

Adventure to the Center of Hokkaido

Hiking and Rafting around Furano and Shimukappu



Enjoy hiking and rafting on this tour of two regions in the heart of Hokkaido with unique characteristics and natural landscapes formed by the movement of tectonic plates.

In Furano, you can take in views of the Tokachi Mountain Range and a landscape forged by volcanic eruptions as you climb Mt. Furano. You will also have the opportunity to learn the history of how volcanic ash and mudflows formed beautiful rolling hills with rich, fertile soil that settlers in Hokkaido used to make the area a center for agriculture.

Heading to Shimukappu, enjoy rafting along the Mukawa River surrounded by the magnificent rugged red and blue rocks of Akaiwa Seigankyo Gorge, a gorge formed by seabed uplift.

The activities on this tour offer a glimpse into two drastically different landscapes and are the perfect opportunity to experience the unique topography of Hokkaido. You will also discover the culture and lifestyles nurtured by these landscapes by interacting with local people who farm at the foot of the volcanoes and tasting dishes produced using fresh local vegetables.

Itinerary at a glance

Day 1 Arrival at Asahikawa Airport, transfer to hotel for tour briefing (D)

Day 2 Guided hike up Mt. Furano – 1,912m/6 hours (B, L, D)

Day 3 Interaction with local farmers and

guided cycle along Mukawa River – 55km/4 hours (B, L, D)

Day 4 Guided rafting on Mukawa River - 15km/4 hours (B, L, D)

Day 5 Transfer to Sapporo, end of tour (B)

B: Breakfast, L: Lunch, D: Dinner

Highlights:

- Experience landscapes forged by volcanic eruptions as you climb Mt. Furano
- Experience terrain created by seabed uplift as you raft down a gorge
- Get a close-up look at a volcanic crater while climbing Mt. Furano
- Look back on the history of coexistence between volcanoes and people, including how the fertile soil fostered the development of agriculture, as you interact with local farmers and enjoy an abundance of local produce
- Discover the terrain and vegetation along the Mukawa River as you ride a mountain bike down from the headwaters

Location:

Furano, Hokkaido

Shimukappu, Hokkaido

Main Activity: Hiking, Rafting

Difficulty: 3 (Moderate)

Availability: Recommended from May until September

Tour Duration: 5 Days 4 Nights

Pax: Minimum 4 Maximum 10

Price: JPY298,000～

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Day-by-day Itinerary

Day 1 - Arrival at Asahikawa Airport, transfer to hotel for tour briefing

We will meet you at Asahikawa Airport (AKJ) around 1:00pm. JAL, ANA and AIR DO offer direct flights from Haneda Airport in Tokyo to Asahikawa Airport.

After arriving at Asahikawa Airport, you will be directed to the bus station. From there, it takes about 80 minutes to reach the hotel, where your English-speaking guide will welcome you. After arriving at the hotel, you will receive an explanation of the tour itinerary. Your English speaking guide and the mountain guide who will accompany you on the next day's hike will then give you a talk on the topography and history of the Furano area.

Accommodation: Shin Furano Prince Hotel

A hotel surrounded by verdant forest and magnificent mountains, the Shin Furano Prince Hotel is located 10 minutes away from Furano City, and features an authentic Japanese restaurant, a small shop, hot springs and relaxation facilities. Each room is equipped with a restroom, bathtub, shower, TV and Wi-Fi. Dinner and breakfast are included.

Dinner At hotel

Matsukaze, a selection of kaiseki cuisine prepared using local ingredients, served at the hotel's Japanese restaurant



Day 2 - Guided hike up Mt. Furano



At 8:00 am we will head to the Tokachidake Onsen trailhead by chartered coach and to start our trekking.

Mt. Furano (elevation 1,912m) is the southernmost peak of the Tokachi Mountain Range. The mountain is known for an abundance of alpine plants in summer, and hikers can enjoy both the scenery and unique topography. You will be accompanied by two mountain guides with a range of skills and necessary qualifications who will lead you to the summit and provide you with friendly encouragement.

