

# Rishiri-Rebun Sarobetsu National Park



Himenuma Pond, Rishirifuji, Hokkaido



1 Sunset over Mt. Rishiri, Toyotomi, Hokkaido 2 Jizo-iwa in winter, Rebun, Hokkaido 3 Tundra Bean Goose taking flight, Toyotomi, Hokkaido  
 4 Boardwalk at Horonobe Visitor Center Horonobe, Hokkaido 5 Cape Sukoton as seen from Cape Gorota, Rebun, Hokkaido  
 6 Rebusuyuki-so, a species of Edelweiss native to Hokkaido, Rebun, Hokkaido 7 Western Yellow Wagtail bird, Toyotomi, Hokkaido 8 Oyashirazu Cliffs, Rishiri, Hokkaido

Blanketed in a varied tapestry of lush flora, the majestic Rishiri-Rebun Sarobetsu National Park sits like a crown upon Japan as its northernmost nature reserve. A place where the untouched northern wilderness entwines with dazzling flower gardens and crisp crystal seas.

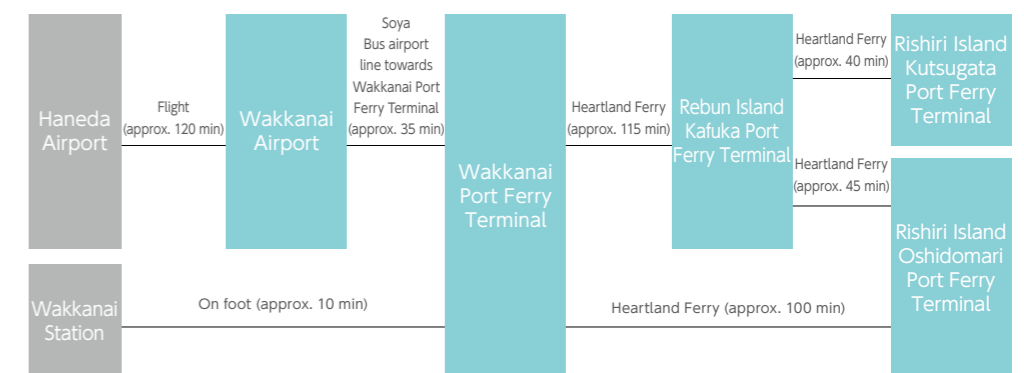
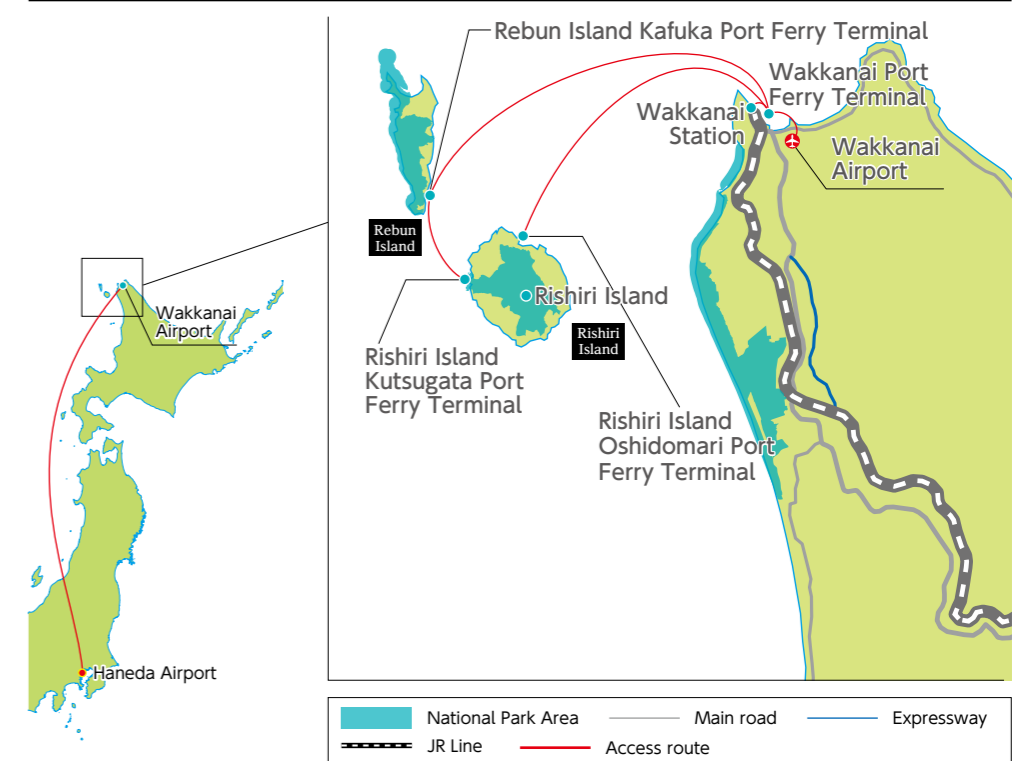
Mountain ranges, vast fields brimming with flowers, sea cliffs, grasslands and sand dunes - Rishiri-Rebun Sarobetsu National Park has it all. The park encompasses three areas - Rishiri Island, Rebun Island and the Sarobetsu Plain.

