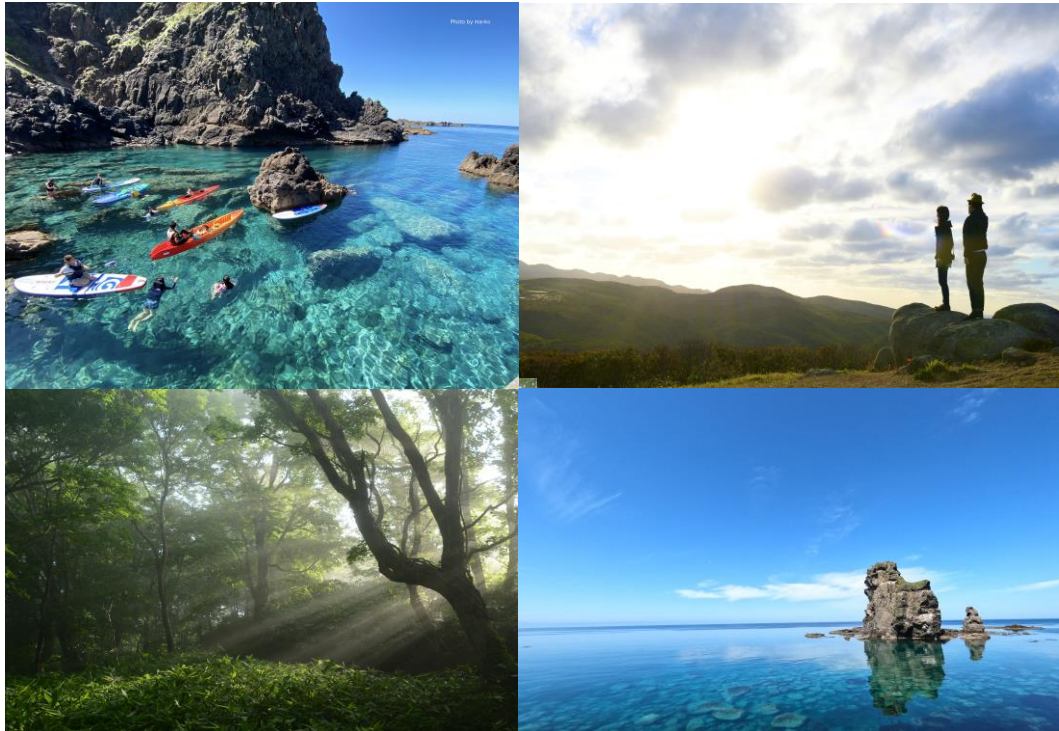


Hike & Kayak in Okushiri Island: 5-Day Guided Tour



Okushiri Island is located in the westernmost part of Hokkaido and has been greatly influenced by Russia's Far East and Primorsky Territory. As a result, trade with the continent has been conducted since ancient times. We will feel a particular atmosphere, different from the rest of Hokkaido, while enjoying the scenery created by the unique vegetation and culture of this island. This island is known for its virgin beech forests that have continuously contributed to and regenerated the natural cycle of life.

In 1993, Okushiri Island was severely damaged by a massive tsunami caused by the Nansei-Oki Earthquake. It took five years to the island to rise up and regain its original life.

Experience a deep adventure in a corner of Japan that tourists never visit while enjoying outdoor recreation such as hiking, kayaking and biking.

Highlights:

- Enjoy an island-hopping adventure while hiking and kayaking on Hokkaido's westernmost island.
- Comprehend the beech forests that support the island's vitality.
- Enjoy the beautiful breezy coastline and the little fishing towns rebuilt after the tsunami.
- Explore the local food culture and taste fresh seafood.
- Soak into Kamuiwaki Onsen, a unique hot spring cure experience.

