

# A journey tracing the winds of Okhotsk. A cycling adventure around the five lakes of Abashiri Quasi-National Park.

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Abashiri Quasi-National Park is a stunning area where Hokkaido's natural beauty and history blend seamlessly. The park offers breathtaking views of the Sea of Okhotsk, vibrant seasonal flowers, and lush landscapes. Visitors can also explore historical landmarks that reflect the region's rich cultural heritage, such as old fishing villages and Ainu cultural sites.

This cycling tour takes you through five beautiful lakes—Lake Saroma, Lake Notoro, Lake Abashiri, Lake Mokoto, and Lake Tofutsu—while providing a deeper understanding of the local industries, history, and cuisine. You'll experience the region's fishing culture, agricultural traditions, and taste delicious Hokkaido dishes, all while enjoying the stunning natural surroundings. It's a cultural and adventurous tour that offers a unique exploration of the area.

**Highlights:**

- A cycling journey from Lake Saroma to Lake Noto, enjoying the blessings of the Okhotsk region along the way.
- An exhilarating cycling experience along the breathtaking "Path of Emotion."
- An interactive dining experience with local farmers near the goal point.

**Location:**

Eastern Hokkaido : Kitami Tokoro , Abashiri , Koshimizu, Kiiyosato

**Main Activity:**       Cycling , Culture

**Difficulty:**           3 （ Moderate ）

**Tour Dates:**           May – October

**Pax:**                    Minimum 2                   Maximum 6

**Price:**                 300,000 JPY （Tax incl. / per person） ※ reference price

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[Day-by-day Itinerary](#)