The climb to the summit takes about 3.5 hours, stopping by the Ansei Volcanic Crater. It is said that the crater emitting white fumarolic gas erupted in the Ansei period (1855-1860). From the summit, the magnificent Genshi-ga-hara Marsh and Genshi-no-mori Forest at the foot of the mountain can be seen with the naked eye. You can enjoy panoramic views of the whole of Tokachi Mountain Range and get a feel for the original topography of Hokkaido. The descent follows the same trail and takes about 2.5 hours, ending at the Tokachidake Onsen trailhead.

We will then walk for 10-20 minutes to the ryokan (Japanese inn), which is your accommodation in Tokachidake Onsen for the night.

At the accommodation, you will have time to relax and refresh in the onsen (hot spring). At dinner, your English-speaking guide will explain the following days' activities.

Accommodation: Tokachidake Onsen: Kamihoroso or Ryouunkaku

Located in the middle of the Tokachi Mountain Range (elevation 1,200m)

Each room is equipped with a restroom, TV and Wi-Fi. Dinner and breakfast are included.

The hot spring is notable for its large wooden bath area. As you get into the bath made from Japanese yew, the scent of the wood envelops you, promoting feelings of relaxation.

Breakfast Buffet at hotel

Lunch Local lunch box at the summit of Mt. Furano, prepared using ingredients from Furano

Dinner Provided at accommodation. Japanese cuisine prepared using local ingredients, including Furano wagyu beef, Hokkaido pork and Hokkaido rice, with a strong emphasis on the essence of the season and the presentation of color.

Activity: Hiking (Duration: 6 hours, Distance: 10.52km, Elevation gain: 614m)

Difficulty: 3/5 (Moderate)

Day 3 – Interaction with local farmers and guided cycle along the Mukawa River

You will start the day by harvesting ingredients for lunch. Enjoy interacting with local farmers with heritage built on the settlers who developed agriculture in this area by coexisting with volcanoes, and learn about their hard work and ingenuity. You will be able to try harvesting potatoes for yourself before enjoying curry prepared with freshly-picked potatoes for lunch.

After lunch, we will move to the second town, Shimukappu. Transfer to the start of the mountain bike trail takes about 60 minutes from the restaurant.

You be accompanied by an adventure travel guide and activity guides on days 3 and 4. Your adventure travel guide will teach you about the formation of Shimukappu's topography, the vegetation around Mukawa River and the rugged landscape formed by seabed uplift. You will then ride a mountain bike down from the headwaters of the Mukawa River. Seeing the river grow as you head downstream is an opportunity to experience and learn about the water cycle. The cycling course is 55km long, mostly downhill along a forest trail, and takes about 4 hours. The stories told by your adventure travel guide will help you feel a connection with the region and the power of nature. The mountain bike, helmet and cotton gloves are provided.

You will arrive at Niniu Campsite around 6:00 pm. A small log cabin, comfortable mattress, camping pillow, and chair are provided. There are no restroom or bathroom facilities in the cabin, please use the communal facilities.

Your adventure travel guide will cook you a wilderness dinner with local food. Enjoy eating with your guides as you talk about the next day's ultimate rafting adventure before getting a good night's rest surrounded by the sounds of nature.

Accommodation: Niniu Campsite

You will camp in a small log cabin in the wild. A comfortable mattress, camping pillow and chair are provided. No restroom or bathroom facilities are provided in the cabin, please use the communal restroom and time limited-shower. Transport to Yunosawa Onsen (30 minute drive away) to bathe is available upon request. Dinner and breakfast are included.

Breakfast Buffet at hotel

Lunch Dish prepared using fresh local vegetables at farmer's restaurant

Dinner Outdoor cooking, made by your adventure travel guide using local ingredients

Activity:	Harvesting, Mountain biking (4 hours, 55 km)
Difficulty:	3/5 (Moderate)

Day 4 – Guided rafting adventure on the Mukawa river

Your white water rafting adventure starts here! The water rapid is class 3. The starting point is a short walk from Niniu camp area and high-quality rafting gear is provided. You will get an up-close look at the terrain you learned about the previous day, including the rugged landscape created by seabed uplift and large red and blue rocks. If you look closely, you can see that this area was once the bottom of the sea.

The Mukawa River is blessed with a rich natural environment, including the tidal flat spreading at its estuary, which is known as a stopping point for sandpipers, plovers and other migratory birds. It has also long been referred to as a “river of good catches” due to the large number of salmon that swim up it. The Mukawa River is also known to be good for catching shishamo (*Spirinchus lanceolatus*).

