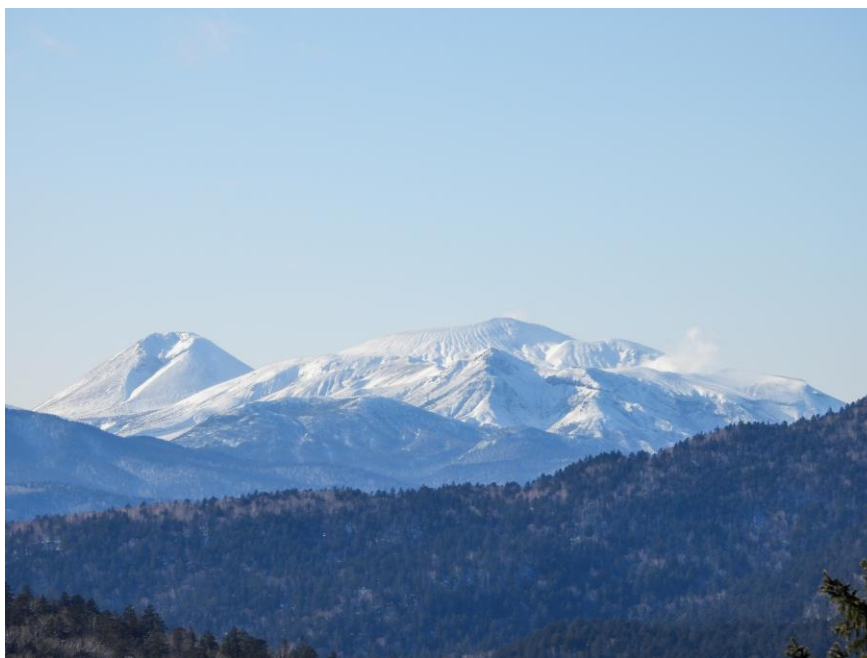


Akan-Mashu National Park: Climbing Mt. Me-akan and Experiencing the Lakes and Marshes



What did the Ainu people feel and how did they live in the area around Akan-Mashu National Park in the midst of snow-capped mountains and azure lakes?

Can we experience the same spirituality as the Ainu people must have felt in ancient times by climbing the volcanically active Mt. Me-akan?

By learning about the Ainu culture and walking in the mountains they revered, one might get a sense of their spiritualism.

On the other hand, some of the Japanese who settled in the area during the Meiji period (1868-1912) also sought to preserve these natural wonders, believing they are a birthright of future generations.

In this tour, we can enjoy a full-body outdoor experience rich with nature and culture.



Highlights:

- Experiencing Ainu culture at the largest Ainu settlement (Akankohan Ainu Kotan)
- Hiking in the Forest of the Maeda Ippoen Foundation
- Winter mountaineering to the summit of Mt. Me-akan, one of 'Japan's Hundred Famous Mountains'
- Snow hiking on Mt. Mokoto at Lake Kussharo's outer rim
- Canoeing along the Kushiro River headwaters in harsh winter
- Snow hiking at Lake Mashu in winter and looking down on its magical shores
- Horseback riding at Tsurui Dosanko Farm

Location:

Kushiro area in Hokkaido, Akan-Mashu National Park, Akanko-Onsen hot spa, Mt.Me-akan, Kawayu-Onsen, Mt.Mokoto, Lake Kussharo, Lake Mashu, Kushiro River

Main Activity: Climbing Mt.Me-akan, Snowshoeing for Mt. Mokoto, Canoeing in Kushiro river

Difficulty: 4 Vigorous

Tour Dates: Early February to Early March

Pax: Minimum 8 Maximum 14

Price: JPY 246,000. ～

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Day-by-day Itinerary

Day 1 - Gather at Kushiro Airport and head to Akanko Onsen—walk in a forest that inspired historical Japanese conservationists with its natural beauty

We will gather at Kushiro Airport and take a private car to Akanko Onsen, a hot spring district. A certified guide and tour leader will accompany you on a walk through the forests of the Maeda Ippoen Foundation (approx. 2 hours on foot).

We will learn about the actual conservation efforts made by Japanese settler Maeda Masana, who settled in the area in the Meiji period. He considered the natural landscape around Lake Akan not as a resource for economic development but as a treasure to be conserved. We will stay overnight in Akanko Onsen.

Dinner

Luxurious buffet with local ingredients

Activity: Walking through the forests of the Maeda Ippoen Foundation

Difficulty: 2 Easy

Day 2 –Climb Mt. Me-akan in winter, witnessing the same views as once seen by the ancient Ainu people

All-day climbing Mt. Me-akan, approaching from the Lake Onneto side on the west (approx. 7 hours on foot).

Supported by a dedicated alpine tour climbing guide and tour leader, we will climb Mt. Me-akan (1,499m above sea level), which is still a highly active volcano. You will walk through terrain that gives you a sense of the volcano's origins, see the same scenery as that witnessed by the Ainu people of ancient times, and feel a sense of reverence for nature.

Morning / Lunch / Dinner

Breakfast: buffet style (Western and Japanese)

Lunch: Ration (resistant to freezing and nutritious)

Dinner: Luxurious buffet with local ingredients

Activity: Climbing Mt. Me-akan

Difficulty: 4 Vigorous

Day 3 –Touch the culture of the Ainu people and go snowshoe hiking to the top of Mt. Mokoto

First, we visit Lake Akan Ainu Kotan and learn about Ainu history and culture (approx. 2 hours).

We will transfer by private car to Lake Kussharo for a snowshoe hike to the top of Mt. Mokoto (approx. 2 hours on foot).

