. Enjoy a dynamic bathing experience where you become one with the nature of Shikotsu.) Afternoon: <strong>Sapporo Take in the Sights at the Sapporo Ice Festival and Nearby Town Areas</strong></td>
<td></td>
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Airports in the area: New Chitose Airport (Fixed route bus) 30 minutes Lake Shikotsu shore (Accommodation)
Sample course using the recommended activities

Season: Spring – Autumn  
Duration of stay: 1 night, 2 days

A Relaxing Course of Leisure and Culture for the Grownups

- Enjoy golfing in Hokkaido at a distinguished golf course that hosts pro golf tournaments.
- Relax your body and soul at the nearby Shikotsu-Toya National Park.

Notes:

Day 1

Airports in the area  
The North Country Golf Club:  Golf to your Heart’s Content (180 min)
This is a course that requires careful itinerary management, as the annual summer men’s pro golf tournament attracts large numbers of visitors.
Lake Shikotsu:  Learn About Lake Shikotsu at the Lake Shikotsu Visitor Center (60 min)
Enjoy stunning views in 4K.
Discover What Lurks Beneath the Lake on the Underwater Sightseeing Boat and Admire the Sunset Over Lake Shikotsu
(Catch sight of fish in the stunning “Lake Shikotsu blue” waters as you explore the lake. Not only can you see trees on the surrounding mountains on clear days, you can also marvel at the beauty of the sunset as the last sunrays of the day glitter on the surface of the water.)
Lake Shikotsu shore or Marukoma Onsen [Accommodation]  

Day 2

9:00 a.m.  Lake Shikotsu Activity Center:  Bird-watch at the Nature Preservation Sanctuary (90 min)
(The Nature Preservation Sanctuary, a government-designated wildlife sanctuary and a registered wetland of the Ramsar Convention, abounds in nature. At least 250 confirmed species of birds are resident here, as well as a variety of animals. This “paradise of wild birds” is an important stopping point for migratory birds, including white-fronted geese and swans, and as such is popular with bird-watchers. The sanctuary also safeguards the natural environment of the Yufutsugoya Plain, starting with the 8th River and Lake Utonai.)
Upopoy (National Ainu Museum and Park):  Upopoy Tour (120 min)
Immerse yourself in the history and culture of the Ainu at the National Ainu Museum, where diverse exhibitions created with the voices of the Ainu people await. The National Ainu Museum is the first national museum in Japan to focus on the Ainu indigenous people. Experience Ainu culture through various interactive programs and traditional dance performances at National Ainu Park, an interactive open-air museum, Opens April 24th, 2020)
Towards Noboribetsu, Lake Toya, Niseko