Rishiri Island was formed by the dormant volcano, Mt. Rishiri, which towers 1,721m above the surrounding landscape. Rich and fertile land stretches out for 60km around its base. The cone-shaped Mt. Rishiri is also known for its similarity to Mt. Fuji with its iconic stratovolcano characteristics and dynamic silhouette that has become a beloved symbol of the national park.

Rebun Island comes to life in the summer as colorful flowers carpet the ground as far as the eye can see, from which it earns its moniker as the "floating island of flowers". Many species of alpine flower native to Rebun can be observed blooming in the fields during this season, including the Rebun Lady's Slipper Orchid and other indigenous plants.

The Sarobetsu Plain is a vast peat land formed in the Sarobetsu River basin, and is the largest high moorland in Japan. It is a crucial stopover point on the migration journey of wild geese, ducks and birds. In 2005 the area was appointed an Important Bird Area (IBA) by the Ramsar Convention. To add to the unique geology of the area, along the plain's Bakkai and Wakasakanai coastline lies a belt of sand dunes interspersed with wetlands framed with thick Mongolian oak and Sakhalin fir tree forests.

## Access



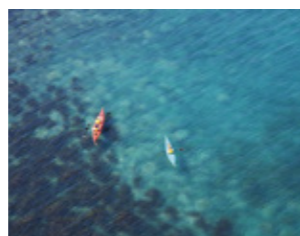
Access routes are given as examples. Times indicated for each route section are approximate only. For more details, please visit the counters or websites of the transportation providers.

## Information counter

Please contact each provider directly.



## Activity 01 Experience Rishiri Island as if from the eyes of a sea bird Rishiri Island Sea Kayaking tour



Bask in the glory of this glittering emerald green ocean that could almost be mistaken for a tropical paradise if it wasn't for the cool crisp temperatures. Don't forget to look down upon the flourishing kombu seaweed and sea urchins that lie in the clear ocean waters below your kayak, and follow the guide to famous viewing spots where you may be able to catch a glimpse of sea birds, seals and sea lions.

**Season** June - September **Time required** 180 min  
**Fee** Adults (age 13 and over): 9,900 yen, children (ages 7 to 12): 4,950 yen, infants (ages 6 and under): Free  
**Inquiries** Rishiri Shizen Guide Service  
**Phone** 0163-82-2295 **E-mail** kanko@maruzen.com  
**U R L** <http://www.maruzen.com/tic/guide/index.html>

## Activity 02 Feel the adrenaline rush from jigging fishing on the open ocean. Hands-on guides will share useful pointers tailored to the specific sea conditions of the day - all the better to catch more fish with! Rishiri fishing experience



Anybody over age 6 can take part in this fun-filled fishing experience for beginners and pros alike. With all fishing gear provided, all you need to bring is a thirst for adventure and you'll surely get hooked on jigging!