From Mt. Mokoto, we will be able to see Lake Kussharo below and see the geographical features created by the outer rim of the lake and its caldera. From the top of the mountain, you can see the east coast of Hokkaido, the surrounding mountains, and even the Sea of Okhotsk on a clear day. The view from the top of the mountain is the same as that which would have been witnessed by Ainu people of ancient times, and one can feel the same sense of reverence for nature that they must have held.

Morning / Lunch / Dinner

Breakfast buffet style (Western and Japanese)

Lunch Local restaurant serving mainly dishes made with local ingredients.

Customers can choose from a menu.

Activity: Snowshoeing

Difficulty: 2 Easy

Day 4 – Canoeing in the headwaters of the Kushiro River and snowshoe hiking to Lake Mashu No.3 observatory

We will take a canoe tour in the Kushiro River headwaters area and experience the natural scenery of the headwaters of the Kushiro River, which originates from Lake Kussharo. We will get a sense of the harshness and beauty of winter that can only be experienced on the river (approx. 2 hours / organized by Somokuya).

In the afternoon, we will head to Lake Mashu for a snowshoe hike between the first and third observation decks (approx. 2 hours on foot).

Walking along Lake Mashu, we will look down at the view from the outer rim of the lake, which can only be seen on-foot, and get a bird's eye view of how Lake Mashu was formed.

Morning / Lunch / Dinner

Breakfast: buffet style (Western and Japanese)

Lunch: Ration (resistant to freezing and nutritious)

Dinner: Japanese-style course meals featuring local ingredients

Activity: Canoeing , Snowshoeing

Difficulty: 2 Easy

Day 5 –Winter horseback riding experience at Tsurui Dosanko Farm, and the conclusion of the tour at Kushiro Airport

Experience horseback riding in winter at the Tsurui Dosanko Farm in Tsurui Village (approx. 2 hours). We will learn about the history of war horse deployment and experience the natural scenery from horseback.

In the afternoon, stop by the Onnenai Visitor Center in Kushiroshitsugen National Park to learn about the ecosystem through bird watching and other activities (approx. 1 hour). After that, we will go back to Kushiro Airport by private car, where the tour will conclude.

Morning / Lunch

Breakfast buffet style (Western and Japanese)

Lunch Local restaurant serving mainly dishes made with local ingredients.

Customers can choose from a menu.

Activity: Horse back riding in winter, Visiting the Onnenai Visitor Center

Difficulty: 2 Easy

Accommodations :

Day1 : Akanko onsen hot spa Japanese Ryokan style or bed

Day2 : same as previous day

Day3 : Kawayu onsen hot spa Japanese Ryokan style

Day4 : same as previous day

What's included

- Accommodation as per itinerary in a double / twin bed room. Single supplement applies for the single room accommodation.
- Transportation as per itinerary.
- English speaking licensed guide throughout the whole tour.
- Meals as listed in the itinerary.
- Program Participation Fee as per itinerary.

We provide & What to bring

We provide

- Snowshoes and poles are available free of charge
- Dry suits for canoe touring are available free of charge

What to bring

A list of equipment necessary for climbing Mt. Me-akan in winter will be made and distributed in advance for participants to prepare. The list may include the following:

- Mountaineering boots suitable for severe winter conditions
 - Mountaineering backpack
 - Outerwear, middle wear, underwear (top and bottom for each)
 - Gloves, over-gloves
 - Warm clothing (sweaters, fleece, down jackets, etc.)
 - Socks for mountaineering
 - Long spats (gaiters)
 - Sunglasses, goggles
 - Cap, beanie, balaclava
 - Headlamp
 - Compass, map
 - Ice axe, crampons, poles
 - Helmets, harnesses
 - Carabiners with safety rings, slings
 - Toilet paper
 - Personal medical supplies
 - Sunscreen
 - Water bottle (insulated bottle)
 - Health insurance card
 - Plastic bag
 - Trail foods, snacks
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About us

Alpine Tour Service is the tour company in Japan, specialized in the adventure trips which feature hiking, trekking & birding all over the world. We are the one of the oldest tour companies in Japan with more than fifty years of history.

Guides

- Tour leader: Certified English speaking mountain guide as well as a tour leader.
Japan Mountain Guides Association (JAMG)
Mountain Guides Stage 1
certified first aid
- Local Hiking Guide: Certified guide, certified first aid.

Information and Requirements

Dietary Restrictions

All meals will also offer a vegetarian menus.

Emergency Response Plan

A first-aid kit will be carried by your tour leader and hiking guide at all times. All those tour leader and hiking guide have finished authorized first-aid course. A support car accompanies throughout the cycling activity. In case of major injuries, contact Fire and Disaster Management and transport to the nearest medical facility.

Reservation & Cancellation Policy

Payment Methods

Credit card (VISA MASTER)

Cancellation

Deposit

To secure your itinerary we require an initial non-refundable deposit as a booking confirmation fee.

Deposit amount and conditions will be confirmed case by case at the time of travel planning and quoting.

Deposit will be treated as part of the planning fee, tour fee, cancellation fee or penalty fee.

Payment

Payment of the travel invoice is due no later than 60 days prior to commencement of travel. When settling

the travel invoice, the payment will be reduced by the amount of the deposit.

Where a booking is made within 60 days of commencement of travel, the total trip cost is required at the time of booking. A travel invoice will be issued and will be immediately payable.

Disclaimer

Organizers reserve the right to cancel or change the itinerary of the tour at their own discretion.

Organizers are not responsible for compensating any additional costs that may result from any changes.

Tour Operator / Contact

ALPINE TOUR SERVICE CO., LTD.

Yashima Bldg.2F, 420-3 Dainichi, Yotsukaido-shi, Chiba 284-0001 Japan

/ Hirofumi Kobayashi TEL. 043 290 9699 EMAIL. kobayashi@alpine-tour.com