The most exciting sight is Akaiwa Seigankyo Gorge, where you can see huge pieces of red chert. This area was once covered by the ocean, and the red chert owes its color to a small proportion of deep-sea clay, an extremely fine sediment that settles on the seafloor. The rafting boat provides an incredible view of this magnificent gorge as you look back to the roots of Hokkaido.

At the end of the tour, look back to the dramatic transformation of the Earth, Hokkaido and the terrain around you as you talk with your travel adventure guide.

Enjoy the cuisine, the journey, and the nature!



Accommodation: Hoshino Resorts Tomamu

Hoshino Resorts Tomamu is located in the center of Tomamu resort and features more than 20 restaurants, shops, hot springs and relaxation facilities. Each room is equipped with a restroom, bathtub, shower, TV and Wi-Fi. Dinner and breakfast are included.

Breakfast Outdoor cooking made by your adventure travel guide

Lunch Outdoor cooking made by your adventure travel guide

Dinner At Hotel

Activity: White-water rafting (4 hours, 15km)

Difficulty: 3/5 (Moderate)

Day 5 – Transfer to Sapporo

【Optional activity】

At Hoshino Resorts Tomamu, you can visit Unkai Terrace (Sea of Clouds) upon request. In the early morning (5:00-6:00 am) you ride on a gondola for 13 minutes and witness the astonishing sight of mountain peaks above a white sea of clouds. It is a mysterious natural phenomenon that only occurs with a specific combination of landscape and climate. The Unkai Terrace tends to get cold; be sure to wear warm clothing.

The chartered coach to Shin-Chitose airport leaves at around 10:00am and takes about 2 hours. The tour ends at Shin-Chitose airport at around 12:00pm. Lunch is not provided.

Have a good rest!

Breakfast At Hotel, Buffet

Accommodations :

- September 15 : Shin Furano Prince Hotel
Hotel, single Western-style en-suite room (private room)
- September 16 : Tokachidake Onsen: Kamihoroso or Ryounkaku
Japanese ryokan, single Japanese-style en-suite room (private room)
- September 17 : Niniu Campsite, small log cabin (shared room)
- September 18 : Hoshino Resorts Tomamu
Hotel , single Western-style en-suite room (private room)

What's included

- Experienced English-speaking guide for whole tour, mountain guide for hiking and adventure guide for biking and white-water rafting
- High-quality bike and rafting equipment
- Accommodation for 5 nights
- Meals (4 breakfasts, 3 lunches, 4 dinners)
- Coach travel from 15 September to 19 September, and transfer from hotel to Sapporo Station
- Safety equipment

What's not included

- Personal expenses
- Alcoholic beverages
- Travel insurance

What we provide / What to bring

What we provide

- For hiking

First-aid kit, portable toilet, hiking map, rope, bear spray, medicine for emergencies

- For mountain biking

First-aid kit, cotton gloves, helmet

- For rafting

First-aid kit, drysuit, river shoes, helmet, personal flotation device

What to bring (essentials)

- For hiking

Hiking backpack, waterproof backpack cover, hiking boots with good ankle support, hiking socks, waterproof jacket and trousers, base layers of a light wicking material (long and short sleeve), mountain fleece or light jacket, warm gloves and hat, water bottle (1-2L), snacks

- For mountain biking

Waterproof jacket and trousers which can be layered over your clothes (with reflective elements and zipped legs), sports shoes, light jacket, water bottle, snacks

- For rafting

Quick-dry shirt and trousers, fleece, change of clothes, towel, glasses or contact lenses, water bottle, snacks

What to bring (recommended items)

- For hiking

Hiking gaiters, sunglasses, hiking pole, sunblock

- For mountain biking

Sunglasses, sunblock, gloves, arm coverings, leg coverings

- For rafting

Sunglasses, Light, sunblock, hat, wet bag, rash guard, gaiters

About us

JTB -- “Perfect moments, always.”

The JTB Group traces its roots back to 1912 when “Japan Tourist Bureau” was formed to attract international travelers to Japan and assist with their travel needs. While our activities and clientele have expanded greatly since then, the JTB Group remains aligned around a core purpose: bringing people, places and possibilities together. Developing innovative services and solutions that enable our customers to connect more deeply and meaningfully.