**Season** April - October **Time required** 180 min  
**Fee** Adults, children (age 6 and over): 9,000 yen  
**Inquiries** Kukuru Corporation  
**Phone** 0163-84-2561  
**E-mail** kukuru.c@gmail.com  
**U R L** <http://www.kukuru.com>

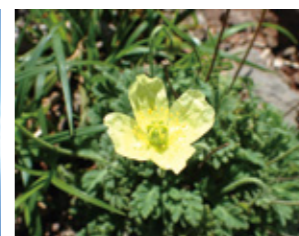
## Activity 03 [Limited to those staying in the Oshidomari area] The early bird catches the worm on this walking tour highly recommended by local guides. Set off at 5:30 a.m. for a guided hike around Himenuma Pond. Early morning Himenuma Pond guided walk



This easy meandering boardwalk path at Himenuma Pond extends all the way around the famous pond, making this walk accessible to people of all physical levels. The early morning scenery is not one to miss, with rare or endangered birds such as the black woodpecker darting through the tranquil untouched forest and the sparkling clear pond reflecting the seasonal hues of the trees.

**Season** May 1 - September 30 **Time required** 80 min  
**Fee** Adults, children (ages 7 and over): 1,800 yen  
 \*In the case that there is only one participant, the fee will be raised to 3,000 yen starting 2021 (until 2021: 2,500 yen)  
**Inquiries** Rishiri Hana Guide Club  
**Phone** 0163-82-1882  
**E-mail** mail@rishiri-hanaguide.com  
**U R L** <https://www.rishiri-hanaguide.com>

## Activity 04 Traverse from north to west on the Rishiri mountain trail. Using the Oshidomari course for the climb and the Kutsugata course for the descent, this one-day mountain climbing excursion will allow you to experience two trails that differ greatly in their flora and panoramic views. Variety is the spice of life! Rishiri Mountain Traversing course (Oshidomari course and Kutsugata course)



Climb the Oshidomari course and descend the Kutsugata course as you traverse the Rishiri mountains on this refreshing hiking trip. The Kutsugata course is a particular hidden gem, not ventured onto by many and therefore bejeweled with beautiful flowers and lush greenery. A couple of breathtaking highlights are the expansive view from Mt. Sanchozan and the striking "candle rock", Rosoku-iwa. Along the way you'll also see the jagged mountain scenery of Senhoshi.

**Season** June - October **Time required** 720 min  
**Fee** Adults (age 13 and over): From 16,500 yen  
**Inquiries** Kukuru Corporation  
**Phone** 0163-84-2561  
**E-mail** kukuru.c@gmail.com  
**U R L** <http://www.kukuru.com>

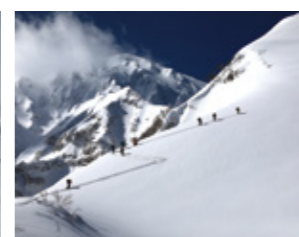
## Activity 05 Winter access only! A snowshoeing adventure at Lake Mikazukinuma. The Ootomari Swamp freezes over in winter, transforming into an icy hiking route for snowshoers to reach Lake Mikazukinuma. Enjoy an island tour and onsen hot springs for no extra cost in this icy winter activity plan! [Beginners welcome] Snowshoeing the elusive Lake Mikazukinuma and Island tour course



Snowshoe your way to the remote and mysterious Lake Mikazukinuma on a route accessible only in winter by walking over the frozen Ootomari Swamp. A free island tour and onsen hot springs trip is included in the plan.

**Season** Winter **Time required** 360 min  
**Fee** Please contact the provider directly (age 15 and over)  
**Inquiries** Rishiri Shima Guide Center  
**Phone** 0163-85-7718  
**E-mail** info@rishiri-shimaguide.com  
**U R L** <https://www.rishiri-shimaguide.com>

## Activity 06 Enjoy 360-degree panoramic ocean views on this exciting Backcountry tour. Rishiri Backcountry Tour



Expert guides well acquainted with the backcountry area of Mt. Rishiri will tailor-make a plan matching your fitness level and the weather conditions on the day. All the gear you need will be provided and any requests you may have about course difficulty levels will be factored into the plan. Complete beginners are welcome.