Location: Okushiri island, Esashi, Southern Hokkaido

Main Activity: Hiking, Kayaking, Cycling

Difficulty: 3

Tour Dates: From the end of May to the middle of September

Pax: Minimum 4 Maximum 10

Price: From JPY 275,000

[Route map](#)

[Day-by-day Itinerary](#)

[What's included](#)

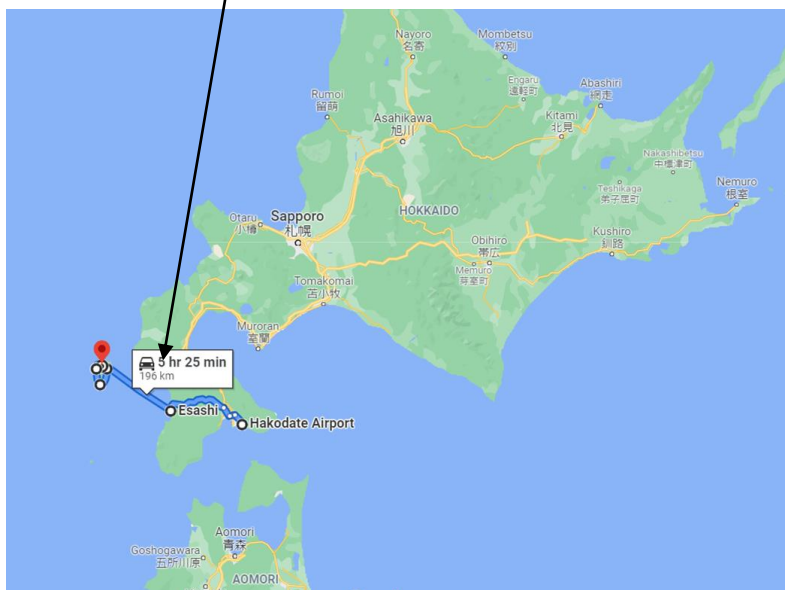
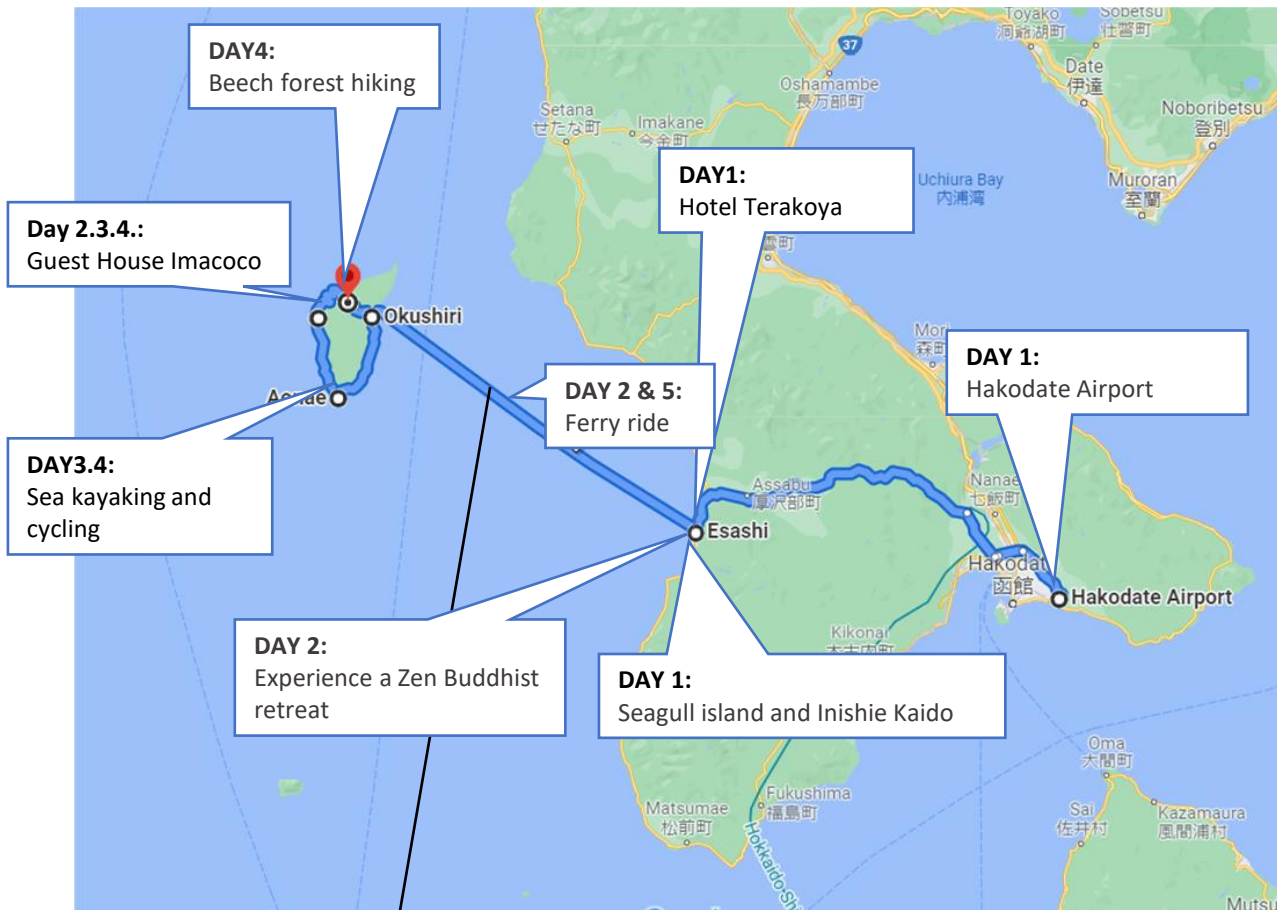
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Route map



