

Hiking & Culture Tour of Japan's largest national park, "Hidaka Mountain Range Erimo Tokachi National Park."



This tour takes you around the area surrounding Hidaka Mountain Range Erimo Tokachi National Park. As Japan's newest and largest land-based national park, it features the Hidaka Mountain Range, formed by tectonic collisions and uplift.

Exposed mantle-derived rocks on its surface create a habitat for rare plant species. The tour's main activity, hiking Mt. Apoi, offers a firsthand experience of this unique geological landscape and delicate ecosystem.

The Tokachi region, home to Japan's third-largest plain, has been historically isolated, surrounded by mountains on three sides and the sea on the other. This isolation fostered a unique and fascinating culture, making Tokachi an intriguing destination to explore.

The Hidaka and Tokachi regions, located on opposite sides of the range, have developed distinct cultures. Even within Ainu culture, differences exist between the two regions, which this tour explores.

Highlights:

- Experience the nature and culture around Hidaka Mountain Range Erimo Tokachi National Park all at once.
- Learn about the unique characteristics of Ainu culture in each region.
- Hiking on Mt. Apoi, home to a diverse range of unique plants.
- Savor dishes made with locally sourced specialty ingredients from each region.

Location:

Eastern Hokkaido : Hidaka , Biratori , Samani , Taiki , Obihiro

All of these spots are located around Hidaka Mountain Range Erimo Tokachi National Park.

Main Activity: Hiking , Culture

Difficulty: 3 (Moderate)

Tour Dates: May - November

Pax: Minimum 2 Maximum 8

Price: JPY 530,000 (Tax incl. / per person) ※ reference price

[Route map](#)

[Day-by-day Itinerary](#)

[What's included](#)

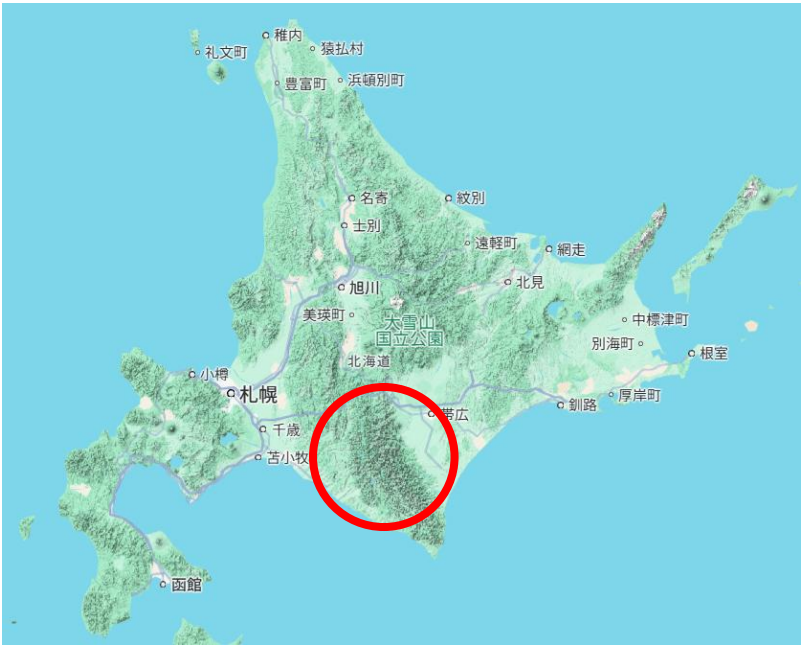
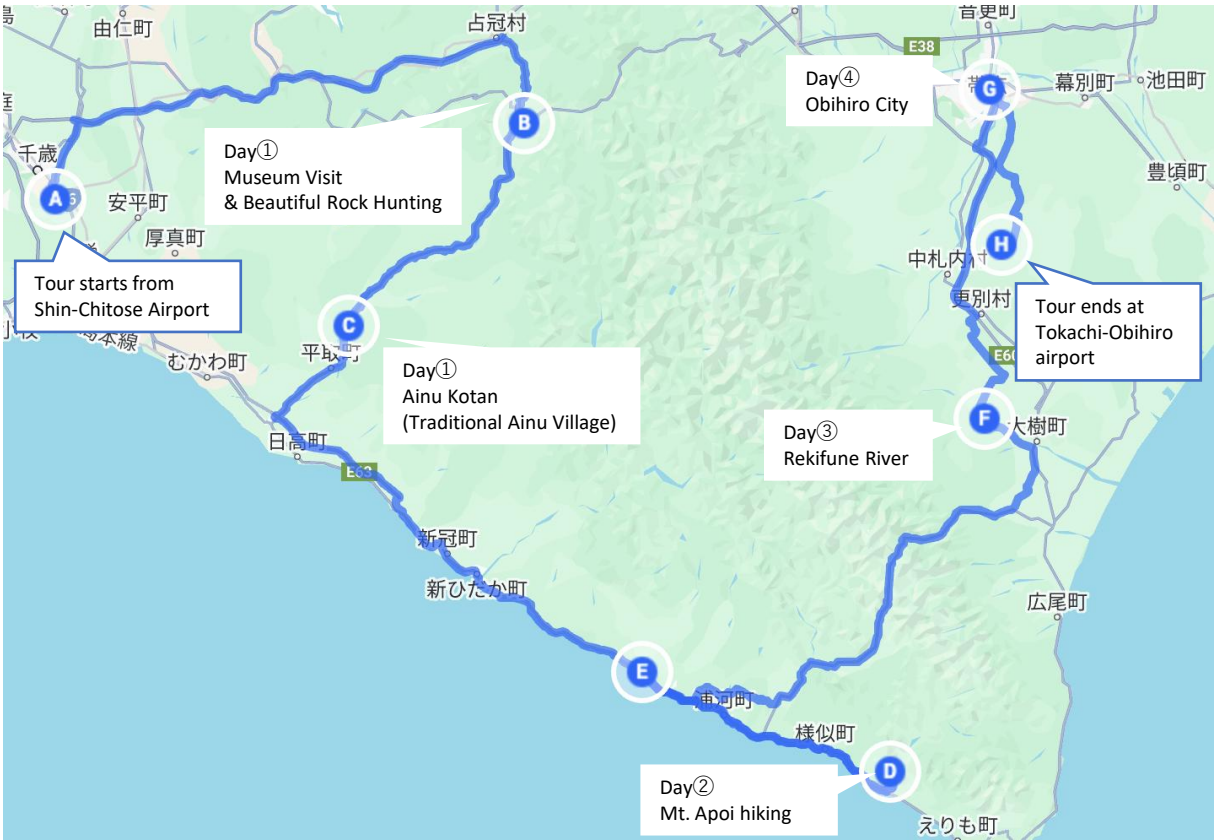
[We provide & What to bring](#)

