



Step into the tranquil winter forest of Niseko and experience the gentle embrace of nature. As you walk through the snowy landscape with snowshoes, each step crunches softly beneath your feet, and the crisp mountain air fills your lungs. Before you, the majestic Mount Yotei stands tall, while 100-year-old trees whisper stories of the forest's long and continuous life cycle.

This tour is more than just a nature walk; it is an opportunity to connect with the land and learn about **sustainable forest management through close nature forestry (Zibatsu-style forestry)**. You will see firsthand how the forests of Niseko are carefully nurtured to ensure their vitality for future generations. By understanding the delicate balance between harvesting and conservation, you will gain a deeper appreciation for the trees and their role in preserving nature.

At the heart of this experience is **the natural fragrance of the forest**. The trees that stand tall today will one day become part of the cycle of life, and from them, we extract essential oils that capture the very essence of the Niseko wilderness. Through this tour, you will discover how HIKOBAYU carefully crafts these scents—transforming the gifts of the forest into something that can be carried and remembered. By learning about this process, the fragrance will become more than just a pleasant scent; it will be a piece of Niseko's memory, forever connected to your experience.

This adventure is designed for everyone, from children to adults, offering an easy and enjoyable way to **immerse yourself in the magic of the forest**. Whether you are a traveler visiting Niseko or a local looking for a refreshing escape, this tour provides a moment of quiet reflection and connection with nature. The **harmony of the snow-covered landscape, the soothing forest aromas, and the deep sense of peace** will leave you feeling refreshed and reconnected.

Let the winter forest awaken your senses. Listen to the stillness, breathe in the fresh air, and feel the presence of the trees around you. This is not just a walk through nature—it is an invitation to return to the forest, to rediscover the beauty of the land, and to carry its essence with you, long after the journey ends.

Niseko SATOYAMA: Winter Forest Aroma & Healing Adventure

Highlights:

- Observe 100-year-old trees and feel the history of the forest.
- Walk on pristine snow through the serene winter woods.
- Learn about Zibatsu style forestry and its harmony with nature.
- A family-friendly experience for both children and adults.
- Connect with nature through scent, creating lasting Hokkaido memories.

Location:

Hokkaido,Niseko town

Main Activity:	Guide walk (snowshoes)	
Difficulty:	1	
Tour Dates:	6 Jan, 2026 - 5 March, 2026	
Pax:	Minimum 1	Maximum 8
Price:	JPY6,000	

[Route map](#)

[Day-by-day Itinerary](#)

[What’s included](#)