Source: Google My Map

Day-by-day Itinerary

Day 1

Meeting in Hakodate airport and walking tour in the historical town Esashi

Upon arrival at Hakodate airport, we will drive 2 hours to Esashi, the gateway to Okushiri island.

At Esashi town, we will first visit Kamomejima (Seagull Island. Its name referring to its seagull-like shape), which is protected as a part of the Hiyama Prefectural Natural Park. It is not an exaggeration to say that the history of Esashi began with Kamomejima. Today, this beautiful natural island is the symbol of Esashi and is loved by Japanese and visitors.

In the late Edo period, Esashi prospered as Hokkaido's representative commercial port and was a prosperous merchant town back when Kitamaebune, trading cargo vessels bound to the north (literally 'north-bound ships'), sailed from southern Japan to trade for local products, such as herring. The town still retains the atmosphere of the olden days. We will spend some time at "Inishie Kaido" the main street of Esashi to feel the flourished history of the town through historical buildings.

For our fist meal in Hokkaido, we will eat oden, a type of simmered dish in Japanese cuisine consisting of several ingredients such as boiled eggs, daikon, konjac and processed fishcakes stewed in a soy-flavored dashi broth.

Accommodation - Esashi | Private room with ensuite

Included meals - Dinner at a Local Restaurant

Activity

◆Historical town walking

Location : Esashi, Inishie Kaido

Time Required: 2 hours

Difficulty: 2



Day 2

Experience a Zen Buddhist retreat and visit Okushiri Island

We will start the day with a Zen practice at Shogakuin Temple, found 350 years ago and belonging to the Sōtō Zen sect. This historical temple also holds memorial services for maritime disasters.

The Sōtō school, the largest of the three traditional sects of Zen in Japanese Buddhism, is devoting to feel the Zen spirit in all aspects of the daily life even while eating. As part of this Zen practice, we will eat meaningfully a "morning porridge."

We will enjoy a 2 hours ferry journey heading from Esashi to Okushiri Island, the "floating island of the beech forest." From the port, we will go directly to the beech primeval forest, which play an important part in Okushiri Island by providing the water necessary for the land. During our walking tour, we will experience the water cycle, necessary to sustaining life on island, from the land to the sea. At end of the tour, we will see the beautiful sunset.

Having dinner at a local tavern (Izakaya) and staying at a local guest house will make us feel like belonging to Okushiri !