**Season** Mid-December - early May **Time required** 240 - 480 min  
**Fee** From 13,200 yen (fee differs depending on the number of participants)  
**Inquiries** Rishiri Shizen Guide Service  
**Phone** 0163-82-2295  
**E-mail** kanko@maruzen.com  
**U R L** <http://www.maruzen.com/tic/guide/index.html>



**Activity 07** Calling budding botanists! Enjoy a leisurely nature walk on this popular walking course that meanders through natural scenery full of beautiful alpine plants.

**Momoiwa Observatory Course (Panorama course)**



**FIT GROUP**

Rebun, the "floating island of flowers" certainly lives up to its nickname on this walking tour. Alpine plants only seen on Japan's main island at an altitude of over 2,000m bloom in great numbers at sea level on Rebun Island, carpeting the ground in a colorful rainbow. A guide will be on hand to share their expert knowledge on the many flowers on view.

**Season** Late April - late September  
**Time required** 240 min  
**Fee** Adults and children (age 10 and over): 6,500 yen  
 \*Groups: 26,000 yen per group of 5 - 20 people  
**Inquiries** Rebun Hana Guide Club  
**Phone** 0163-89-6330  
**E-mail** rebun@hanaguideclub.com  
**U R L** https://www.hanaguideclub.com



**Activity 08** Take a scenic hike with breathtaking views of Rebun Island's west coast and a plethora of beautiful alpine flowers.

**Shiretoko - Momoiwa Observatory Transverse Course (Flower Road Course)**



**FIT GROUP**

Observe sparkling blue oceans, blooming alpine flowers, and ever-changing seasonal hues on this trekking course. Start at the southern tip of Rebun Island at the Shiretoko bus stop and proceed along the west coast mountain ridge towards the Momoiwa Observatory. On sunny days you will be able to see the majestic silhouette of Mt. Rishiri alongside you.

**Season** Late April - late September  
**Time required** 240 min  
**Fee** Adults and children (age 10 and over): 6,500 yen  
 \*Groups: 26,000 yen per group of 5 - 20 people  
**Inquiries** Rebun Hana Guide Club  
**Phone** 0163-89-6330  
**E-mail** rebun@hanaguideclub.com  
**U R L** https://www.hanaguideclub.com



**Activity 09** See Rebun's native species of Edelweiss, "Rebun Usuyuki-so" and encounter stunning panoramic views of the island. Natural scenery, flowers and seasonal foliage await you on this beautiful course.

**Rebun Woodland trek through colonies of Rebun-usuyuki-so, a species of Edelweiss native to Rebun Island**



**FIT GROUP**

Enjoy walking through dreamy fields full of Rebun Usuyuki-so, which blooms from late June to late July. Treasure the amazing views of the flower, now classified as an endangered species, as you take a leisurely walk through the mesmerizing flower fields and try forest bathing. As you approach the forest opening you will be greeted with panoramic views of Mt. Rishiri and the wide, blue ocean.

**Season** Late April - Late September  
**Time required** 240 min  
**Fee** Adults and children (age 10 and over): 6,500 yen  
 \*Groups: 26,000 yen per group of 5 - 20 people  
**Inquiries** Rebun Hana Guide Club  
**Phone** 0163-89-6330  
**E-mail** rebun@hanaguideclub.com  
**U R L** https://www.hanaguideclub.com



**Activity 10** Walk the boardwalk at Sarobetsu Wetland Center and gaze upon the diverse flora and fauna that live in the fascinating wetlands.

**Sarobetsu Wetlands Boardwalk Natural Guided Tour**



**FIT GROUP**

The Sarobetsu Wetlands hold the record as the largest high moorland in Japan, and the views of this magnificent landscape certainly don't disappoint. On your boardwalk promenade you can immerse yourself in the scenery of abounding alpine flowers and endless horizons.

