

Central Hokkaido Adventure Explore the length of the Mukawa River



Location: Shimukappu, Hokkaido
Main Activity: White-water Rafting
Difficulty: 3/5
Duration: 5days 4nights
Pax: Min. 4, Max. 10
Price: JPY298,000~

Highlights

- 135km eco-tour from the headwaters of the Mukawa River to the Pacific coast
- Experience rafting through a canyon formed by the sea floor rising
- Enjoy meals made from an abundance of local ingredients, including wild plants from the forest, local vegetables, game meat, Mukawa Town's famous shishamo smelt and pure maple syrup from painted maple trees.
- Learn about the local topography and vegetation on a mountain bike tour along the upper reaches of the Mukawa River
- Take a canoeing tour and observe the river's natural purifying mechanism from the sandbank



Cycling



White-water Rafting



Ezo deer steak



Akaiwa Seigan Gorge

Overview

This eco-tour follows the water cycle of the Mukawa River, where water flows from the headwaters to the sea before eventually evaporating and returning to the headwaters. We'll set out from the village of Shimukappu, located almost exactly in the center of Hokkaido, and make our way to the Pacific coast through one-of-a-kind natural landscapes that will give you a glimpse into the changes that have taken place in the earth's crust.

Shimukappu, where the Mukawa River begins, is 94% forest. Your adventure will begin with a mountain bike tour through this forest, followed by rafting and canoeing to the mouth of the river. The rafting trip will take you through the breathtaking Akaiwa-Seigankyo Canyon, where vast, rugged red and blue rocks were formed by the sea floor rising.

Along the way, you'll enjoy local specialties from the Furano, Biei and Shimukappu areas and the bounties of the forest around the Mukawa River and the Pacific Ocean. You'll eat with friendly locals and even enjoy food cooked in the wilderness by your adventure travel guide!

Between finding out about the movement of the water we depend on and getting to know the culture of people who coexist with nature, you'll learn something new every day!

Itinerary

- Day 1 – Shimukappu – Arrive at Obihiro Airport and transfer to the headwaters of the Mukawa River for your tour briefing and a short guided cycle to the hotel (10km/2hours) (L, D).
- Day 2 – Shimukappu – Guided cycle along the Mukawa River (20km/3.5 hours) and white-water rafting on the Mukawa River (10km/3 hours) (B, L, D)
- Day 3 – Shimukappu – Guided rafting (15km/4.5 hours) (B, L, D)
- Day 4 – Mukawa – Guided canoeing on the Mukawa River (28km/4 hours) (B, L, D)
- Day 5 – Mukawa – Guided canoeing on the Mukawa River (9km/1.5 hours) and then transfer to Sapporo (end of tour) (B, L)

Accommodations

Day	Area	Facility Type	Room Type	Onsen/Spa	WiFi
1	Shimukappu	Resort Hotel	Twin for single use	Onsen	✓
2	Hobetsu	Campsite	Small log cabin	None	✓
3	Biratori	Ryokan	Japanese room	Onsen	✓
4	Mukawa	Hotel	Twin for single use	Onsen -	✓

Contact

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