Accommodation - Okushiri | Shared room with shared toilet and bath
Included meals - Breakfast, Lunch box, dinner at the local tavern

Activity

◆Experience a Zen Buddhist retreat

Location: Esashi, Shougakuin

Time Required: 4 hours

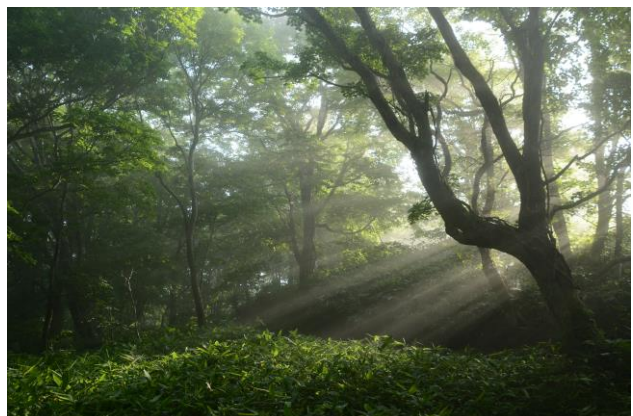
Difficulty: 1

◆Beech forest walking

Location: Okushiri

Time Required: 2 hours

Difficulty: 2



Day 3

Sea kayaking on the blue ocean of Okushiri Island

Okushiri Island is geographically located at the junction of the warm Tsushima Current moving northward and the cold Liman Current moving southward from the coastal states. It is also a place visited by rare wildlife from the continent. We will spend a whole day sea kayaking in the warm waters of Okushiri. Kayaking on the quiet and blue ocean it might be difficult to imagine that this beautiful island was once hit by a tsunami.

We will enjoy a wild BBQ lunch on the beach on the west coast of island.

In the afternoon, we will return to our sea kayaking activity and continue to enjoy the island's nature. We will have a second occasion to see the sunset.

After cooling off in the waters of the Sea of Japan, we will warm up in the unique Kamuiwaki Hot Spring located in a fishing port.

Again, tonight we will explore the island enjoying the night life mingling with the locals. There is no better way to immerse ourselves in the culture of this distant island!

Accommodation - Okushiri | Shared room with shared toilet and bath
Included meals - Breakfast, BBQ Lunch, dinner at the local tavern

Activity

◆ Sea kayaking

- Time Required: 5 hours
- Location: Okushiri

Difficulty: 3



Day 4

Cycle around the island and acknowledge with its painful memories

On July 12, 1993, at 10:17 p.m., an earthquake hit the seabed of the Sea of Japan off the northern coast of Okushiri Island. With a magnitude of 7.8, it was the largest earthquake to occur on the Sea of Japan since modern times. The earthquake caused widespread damage from fires and tsunamis, especially in Okushiri Island near the epicenter, and resulted in 202 deaths and 28 missing persons. It was about a year and a half before the Great Hanshin-Awaji Earthquake. It took five years to the island to recover from this disaster.

We will cycle through the Aonae district, where the disaster prevention city planning has been carried out to prepare for future disasters and trace the process of reconstruction.

On our way to the ryokan for dinner, we will visit the Okushiri Tsunami Museum. The role of this facility is to pass on to future generations the painful memories and lessons of this tsunami disaster, as well as the gratitude for the support received from all over Japan.

We will enjoy our last supper of the freshest ingredients at a traditional Japanese ryokan before go back to the guest house.

Accommodation - Okushiri | Shared room with shared toilet and bath

Included meals - Breakfast, BBQ Lunch, dinner at the ryokan

Activity

◆Cycling

Location: Okushiri

Time Required: 5 hours

Condition: 40km on paved and flat road

Difficulty: 2



Activity

◆Cycling

Location: Okushiri

Time Required: 5 hours

Condition: 40km on paved and flat road

Difficulty: 2

A:Guest house Imacoco

B:Camp site

C:Okushiri Airport

D:Aonae

E:Matsue

F:Unimaru monument

G:Inaho

H:Tamura

I: Road 39

J:Yunohama



Day 5

Farewell to the island and transfer to Shin-Hakodate Hokuto Station

We will leave the inn at 7:00 a.m. and take a ferry to Esashi.