[About us](#)

[Information and Requirements](#)

[Reservation & Cancellation policy](#)

Route map



Day-by-day Itinerary

- Day 1 - The Origins of the Hidaka Mountains and the Ainu Culture that Flourished Around Them

At the Hidaka Mountains Museum, you will learn about the formation and geological characteristics of the Hidaka Mountains, deepening your understanding of the region's nature and geology. After that, you will move to the nearby Saru River for a "Beautiful Rock Hunting" activity. In this activity, you can search for stunning stones such as Hidaka jade and amethyst. The stones you find can be evaluated by a museum curator for identification.

Yamame Dishes (Sashimi, Salt-Grilled, Deep-Fried)

Known as a symbol of clear streams, Yamame (Japanese trout) thrives in cold, oxygen-rich mountain streams. It is prized for its delicate and refined flavor, making it a popular choice for dishes such as salt-grilled, sashimi, and sweet simmered preparations. Additionally, it is highly sought after as a target for mountain stream fishing.

Visit the Nibutani area in Biratori Town and take a stroll through the Ainu Kotan, a traditional Ainu settlement. Here, you can explore traditional Ainu crafts, architecture, and museums while learning about the unique Ainu culture of the Hidaka region.

Traditional Ainu cuisine

You will enjoy Ainu cuisine at your hotel. Ainu cuisine reflects a traditional food culture that coexists with nature, based on hunting, fishing, and foraging. Traditionally, minimal seasoning is used to highlight the natural flavors of the ingredients. However, for this meal, the dishes will be slightly adapted with a modern touch.

Included meals : restaurant lunch , hotel dinner

Activity : Museum Visit & Beautiful Rock Hunting

Difficulty : 1 (1.5 hours)

- Day 2 - Hiking Mt. Apoi – A Treasure Trove of Rare Plants with a Panoramic View of the Hidaka Mountain Range

Mt. Apoi, located in Samani Town, Hokkaido, stands at an elevation of 810.5 meters. It is a unique mountain formed by the uplift of peridotite, a mantle-derived rock from deep within the Earth. This distinct geology has created an environment where rare alpine plants, such as Apoi-giku and Hidakasou, thrive in abundance. From the summit, you can enjoy a breathtaking panoramic view of the vast Hidaka Mountains. This special place offers a rare opportunity to experience both the power of nature and the dynamic forces shaping our planet.