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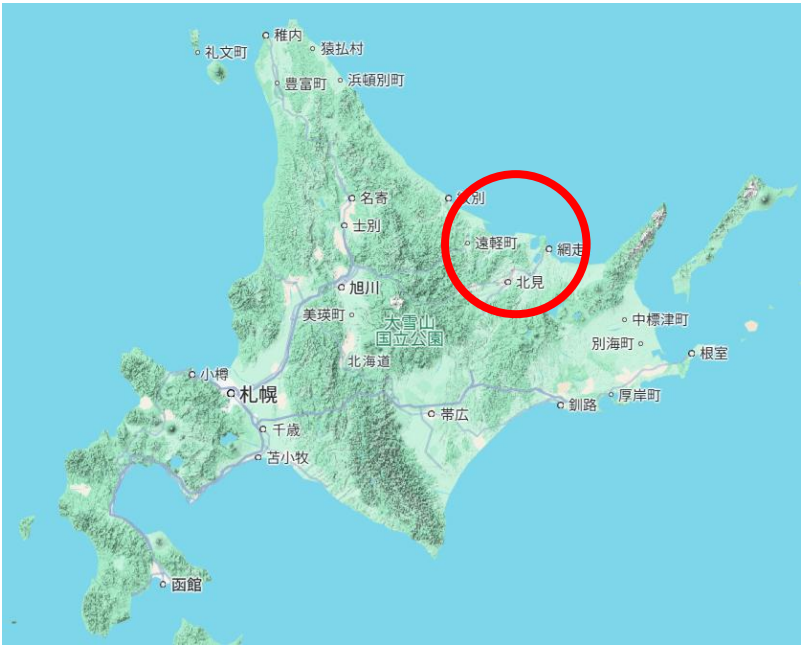
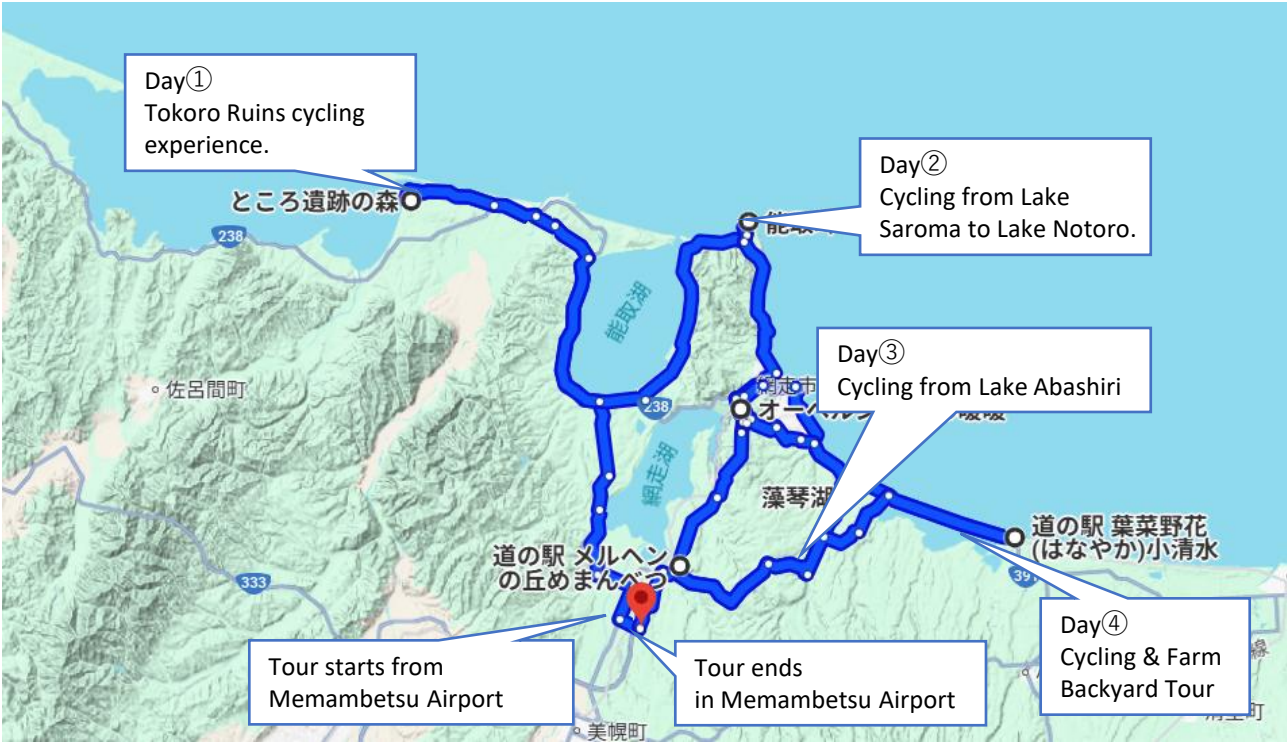
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# Route map



# Day-by-day Itinerary

## Day 1 - Guided tour and Tokoro Ruins cycling experience.

The Paleolithic era, marked by the use of stone tools, the Jomon period with the appearance of pottery, and the Yayoi period when rice cultivation began—these are lessons we learn in Japanese history class. However, these periods do not entirely apply to Hokkaido. People in Hokkaido followed a similar path as those in Honshu up until the Jomon period, but rice cultivation never reached this region. Instead, a culture based on hunting and gathering continued. This tour offers the opportunity to trace these historical footprints, gaining a deeper understanding of the region's development. It also serves as a warm-up for the upcoming cycling tour, combining both history and activity.

**Included meals** : restaurant lunch , Buffet Dinner at hotel

**Activity** : Tokoro Ruins cycling experience

**Difficulty** : 1 (2 hours / Max 3km)

## Day 2 - Cycling from Lake Saroma to Lake Noto.

On the second day, you'll embark on a full-fledged cycling tour through the Okhotsk region and Abashiri Quasi-National Park. Lake Saroma, Japan's largest brackish lake, is known for its beautiful seasonal landscapes and rich ecosystem. The lake is also famous for its active cultivation of oysters and scallops, allowing visitors to enjoy fresh seafood. Lake Noto, a beautiful brackish lake in the Okhotsk region of Hokkaido, is renowned for its rich natural surroundings, especially the impressive fields of coral grass that bloom in the fall, creating a stunning red carpet-like view. The lake is also home to a variety of bird species, making it a popular spot for birdwatching. Surrounding attractions like Cape Noto provide a perfect location to enjoy both the Okhotsk Sea and the lake's picturesque scenery. The tranquil environment and seasonal landscapes offer a peaceful retreat for nature lovers.