From Esashi Ferry Terminal, we will take a private van to Shin-Hakodate Hokuto Station to conclude our trip to Hokkaido.

Included meals – Breakfast box



Accommodations :

Dates	Location	Type	Room	Spa
Day1 Hotel Terakoya	Esashi Town	Hotel	Private room with ensuite/wifi	None
Day2.3.4 Guest house Imacoco	Okushiri Town	Guest house	Shared room with shared toilet and bath	Onsen in 2 min on foot

Food & Accommodation

Breakfast & Dinner

All of breakfasts on this tour will be served at our accommodation. The meals will be set menus or buffet, containing traditional Japanese dishes beautifully presented in separate plates & bowls. If you are a master of chopsticks, these skills will be handy, otherwise western utensils are usually available on request. For most of the dinner on this tour, we will take you to the local restaurant to taste authentic local food, including seafood, vegetables followed by local Japanese Sake.

We will do our best to make arrangements for any dietary requirements so please be sure to let us know your needs in advance.

What's included

- 4 nights accommodation, single occupancy basis on Day1, shared room on Day 2,3,4 (Due to limited capacity, we may ask you to share a room with another guest of the same gender In this case we will inform you in advance)
- 4 breakfasts, 3 lunches, 4 dinners
- Ferry ticket, Entrance fee, all the activities
- All transport as described in the itinerary
- Snacks and refreshments
- English speaking Japanese guide(s)

Not included

- Airfares
- Personal expenses
- Alcoholic drinks with included meals

Please note that you will be asked to show your passport when checking into accommodation in Japan. It is a requirement for accommodation providers to take a photocopy of the passport of overseas guests.

We provide & What to bring

We provide

- Life jacket for sea kayak
- Bike, Helmet and gloves for cycling
- First aid kit



What to bring

Make sure you bring long trousers and a warm sweater for evenings, as well as covered shoes.

Essentials

- Warm/ Wind proof/ Waterproof jacket
- Comfortable walking shoes and backpack
- Comfortable clothing that is easy to move with and a change of clothes for the walking
- Water bottle
- Sunscreen
- Sunglasses
- Energy Food
- Camera
- Personal Medications
- Travel insurance
- Passport
- Cash in Japanese yen. Small restaurants and shops in rural parts of Japan do not accept credit cards. You can withdraw cash from an ATM at a post office and Seven Eleven convenience stores.

Recommended items

- Binoculars

About us



Hokkaido Treasure Island Travel

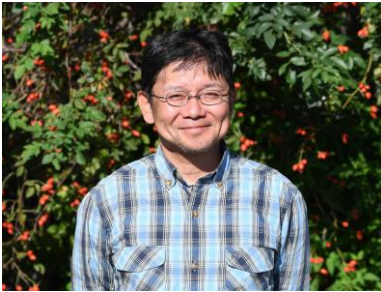
We are Hokkaido Treasure Island Travel (HTIT), an award-winning team of creators of unique, perfectly tailored Hokkaido travel experiences. HTIT Team is deeply rooted in Hokkaido, North Japan. In 2004, HTIT started its journey as a pioneer of a new style of adventure travel by sharing the treasures of Hokkaido. We are constantly opening new doors and making local destinations previously inaccessible for travelers available all over Hokkaido. We provide a compelling combination of personal and professional travel advice, knowledge beyond that of the guidebook insider, and behind the scenes access to places and authentic local experiences generally not available for the public. Our mission is to create for you a journey of a lifetime, every time you travel with us.

About us

Tour Guides:

Koichi Toba (Tobaji)

*Qualified mountaineering
guide stage II by Japan
Mountain Guides Association*



Tobaji is one of the most experienced guides in Hokkaido with over 20 years in outdoor education & mountain tourism. Born in Chiba, near Tokyo, he spent his childhood and youth exploring the countryside. Being member of the Explorer's Club of his University, give him opportunities to explore the outdoors and travel overseas, including a trip to Nepal, where he trekked Annapurna and rafted down the Karnali river. He was once the typical Japanese "salaryman" but decided to change career and work for an outdoor education provider before to become a certified mountain guide. When he is not guiding, he can be found canoeing or helping rice farmers and beekeepers during spring and autumn in Higashikawa.