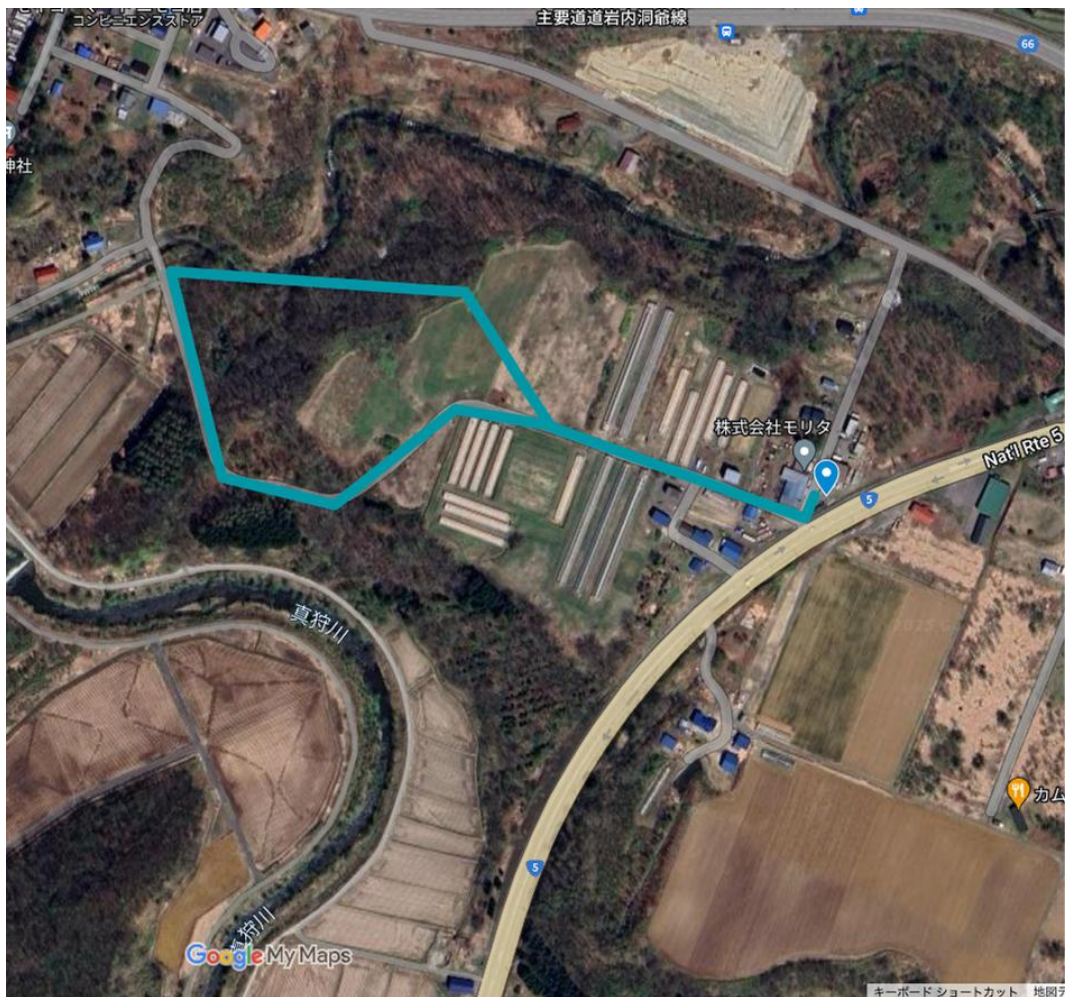
[We provide & What to bring](#)

[About us](#)

[Information and Requirements](#)

[Reservation & Cancellation policy](#)

Route map



<https://www.google.com/maps/d/edit?mid=1OCSVjcGg2ICRcCgnn-9liiyILG2kfM&usp=sharing>

Day-by-day Itinerary

Meeting Point

The tour begins at **HIKOBAYU Office (Niseko Town, Motomachi 62-3)**. Participants will gather in front of the office, where they will receive a brief introduction before setting off on foot.

Guides

The tour will be led by **one to two experienced HIKOBAYU staff members**, ensuring a safe and enriching experience.

Duration & Distance

- **Approx. 120 minutes**, covering about **1 km** through the serene winter forest.
- The walk is **moderately active**, similar to light jogging, providing a refreshing yet manageable workout.

Activity: Guide walk (Snoe shoe)

Difficulty: 1

Day-by-day Itinerary

Tour Highlights

1. **Exploring the Ancient Forest**
 - Observe and learn about **Todomatsu, 100-year-old Yachidamo (Japanese ash), and Mizunara (Japanese oak)**.
 - Gain insights into the life cycles of these majestic trees.
2. **Deep Breathing & Relaxation in the Forest**
 - Conclude the journey with **guided deep breathing exercises** to harmonize with nature.
 - A short **relaxation practice** to absorb the peaceful energy of the forest.
3. **Introduction to Self-Driven Forestry**
 - Learn about **sustainable forest management** and the efforts behind **Zibatsu-style forestry**.
 - Discover how Niseko's forests are cared for to ensure a sustainable future.
4. **The Healing Power of the Forest's Aroma**
 - Understand how **natural forest scents promote relaxation and well-being**.
 - Discover the science behind the **stress-relieving effects of tree aromas**.
5. **Engaging the Senses – Aroma Experience**
 - Participants will **hold fresh Todomatsu leaves, crush them, and inhale their soothing fragrance**.
 - Experience the direct **connection between scent and memory** through this hands-on activity.
6. **Scenic Viewpoint & Mindful Break**
 - Take a **short break at a breathtaking spot with a panoramic view of Mount Yotei**.
 - Immerse yourself in the **tranquil silence of the winter forest**.