**Season** Year-round **Time required** 60 min  
**Fee** Adults (age 16 and over): 4,200 yen for 1 person, 2,800 yen per person for a group of 2 - 5 people \*Groups: 16,800 for a group of over 6 people. Children (age 6 and over): 1,400 yen, infants (age 5 and under): Free \*Children's fees still apply in case of groups  
**Inquiries** NPO Sarobetsu Eco Network  
**Phone** 0162-82-3950 (Japanese only)  
**E-mail** info@sarobetsu.or.jp  
**U R L** http://sarobetsu.or.jp/program/spring/



**Activity 11** Enjoy wild birdwatching as you hike the Nature Walking course on the boardwalks at Sarobetsu Wetland Center.

**Sarobetsu Birdwatching Tour**



**FIT GROUP**

A Ramsar Convention certified wetland, the Sarobetsu Wetlands are an important stopping point on the journey of migratory birds. Appreciate various wild bird sightings and learn about their characteristics and ecology on this guided tour.

**Season** Year-round **Time required** 60 min  
**Fee** Adults (age 16 and over): From 6,600 yen for 1 person, from 3,300 yen per person for a group of 2 - 5 people, children (age 6 and over): From 2,400 yen, infants (age 5 and under): Free \*Children's fees still apply in case of groups  
**Inquiries** NPO Sarobetsu Eco Network  
**Phone** 0162-82-3950 (Japanese only)  
**E-mail** info@sarobetsu.or.jp  
**U R L** http://sarobetsu.or.jp/program/spring/



**Activity 12** Wear special kanjiki snowshoes and hike over deep snow in this winter trekking course. Walk over enchanting frozen wetlands usually inaccessible during other seasons and trek through icy forests.

**Sarobetsu Wetlands Forest and Wetland Snowshoeing Tour**



**FIT GROUP**

A special wintertime activity that ventures into Sarobetsu's Sakhalin spruce tree forest belt. As you approach the forest opening towards the wetlands, a breath-taking snowscape will stretch out ahead of you, where you'll have a change to view a wise old giant Mongolian oak tree that towers over the forest.

**Season** January - March **Time required** 60 min **Fee** Adults (age 16 and over): 5,100 yen for 1 person, 3,400 yen per person for a group of 2 - 5 people \*Groups: 20,400 yen for a group of over 6 people. Children (age 6 and over): 1,700 yen, infants (age 5 and under): Free ■2 hour snowshoeing course Adults: 7,200 yen for 1 person, 3,400 yen per person for a group of 2 - 5 people \*Groups: 28,800 yen for a group of over 6 people. Children (age 6 and over): 2,400 yen, infants (age 5 and under): Free \*Children's fees still apply in case of groups **Inquiries** NPO Sarobetsu Eco Network **Phone** 0162-82-3950 (Japanese only) **E-mail** info@sarobetsu.or.jp **U R L** http://sarobetsu.or.jp/program/spring/