Yuto Sotozaki

*Qualified Hokkaido
outdoor nature guide
The owner of Guest house
Imacoco*

After traveling in Japan as a backpacker, he worked as a rickshaw driver and high school teacher before moving to Okushiri Island in 2018. After few months, he opened a guesthouse based on his belief that encounters and emotional experiences enrich one's life. He is engaged in educational activities from elementary school to high school on the island as a "nature instructor." He also welcomes 30 university students a year from all over Japan to learn about Okushiri Island and become fans of the island and is continuing his activities for the future.

Information and Requirements

Dietary Restrictions

We believe that eating like the locals is the best way of experiencing Hokkaido's unique culture. However, we understand that it's not possible for everyone to do this and we're more than happy to cater for food allergies, dietary restrictions, and special requirements. If you have any diet restrictions or preferences, please tell us in the Registration Form at the time of booking, and we will do our best to accommodate your dietary needs.

In some rural areas particularly, we may ask you for some flexibility. For example, if you require halal food, we may be able to substitute for a vegetarian option instead. Please also be aware that for those who are allergic to MSG we may struggle to arrange a good alternative at every meal in Japan. Some of our overseas guests in the past found it difficult to find ready-made foods completely free of MSG, especially when buying from convenience stores. Most Japanese supermarkets sell simple foods like plain bread, boiled eggs, vegetables and fruits, so you should always be able to find something suitable. The most important thing about dietary requirements is to let us know in advance so we can prepare and organize the foods you need.

Emergency Response Plan

Your safety is our top priority, closely followed by fun and comfort! All our tour guides have years of guiding experience in the outdoors under their belt. The activity guide has taken a 40-hour Wilderness First Aid or Advanced Firefighting Lifesaving Course. At all times, our guides will carry a first-aid kit, as well as have an extra kit in our vehicle and hold an Emergency plan with the nearest emergency hospital for any severe accident. In case of heavy rain, strong winds or other unsafe weather conditions for walking and Sea kayaking, there may be times when we have to change our tour plan. In such cases, we will try to substitute the original activity with other alternatives such as sightseeing, visiting museums or hot springs. We are here to turn a bad day around into a fun day!

Weather Conditions

Hokkaido's pleasant summer attracts many visitors from the other regions of Japan escaping from the unbearable summer heat and humidity. The end of May is a still spring season in Hokkaido, and Mid September is the beginning of autumn. During May to September the highest temperature is approximately 25.5°C / 77.9°F. The lowest one is approximately 8°C / 46°F in May. The highest rainfall is 153mm(6.1inches) in August. The weather in Japan in September and October can bring typhoons. Although they are not as frequent as on Mainland Honshu, occasionally Hokkaido is hit by a cyclone (a weakened typhoon as it has travelled over Honshu to Hokkaido). Be prepared for variable weather; warm, cold, and wet, to ensure your comfort and safety while on traveling.

What you better to know about Japanese style hotel

In this tour, some of the hotel feature Japanese style rooms with tatami mats with rice paper partitions and futon (sleeping mattresses). Here are some good-to-know facts about Japanese style hotel to avoid unwelcome surprises.

- You are sleeping on the floor. A traditional Japanese room does not have western beds, instead futon bedding is provided. Often hotel staff enter your room and prepare your futon while you are out for dinner.
- Hotel provide "yukata", which is a traditional night robe that looks like a kimono. You can wear it to the public spa and also to dinner in Hotel, basically anywhere within the hotel facility. Our guides will explain how to wear yukata properly if you are unsure.



What is a Japanese Onsen

On Okushiri island, you may enjoy natural hot spring called Onsen. Please keep in mind that there are certain protocols that go with bathing in a public Spa, however they're super simple!