This experience invites you to **rediscover nature through scent, sound, and touch**, leaving you with a deeper appreciation for the forest and its timeless beauty.

Activity: Guide walk (Snoe shoe)

Difficulty: 1

We provide & What to bring

We provide

- **Snowshoes** (rental included)
- **Experienced Guide** (one to two HIKOBAYU staff members)

What to bring

Required Gear

- **Winter boots** that prevent snow from entering and keep feet dry.
- **Warm clothing, gloves, and ski wear** to stay comfortable in the cold.
- **Snowshoes** are provided as part of the tour.

About us

HIKOBAYU is dedicated to **connecting people with the forest** by nurturing woodlands and crafting natural fragrances. As experts in sustainable forestry, we actively manage the rich forests of Niseko, ensuring their health for future generations. Our work goes beyond conservation—we **close nature forestry**, carefully selecting trees for harvest while repurposing unused resources like Todomatsu branches to create essential oils.

With deep respect for nature, we maximize the forest's gifts, turning them into meaningful experiences. This tour offers a rare glimpse into our hands-on approach to forest management and fragrance-making. Through this journey, we invite you to immerse yourself in **the wisdom of the woods**, discovering the healing power of nature through scent, sound, and touch. Join us in experiencing the forest with all your senses—a ~~moment to return to the wild at heart~~

Guides

Main Guide: Kento Sawada

I originally worked in the **beauty industry**, helping people enhance their appearance. But one day, I asked myself: *I have spent years making people beautiful, but have I ever done anything to make nature more beautiful?* The answer was no. That realization changed the course of my life.

I spent **4 years in Canada**, where I was deeply moved by the vast, untouched wilderness. Being surrounded by majestic forests made me realize the importance of **living in harmony with nature**. When I returned to Japan, I decided to dedicate myself to **forest management and natural fragrance-making**—as a way to give back to the land.

Today, I work in **Zibatsu forestry**, carefully tending to the forests of Niseko to ensure their sustainable future. Rather than letting felled trees go to waste, I use **branches and leaves to create essential oils**, capturing the true scent of the forest. Through this, I hope to offer people a chance to **reconnect with nature through aroma and experience**.

Information and Requirements

Important Safety Briefing

- Before the tour begins, participants will receive a **detailed explanation** of the course, required gear, and emergency procedures.
- The guide will provide **safety instructions**, including ensuring secure footing, staying on the designated path, and other important precautions for walking in the forest.

2. Risk Management & Equipment

- Guides are **trained in emergency response** and carry a **first aid kit and emergency contact information** at all times.
- The tour follows a **carefully selected and safe route**, with flexibility to adjust based on **weather conditions and participants' well-being**.
- Participants will receive **advance instructions** on proper winter gear (warm clothing, winter boots, etc.), and the guide will perform a final **equipment check** before departure.

Reservation & Cancellation Policy

Payment Methods

Payments can be made through our official website. We accept **credit cards (Visa, Mastercard, JCB, AMEX, etc.)** and **other available payment methods**. Details will be provided at the time of booking.

Cancellation Policy

- **Cancellations made 7 days in advance:** Full refund
- **Cancellations made 6 to 3 days in advance:** 50% refund
- **Cancellations made within 2 days or on the tour day (including no-shows):**
No refund

If the tour is canceled by us due to weather conditions or unforeseen circumstances, we will offer a **full refund or the option to reschedule**.

Disclaimer

- This tour takes place in a natural environment, and **the itinerary may change or be canceled** due to weather or unforeseen circumstances for safety reasons.
- Participants join **at their own risk**, and we are not responsible for any accidents, injuries, illnesses, or thefts that may occur during the tour.
- Please ensure you have **appropriate clothing and gear** and follow the guide's instructions at all times.

Partner Companies

- Looport Corp.
- apan Sustainability Coordinator Association

Tour Operator / Contact

Hikobayu

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