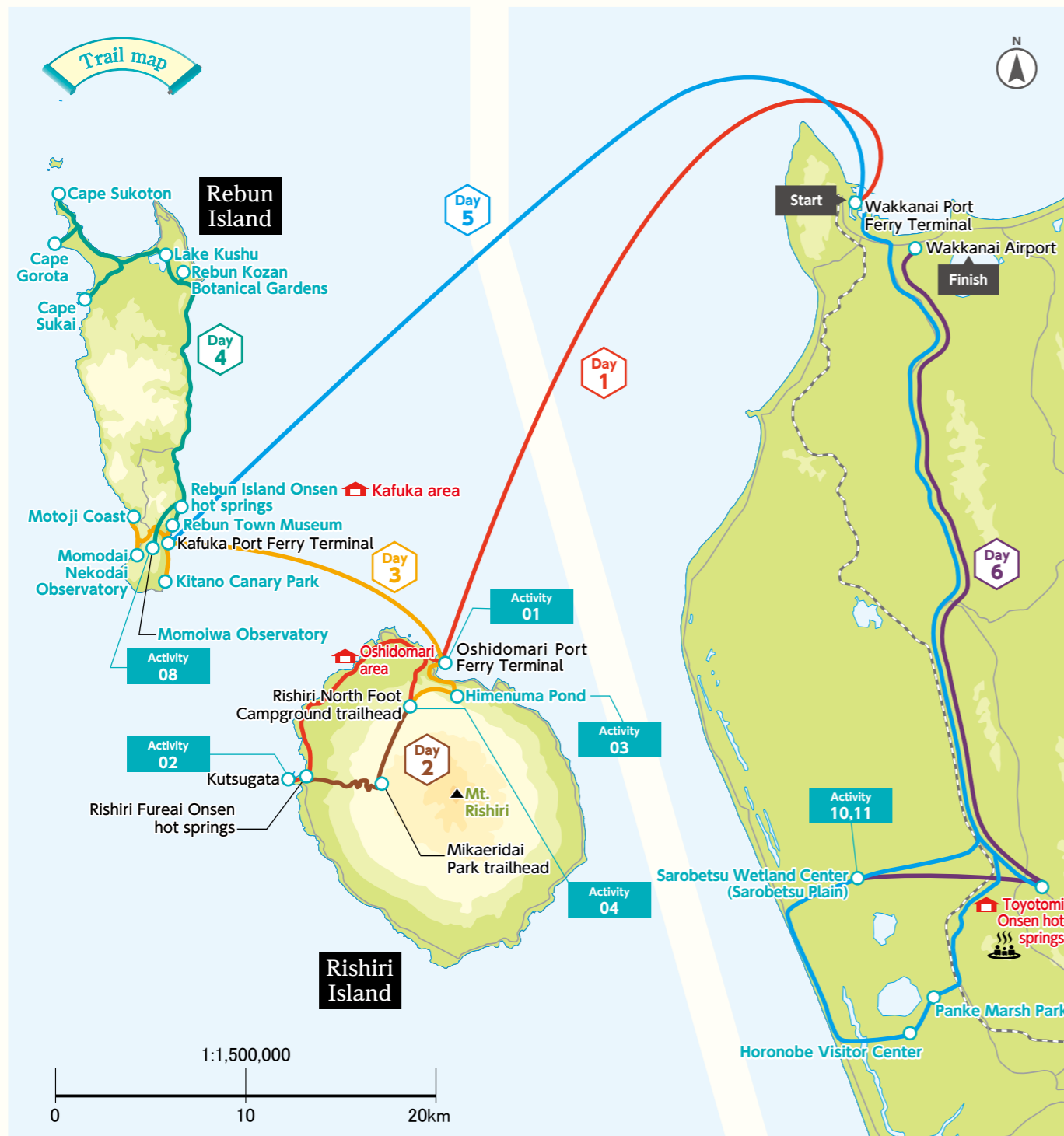
Season June - September

Duration of stay 5 nights, 6 days

# Rishiri Island, Rebun Island and Sarobetsu Plains Japan's northernmost parks experience

Notes

- Circle the three main areas that encompass Rishiri-Rebun Sarobetsu National Park - Rishiri Island, Rebun Island and the Sarobetsu Plain.
- Enjoy a huge range of activities including traversing, sea kayaking, fishing and early morning hikes on Rishiri Island.
- Take in the breathtaking views on treks as you gaze out onto the deep blue sea that extends out from the capes along the Rebun Island coast.
- Learn about the abundant flora and fauna of the natural paradise that is the Sarobetsu Plain.