Contributing to the creation of sustainable communities and a more peaceful and interconnected planet.

No matter how the world changes, the JTB Group remains as committed now as we were 108 years ago to delivering unrivaled excitement, value and satisfaction. At its essence, JTB’s legacy resides in the bonds of trust we have forged with our customers, communities and stakeholders.

The JTB Group is poised to embark on the next exciting chapter in its incredible journey, staying attuned to and aligned with the evolving needs of a new era, maintaining its position as a digital trailblazer, and delivering real value that our customers can feel.

Guides

Michiko Mizuguchi is a highly-experienced tour guide-interpreter licensed by the Japanese government and will be your English-speaking guide for the whole tour.

On the Mt. Furano hike, two professional trekking guides, Yuka Abe and Yasuko Kikuchi, will lead you to the summit. They come with very different skill sets and are licensed by the Japan Mountain Guides Association (JFPGA Admin).



Yuka ABE



Yasuko KIKUCHI

Guides

For white-water rafting, support is provided by adventure travel guide Makoto Hosoya, and several rafting guides with Swiftwater Rescue Technician (SRT-1) certification.

Your guides are medically certified as Wilderness First Responders and carry all necessary qualifications.

The adventure travel guide is a chef with years of experience and will provide you with fresh local outdoor cooking.

You will have a safe, well-planned tour and enjoy exciting adventures with your carefully-selected guides.

Please note that the number of guides may be subject to change based on the number of participants.

Information and Requirements

Dietary Restrictions

If you have dietary restrictions, an allergy to nuts or seafood, or need vegetarian, vegan, or gluten-free meals, please let us know in advance and we will provide you alternatives to the best of our abilities.

Emergency Response Plan

In Hokkaido, we have established the Hokkaido Outdoor Qualification System so that everyone can enjoy outdoor activities in nature safely and securely throughout the four seasons. Qualified guides who pass the practical assessments have skills related to lifesaving and emergency first-aid, and a fundamental knowledge of Hokkaido and activities as a professional. Please be assured that any activity guide who accompanies you will be certified.

There is mobile phone reception at all accommodation facilities. In the event of an accident, your guide will respond promptly in cooperation with local medical personnel. In the event of problems such as broken gear or minor mechanical problems, please rest assured that we will assist you.

Weather Conditions

Temperatures in Hokkaido in September range from relatively cool to mild as the seasons transition.

Temperatures are still pleasant during the day, but mornings and evenings tend to be colder. Wearing layers with a good jacket should be sufficient.

The average temperature is around 14-15 degrees Celsius, and the temperature ranges from 8 to 20 degrees Celsius.

Although the weather is generally dry in Furano, there are some instances of rain.

Please bring along a substantial rain jacket or waterproof jacket.

Reservation & Cancellation Policy

Payment Methods

Trip Price: JPY298,000~

Only payments by credit card will be accepted.

The due date for the payment is one month prior to departure. Please note that payments will not be accepted after this date.

[How to pay by credit card]

The credit cards listed below can be used to make payments.

Your credit card statement will show that the payment has been made to the name of JTB Corp., which is the agent handling registration.

Visa, MasterCard®, JCB, AMEX, Diners Club

Cancellation

*In case of cancellation, your deposit will be refunded after deducting the cancellation fees as shown below.

*JTB shall make the corresponding refund within the 7th day from the next day of cancellation, when effecting refund before tour departure.

*Cancellation fee when notice is given:

21 or more days prior to the departure date of the tour	N/A
8-20 days prior to the departure date of the tour	20% of the tour fee
2-7 days prior to the departure date of the tour	30% of the tour fee
1 day prior to the day of departure	40% of the tour fee
On the day of departure	50% of the tour fee
After the day of departure, or in case of failure to show without notice	100% of the tour fee

Disclaimer

Trip Cancellation: JTB reserves the right to cancel or change the itinerary of a tour. In the event of the tour being cancelled, we will refund 100% of your costs. Weather conditions are never severe enough to warrant cancelling a tour, only a truly exceptional event that cannot be predicted could lead to a cancellation. JTB is not responsible for compensating any additional costs such as flights.

[Terms and Conditions for Agent-organized Tour](#)

Tour Operator / Contact



Perfect moments, always

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