- You bathe in your birthday suit, that's right, no clothes or swimwear is allowed in the bath. Don't worry, no one is looking!
- Take a shower before you enter the water. It's important for the waters to stay clean so make sure to rinse all soap off and long hair should be tied up. You can take a small towel in if you're feeling shy, but the towel cannot touch the waters.
- Be respectful of others. Do not run, talk too loudly, drink alcohol, or splash around while in the spa. Don't forget to take in a hand towel, so that you can lightly dry yourself before returning to the changing room. We're quite fussy about keeping the floors of the changing room dry. Last but not least, relax and enjoy yourself!

Reservation & Cancellation Policy

Reservation

When we receive your reservation request, we will send you an email with a link to a page on our website, where it asks you to fill in the Registration Form. We will ask for your contact details and personal information such as your height and dietary requirements etc., in order for us to adequately organise and arrange the tour service. Once the Registration Form is completed, you will be taken to the Shopping cart to review your booking, and finally onto the Check Out page to make the payment (Deposit/Full) to secure the booking.

Payment Methods

We will send a booking confirmation by email with an invoice requesting a deposit

- * A 20% Deposit is required for the confirmation of the booking.
- * The remaining cost(Balance Payment) is due 21 days before your arrival.
- * Payment is acceptable by Credit card or Bank Transfer:
 - A. Credit card
 - * We will send you a link with a form to fill in your credit card details
 - B. Bank Transfer
 - * Please process the payment from your local bank in Yen.
 - * All Transaction Fees will be paid by remitter.

Cancellation

- 20% of the tour price will apply 20 days prior to the travel starting date
- 30% of the tour price will apply 7 days prior to the travel starting date
- 40% of the tour price will apply 1 days prior to the travel starting date
- 50% of the tour price will apply on the travel starting date
- 100% of the tour price will apply after the start of the tour or the traveler does not participate in the Tour without notice

Disclaimer

Assumption of risk and safety declaration

Travelers are advised that all activities are undertaken entirely at their own risk and they must behave in a fit and proper manner at all times in accordance with Hokkaido Treasure Island Travel Inc's guidelines. All adventure tours and outdoor activities carry inherent risks and Hokkaido Treasure Island Travel Inc nor its partners do not assume any responsibility for accidents that are caused by its customers or caused by factors outside of human control.

With the purchase of your trip you acknowledge that:

By its very nature, adventure travel, hiking and cycling tours are more challenging and demanding with a significantly higher level of risk, and involve potential exposure to injury and possibly death.

Additional dangers and risks associated with adventure travel may include difficult and dangerous terrain; high altitude; extremes of weather, including sudden and unexpected changes; political instability; remoteness from normal medical services and from communications; and evacuation difficulties in the event of illness or injury.

You must follow our guide's instructions and use any safety equipment provided at all times. For the above reasons you accept the inherent and increased dangers and risks associated with the proposed adventure and the accompanying risk of injury, death or property damage or loss.

Our Responsibilities and Exemptions from Responsibility

All Travelers are required to acknowledge the Terms and Conditions that we provide to them before contracting with us. The Traveler acknowledges that he or she understands the Terms and Conditions, as well as the following information about exemptions from our responsibility.

- We shall be responsible for compensating any damage caused to the Traveler intentionally or negligently by us or by our agent in the performance of this Contract. However, this shall be limited to cases when we have received notice within two years from the time when the accident occurred.

- Except as provided in the preceding Paragraph, we will not be responsible for compensation in the following cases:

- (1) Acts of providence
- (2) Maelstrom of war or civil commotion
- (3) Suspension of Tour Services including transport and accommodation facilities
- (4) Orders from government and public agencies
- (5) Other causes beyond our control or the control of our agents

Tour Operator / Contact

Hokkaido Treasure Island Travel Inc.

9F Daito Bldg, Minami 2-jo Higashi 2-chome 8-1,

Chuo-ku, Sapporo City, Hokkaido, Japan