<b>Day 1</b>	11:10a.m. Wakkanai Port Ferry Terminal  100min  0:50p.m. Oshidomari Port Ferry Terminal  20min  Kutsugata <b>Activity 02 Rishiri fishing experience (180 min)</b> 5min  Onsen hot springs Rishiri Fureai Onsen Take a dip in the hot springs (60 min) (A direct source for some of Japan's most expensive carbonated water brands, the water from this hot spring is exceptionally pure and great for the skin. When exposed to oxygen the hot spring water turns a brilliant dark reddish-brown, known as the "golden hot spring".)  20min  6:30p.m. Oshidomari area [Accommodation]
<b>Day 2</b>	5:00a.m. Oshidomari area  10min  5:10a.m. Rishiri North Foot Campground trailhead <b>Activity 04 Rishiri Mountain Traversing course (Oshidomari course and Kutsugata course) (720 min)</b> 5:10p.m. Mikaeridai Park trailhead  10min  Rishiri Fureai Onsen Take a dip in the hot springs (60 min)  20min  7:00p.m. Oshidomari area [Accommodation]
<b>Day 3</b>	5:30a.m. Oshidomari area  10min  Himenuma Pond <b>Activity 03 Early morning Himenuma Pond guided walk (80 min)</b> 10min  9:00a.m. Oshidomari <b>Activity 01 Rishiri Island Sea Kayaking tour (180 min)</b> 15min  1:15p.m. Oshidomari Port Ferry Terminal  45min  2:00p.m. Kafuka Port Ferry Terminal  10min  Kitano Canary Park <b>Stroll around (50 min)</b> (The Kitano Canary Park was opened in 2013 on the 60 <sup>th</sup> anniversary of the release of the iconic Toei movie "A Chorus of Angels". On clear days there's a gorgeous view of Mt. Rishiri.)  10min  Momodai Nekodai <b>Observatory (20min)</b> (An observation point on the west coast of Rebun Island. Framed by the Momo-iwa rock face behind, and the Neko-iwa rock formation in the ocean, this is a popular spot known for its beautiful sunsets.)  10min  Motoji Coast <b>Stroll around (20 min)</b> (Take a look at Jizo-iwa - a giant rockface that is likened to the image of a traditional Buddhist jizo statue clasping its hands together in prayer. The surrounding beach is often referred to as "Meno-hama" (or "agate beach"), due to the fact that you can find many beautiful agate stones washed ashore in the sand.)  10min  Rebun Town Museum <b>Stroll around (50 min)</b> (Rebun's ancient history, customs and culture are all on display in this compelling museum.)  10min  5:00p.m. Kafuka area [Accommodation]
<b>Day 4</b>	8:00a.m. Kafuka area <b>Activity 08 Shiretoko - Momo-iwa Observatory Transverse Course (Flower Road Course) (240 min)</b> 30min  Cape Sukoton <b>Stroll around (30 min)</b> (Rebun Island's northernmost cape looks out onto the uninhabited Todo Island, which makes for some amazingly photogenic scenery.)  15min  Cape Gorota <b>Stroll around (45 min)</b> (Cape Gorota on the northern coast of Rebun Island is famous for its sparkling blue ocean scenery and pretty alpine flowers.)  15min  Cape Sukai <b>Stroll around (25 min)</b> (A Mecca for photographers, Cape Sukai's stunning emerald green ocean and endless horizon is a breathtaking natural wonder.)  20min  Rebun Kozan Botanical Gardens <b>Stroll around (20 min)</b> (From May to September this park hosts colonies of beautiful alpine flowers.)  10min  Lake Kushu <b>Stroll around (30 min)</b> (Japan's northernmost freshwater lake has a scenic path running around its perimeter.)  30min  Rebun Island <b>Onsen hot springs</b> Take a dip in the hot springs (60 min) (An onsen that opens in 2009 and flows directly from the source.)  10min  6:30p.m. Kafuka area [Accommodation]
<b>Day 5</b>	8:30a.m. Kafuka area  10min  8:55a.m. Kafuka Port Ferry Terminal  115min  10:50a.m. Wakkanai Port Ferry Terminal  60min  Sarobetsu Wetland Center <b>Stroll around</b> <b>Activity 10 Sarobetsu Wetlands Boardwalk Natural Guided Tour (60 min)</b> 30min  Horonobe Visitor Center <b>Stroll around (60 min)</b> (This educational space will get you acquainted with the wetland's unique geography and its abundant wild birds' ecology. From the second floor you will be greeted with a magnificent view of the entire Sarobetsu Plain including Rishiri Fuji, the Panke Marsh and Naganuma.)  10min  Panke Marsh Park <b>Stroll around (30 min)</b> (The huge wetlands on the Sarobetsu Plain are important stopover points for migratory birds. During the migration season it is possible to see many wild birds, set against the backdrop of Mt. Rishiri.)  20min  5:30p.m. Toyotomi Onsen hot springs [Accommodation] (This onsen's hot spring water contains natural oils which give off a distinct smell, making this onsen not only Japan's northernmost onsen village, but one of the most unique ones too.)
<b>Day 6</b>	9:00a.m. Toyotomi Onsen hot springs  10min  Sarobetsu Plain <b>Activity 11 Sarobetsu Birdwatching Tour (60 min)</b> 60min  0:00p.m. Wakkanai Airport