Cycling through these two lakes will undoubtedly be an adventurous experience that sparks curiosity. Your accommodation for the night is a local favorite auberge, where you'll enjoy delicious meals made with fresh, locally sourced ingredients.

**Included meals** : Hotel breakfast , Outdoor lunch , Hotel dinner

**Activity** : Cycling from Lake Saroma to Lake Noto

**Difficulty** : 3 (6 hours / 60km)

**Day 3 - Cycling from Lake Abashiri**  
to the "Path of Emotion" and then to Lake Mokoto.

On the third day, the tour reaches its highlight with an unforgettable adventure. Lake Abashiri is renowned for its natural beauty and rich ecosystem. From spring to summer, the wildflowers along the lakeshore and the lush greenery of the forests are breathtaking. In autumn, the colorful foliage reflects beautifully on the lake's surface. During winter, the frozen lake offers an opportunity for ice fishing, drawing many visitors. The surrounding area is also known for its diverse birdlife, including swans, making it a popular spot for nature observation. With nearby attractions such as Abashiri Quasi-National Park and hot spring resorts, the area offers a perfect blend of nature and relaxation. Lake Abashiri is a special place where nature and activities come together.

Lake Mokoto, with its peaceful atmosphere and seasonal beauty, is another gem for nature lovers. After learning about the region's history and industries, enjoy a meal at a local restaurant in the evening. Savor dishes inspired by the work of past generations, allowing you to reflect on the passage of time.

**Included meals** : Hotel breakfast , restaurant lunch , Izakaya dinner  
**Activity** : Cycling from Lake Abashiri to the "Path of Emotion" and then to Lake Mokoto.  
**Difficulty** : 3 (5 hours / 45km)

**Day 4 - Hamakoshimizu Cycling & Farm Backyard Tour.**

The final day of the tour features a leisurely cycling journey toward Hamakoshimizu. Lake Tofutsu is a tranquil brackish lake, known for its rich ecosystem. Surrounded by wetlands and pastures, it offers the beauty of nature in every season. After completing the cycling, you'll visit a nearby farm for a behind-the-scenes tour of its production. Enjoy local dishes, such as those made with vegetables, while interacting with the farmers and creating lasting memories of the area.

**Included meals** : Hotel breakfast , Lunch Tour  
**Activity** : Hamakoshimizu Cycling  
**Difficulty** : 2 (2 hours / 25km)

## Accommodations :

DAY 1 : Tokoro , Japanese onsen hotel , western-style rooms , Wi-Fi

DAY 2 : Abashiri , Auberge , Western-style room , Wi-Fi

DAY 3 : Abashiri , Auberge , Western-style room , Wi-Fi

## What's included

- All activities include in this itinerary
- 3 nights accommodation
- 3 breakfasts, 4 lunches, 3 dinners
- Private vehicle transportation (Parking, fuel, highway fees incl.)
- Well trained English speaking guide with first-aid skills (WAFA)
- Tour operation fees
- Taxes (10% consumption tax)
- Rental bike (Cross bike, carbon road bike, E-bike)
- Other bike accessories
- Snacks and refreshments
- Mechanic
- Spare parts and mechanic services
- Support vehicle(s)

## Not included

- Airfares
- Personal expenses
- Alcoholic drinks or beverages not 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 passports of overseas guests.