Kelp-based cuisine

In addition to being used for making dashi (broth), kombu has long been an essential part of Japanese cuisine. It enhances the umami of fish and meat when wrapped around them, and its antibacterial properties and moisture regulation help extend their freshness. Hokkaido is Japan's largest producer of kombu, and Hidaka kombu is one of its premium varieties. Enjoy a meal featuring this high-quality kombu and other locally sourced ingredients.

Included meals : Hotel breakfast , Outdoor lunch , hotel dinner

Activity : Mt.Apoi Hiking

Difficulty : 3 (5 hours)

- **Day 3** - Immerse Yourself in the Dreams of the Gold Rush and Enjoy the Traditional Dances of the Tokachi Ainu.

Gold panning in the Rekifune River dates back to the Edo period and reached its peak from the Meiji era to the early Showa era. In this experience, you will use specialized tools modeled after traditional mining techniques to search for gold along the clear waters of the river. The moment you discover a shimmering piece of gold, you will not only feel the romance of the past gold miners but also gain a deeper connection to Hokkaido's pioneering history. You can even take home the gold you find as a souvenir.

Lunch is crafted with an abundance of locally sourced ingredients, focusing on fresh vegetables. Kakkou Restaurant is beloved by locals and offers a tranquil, hidden retreat surrounded by greenery, where you can enjoy a peaceful dining experience.

After learning about the Tokachi Ainu at the Obihiro Centennial Hall, you will have the opportunity to watch a traditional Ainu dance passed down by the Ainu people of the Tokachi region. This dance performance is highly regarded for its immersive atmosphere and close interaction with the audience. One of the highlights of the program, "Battaki-Upopo," symbolically portrays the struggles of the people in the Tokachi region during the Meiji era, when swarms of locusts devastated their crops. This is a rare and invaluable cultural experience that can only be enjoyed here.

Obihiro city center – Izakaya featuring local ingredients & free-time bar hopping
The city center of Obihiro, the hub of the Tokachi region, comes alive every night with a mix of locals and visitors. As a major agricultural area, Tokachi is home to many restaurants that serve dishes made with fresh local ingredients, offering a diverse range of dining options. Why not explore the city on foot and experience the vibrant nightlife of Obihiro for yourself?

Included meals : Hotel breakfast , restaurant lunch , Bar hopping

Activity : Gold panning in the Rekifune River

Difficulty : 1 (1.5 hours)

- Day 4 - Journey to Experience the Vast Tokachi Plain

This is a free-flight hot air balloon tour that offers a breathtaking panoramic view of the majestic Hidaka Mountains and the vast Tokachi Plain. Conducted in the early morning when the air is crisp and clear, the tour provides a serene and liberating experience. As the sound of the gas burner echoes through the quiet sky, you will drift gently with the wind, leaving behind the hustle and bustle of everyday life for a truly special and unforgettable journey.

“A free-flight” refers to a method of ballooning where the balloon is not tethered, allowing it to drift freely with the wind.

Mugioto Bakery (famous local bakery)

Mugioto is a beloved local bakery, known for its vast premises—the largest in Japan—reflecting the expansive nature of Tokachi. Most importantly, all of its bread is made with 100% Tokachi-grown ingredients.

Tokachi is one of Japan’s leading food production regions, with a food self-sufficiency rate exceeding 1,200%. To conclude the tour, you will enjoy a farm picnic, exploring the vast fields and uncovering the secrets behind this agricultural abundance. While savoring freshly harvested ingredients, you will experience a special moment of gratitude for the blessings of the land.

Included meals : Hotel breakfast , Lunch tour (Farm Picnic)

Activity : Hot Air Balloon Flight , Farm Picnic

Difficulty : 1 (2 hours) for each activities

Accommodations :

DAY 1 : Biratori , Japanese hotel, Japanese style room , Wi-Fi

DAY 2 : Mitsuishi , Japanese hotel, Japanese style room , Wi-Fi

DAY 3 : Obihiro , City hotel , western style room , Wi-Fi

What's included

- All activities include in this itinerary
- 3 nights accommodation
- Eateries (except for the first day's breakfast, bar hopping, and the final day's dinner)
- 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)

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

What to bring

Personal belongings to be prepared by participants:

- Earth-colored clothing and athletic shoes that are easy to move outside
- Warm clothing, knit hat, gloves
- Rain wear and rain hat (no umbrellas so as not to affect the animals)
- Water bottles
- Sunscreen
- Binoculars
- Any medicine you may need

About us



Contact : 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.

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

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.