Legend for itinerary symbols: Airplane, Train/JR, Car (rental car), Taxi, Fixed-route bus/shuttle bus, Boat, Ropeway, Bicycle, Walking, Photo spot

Itinerary times defined: Dawn 4:00a.m.-6:00a.m., Early morning 6:00a.m.-8:00a.m., Morning 8:00a.m.-12:00p.m., Noon 12:00p.m.-1:00p.m., Afternoon 1:00p.m.-5:00p.m., Evening 5:00p.m.-7:00p.m., Late evening 7:00p.m.-11:00p.m., Night 11:00p.m.-4:00a.m.



**Season** January - March **Duration of stay** 4 nights, 5 days

# Venture to Japan's unexplored northern regions Rishiri Island and Sarobetsu Plains Adventure Tour

**Notes**

- Try your hand at a Backcountry tour and snowshoe to a mystical lake on Rishiri Island, the remote northern isle surrounded by a boundless glittering ocean.
- See for yourself the monumental size of the Sarobetsu Plains seemingly never-ending fields of snow. Take in the picturesque landscape with its treasured northern forests and giant wetlands on this beautiful tour.



o Mt. Rishiri in winter (close-up)



o The Sarobetsu Plain in winter



o White-tailed eagle



o Backcountry experience Mt. Rishiri (image)



o Mt. Rishiri in winter

<b>Day 1</b>	1:55p.m. Wakkanai Port Ferry Terminal  100min 3:35p.m. Oshidomari Port Ferry Terminal  10min Oshidomari area [Accommodation]
<b>Day 2</b>	9:00a.m. Oshidomari area  10min Rishiri Island <b>Activity 05</b> [Beginners welcome] Snowshoeing the elusive Lake Mikazukinuma and Island tour course (360 min) 10min Rishirifuji Onsen hot springs Take a dip in the hot springs (60 min) (Relax at these famous hot springs at the foot of Rishirifuji.) 10min 4:30p.m. Oshidomari area [Accommodation]
<b>Day 3</b>	8:00a.m. Oshidomari area  10min Mt. Rishiri <b>Activity 06</b> Rishiri Backcountry Tour (240 - 480 min) 10min Rishirifuji Onsen hot springs Take a dip in the hot springs (60 min) 10min 2:00p.m. - 6:00p.m. Oshidomari area [Accommodation]
<b>Day 4</b>	8:30a.m. Oshidomari area  10min 9:05a.m. Oshidomari Port Ferry Terminal  100min 10:45a.m. Wakkanai Port Ferry Terminal  60min Sarobetsu Wetland Visitor Center <b>Activity 12</b> Sarobetsu Wetlands Forest and Wetland Snowshoeing Tour (60 min) 20min 3:00p.m. Toyotomi Onsen hot springs [Accommodation] (This onsen's hot spring water contains natural oils which give off a distinct smell, making this onsen not only Japan's northernmost onsen village, but one of the most unique ones too.)
<b>Day 5</b>	9:00a.m. Toyotomi Onsen hot springs  10min Sarobetsu Plain <b>Activity 11</b> Sarobetsu Birdwatching Tour (60 min) 60min 0:00p.m. Wakkanai Airport