# We provide & What to bring

## We provide

- 24 hours emergency response service
- First-aid kit
- Complete version itinerary (English)
- Able to have changes for accommodations, eateries if you have any requests
- Spare drinking water
- Rental bike (height confirmed in advance)
- Helmet
- Cycle gloves
- Spare parts and tools
- Saddle cover if desired

## What to bring

- Windproof / Fleece jacket or similar in case of cold weather
- Clothes that are easy to exercise Water Bottle
- Sunscreen
- Sunglasses
- Personal medications
- Travel insurance
- Passport
- Cash in Japanese yen.



## About us



Contact : [info@doto-adventure.net](mailto:info@doto-adventure.net)

Website : <https://doto-adventure.net/>

### **DOTO Adventure Network**

“Doto Adventure Network” is a coalition of coordinators, travel designers, land operators, and through-guides specializing in Eastern Hokkaido, the 'Doto Area.' Deeply rooted in the region, we promote sustainable tourism for the future.

## Guides



### **Gen TERAYAMA**

- Travel Service Arrangement Operations Manager
- Wilderness Advanced First aid
- Leave No Trace Level 1 Instructor

Since 2006, I have called Shiretoko home, bringing over a decade of experience in travel, wildlife management, and regional branding. I have guided trips to remote regions like Nepal, Mongolia, and Antarctica and worked on brown bear conservation and national park management. An adventurer at heart, I was the first Japanese to ski from Cho Oyu's summit. Now, I focus on promoting Shiretoko's beauty and developing long-distance trails like the Hokkaido East Trail, inviting travelers to immerse themselves in nature and meaningful adventures.



### **Akimasa TAKIKAWA**

- Hokkaido Adventure travel guide (Mountain)
- Wilderness Advanced First aid
- Leave No Trace Level 1 Instructor

Originally from Sapporo City. Moved by the hospitality shown to him by people in various regions during his backpacking trip around the world, he wanted to be the one to host others next, so he started working in the tourism industry in Sapporo. In search of a new place to live, he moved to Bihoro Town as a local revitalization volunteer after the COVID-19 pandemic. After graduating, he mainly worked as an outdoor guide (Pecan Planning), and was involved in developing the tourism area, such as by building trails, as a director of the Bihoro Town Tourism and Products Association.



# 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 is not possible for everyone to do this and we are 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. For those who are allergic to MSG, please be aware that it may be difficult 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. We require all of our guides to be certified as Advanced First-Aid Responders or in Wilderness First-Aid. At all times our guides will carry a first-aid kit, as well as have an extra kit in the vehicle. Depending on the terrain and the potential risks it poses for each trip, our guides will also have the necessary safety and climbing equipment. In case of heavy rain, strong winds, or other unsafe weather conditions for activities such as hiking or canoeing, there may be times where we must change the tour plan. In such cases we will try to substitute the original activity with alternatives such as sightseeing, visiting museums, or hot springs. We take charge of turning 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. May is the middle of spring, and October is the middle of autumn. From May through October the highest temperature is approximately 25°C / 77°F in August, and the lowest is approximately 10°C / 50°F in October. The highest rainfall is 182mm(7.1inches) in August. 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 traveling.

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# Reservation & Cancellation Policy

## 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

- Cancellation fees apply from 20 days prior to the travel starting date
- 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

# Reservation & Cancellation Policy

## 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

## Partner Company

### Hibi Japan

Provide tailor made tour with  
authentic adventures, local cultural contents in Hokkaido.

Ernest Mok (Representative Director/ Travel designer)

Contact: [ernest@hibi-japan.com](mailto:ernest@hibi-japan.com)

Website: <https://www.hibi-japan-travel.com/>



## 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

We are Hokkaido Treasure Island Travel (HTIT), an award-winning team of creators of unique, perfectly tailored Hokkaido travel experiences. The HTIT Team is deeply connected to Hokkaido, in northern Japan. In 2004, HTIT started its journey as the 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 a guidebook, 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.