Awed by the contrast of blue and green

Feel the cool summer breeze in Niseko

Northern travel calendar
Awed by the contrast of blue and green

Feel the cool summer breeze in Niseko

Niseko, where crisp breezes blow even during summer. Not only will you find vast landscapes and great hot springs but content that will help you to enjoy long-term stays, such as the recently popular travel style called "travel running". Surrender yourself to the nature of Niseko this summer vacation and rejuvenate!

Niseko Area

The Niseko area often refers to the area located at the foot of Mt. Yotei and the Niseko Annupuri Mountain Range. It is approximately 2 hours and 30 minutes by car from Sapporo, and only 2 hours from New Chitose Airport, easily accessible, which makes it one of the most popular resorts in Hokkaido.
Enjoy a delightful summer in Niseko
Enveloped in nature’s cool breeze

Although Niseko may refer to a single town called Niseko, it often refers to an area including towns like Niseko, Kutchan, RANKoshi and Kyowa, which are located on the northwest side of beautiful Mt. Yotei and surround the Niseko Annupuri Mountain Range.

Most people probably associate Niseko with ski resorts. But in fact, Niseko is a great resort even in summer.

To Hokkaido locals, especially citizens of Sapporo, summer in Niseko is what Karuizawa is to those who live in the capital of Japan; a standard resort where one can easily get away from the daily routine and spend a holiday.

An endless contrast of blue sky and fresh verdure continues, and just the sight of this scene which seems foreign to Japan heightens the resort sensation.

Moreover, the main appeal of Niseko summers is undoubtedly the cool climate. The temperature in Niseko is around 19 degrees Celsius even in August, and is tremendously cool compared to summer retreats in Honshu; the main island of Japan. This summer Honshu will be faced with arduous heat due to brownout countermeasures. However in Niseko there is no need for air-conditioning due to its cool climate. The natural cool air will refresh those who visit.

How about spending a delightful summer by staying long in Niseko?

Niseko embraced by Mt. Yotei
Natural blessings are healing to humans.

You cannot exclude Mt. Yotei when you speak of Niseko’s beauty. The beautiful silhouette which gracefully spreads to the foothills gives it the name “Ezo Fuji” and is a symbol of Niseko. With each season it shows varying expressions depending on the location from which you view it.

As one of the representative scenes of Niseko, Mt. Yotei and the potato fields that are spread at the foothills come to mind. Between late June and early July, the sight of light purple and white flowers of the potatoes that cover the area is breathtaking. From mid July to late August, the bright yellow sunflowers color the entire area of Higashiyama Flower Fields.

Because Niseko is located at a high latitude, though the altitude is low you are able to see unusual alpine flowers like Japanese wood poppies. Many people come all the way to Niseko specifically to see the alpine plants. You can find information on when and where the flowers bloom on web sites provided by the tourism associations, so you might want to schedule your visit to Niseko according to season.

Niseko is full of breezy lakes, marshes and rivers, and among them, Shinshen Marsh is said to be the most beautiful. The glen’s spruces reflected in the quiet lake create a mysterious atmosphere, and between June and July when the bog-bean is in bloom, it is even lovelier. Nestled among the primary forests at the foot of the northwest side of Mt. Yotei, is a crescent lake where chirping birds can be heard, and is a favorite spot for hiking and bird-watching.

Experience summer in Niseko with all five senses.
A most valuable self-confrontation.

In Niseko, there is so much to do on a long stay. If you wish to fully appreciate summer in Niseko, activities in the great outdoors are what you need. There is a wide range of activities from thrilling rafting to easy trekking; something for all ages. Recently Nordic walking is attracting much attention.

By using poles when walking, the use of energy is increased compared to normal walking, plus it prevents one from slipping, which is why it is popular among middle-aged to elderly people.

Not only are there outdoor experiences, but there is plenty of indoor fun as well. Pottery making is especially popular. It appears that the creativity of one is stimulated by the beautiful landscape and the exotic atmosphere of Niseko. Actually, there are many artists who were enchanted by Niseko, and there are many galleries and art museums. Feel the cool breeze, and forget time as you lose yourself in creation. At the same time, it is a most valuable opportunity to confront one’s self.

Niseko is also one of the many famous hot spring villages in Hokkaido. There are 15 hot springs in the area, each with varying spring qualities, so it may be fun to spring hop and enjoy hot springs with unique characteristics.
Here’s what Niseko guides suggest the most! “Travel Running”; sightseeing while running.

In the past several years, running has become the rage and the number of women runners has increased quite a bit. Even in women’s magazines, features on running have been incorporated, and women runners called “jogging beauties” have been seen around the imperial palace.

Reflecting this rage, “Travel Running” is now drawing attention. This idea of running moderately and checking out the scenic spots of the area is a new travel style which reflects consideration of ecology and health. The main attraction to Travel Running is owed to seeing beautiful spots that are not introduced in guide books, or meeting locals along the way; things one would miss by driving.

In Niseko, a Travel Running is promoted to visitors who come for a long stay in Niseko this summer as one of the tourist activities. In the near future, there are plans to create recommended course maps, and further spread Travel Running.

“Niseko is a field where one can enjoy sports amid rich nature and a cool climate. Furthermore, long stay visitors from within Japan as well as from abroad come to Niseko, and can be seen jogging. Greeting other runners while running is another pleasant point. I believe the environment in Niseko is such that it makes one naturally want to move the body”, says Natsuko Kasai, a member of the Niseko Promotion Board and in charge of sports tourism. Ms. Kasai is an athlete with a history of 20 years in the triathlon.

Because a Travel Running is not a race, beginners without any custom of jogging can enjoy it. Viewing the beautiful scenery, stopping to take photos when you discover an rare flower, stopping in at art museums and galleries to see the art on display, making new discoveries for yourself is all part of the excitement.

It’s not Travel Running if you don’t stop along the way. Encounter unexpected inspiration.

We asked Ms. Kasai who lives in Niseko about the appeal to Travel Running.

“There are foot paths, rest spots, restrooms and fountains scattered around Niseko, so it is convenient. There are also many stylish and unique cafes, so I urge runners to stop in and speak to the owner”, says Ms. Kasai. There are specialty coffee shops that have become popular through word of mouth, cafes that serve tasty bagels, as well as restaurants that serve vegetable buffets that you will want to check out.

While running you can see vegetable stands as well.

“Summer vegetables of Niseko grew with plenty of sunshine and abundant blessings from the land and are delicious. When you come across the cherry tomato stand while on your run, please stop in and taste the tomatoes. The juicy tomatoes are sure to recharge your energy”.

The area between Niseko Station and Arishima District is a suggested Travel Running course.

This time Ms. Kasai guided us from Niseko Station to Arishima Memorial Museum, and Arishima District and area around the museum equipped with a footpath. “This area where local farmers and immigrants from other parts of Japan as well as abroad, live among each other is a special hideout with its own atmosphere. Locals who have lived here long will talk to you and tell you where the best scenic spots are, interesting homes and shops owned by the immigrants can be seen, so there are many discoveries to be made.”

See rafters having a good time on the Shiribetsu River up close, or listen to the choir of frogs in the evening, you will encounter so many different scenes.

If running the entire distance is difficult, combining your running with the Niseko Green Bike or the Fureai Shuttle that circulates through Niseko might be one idea. The Niseko Green Bikes are located at the Green Bike stations and can be used free of charge. It is convenient in the sense that you can return it at any one of the 7 stations. The Fureai Shuttle bus can carry bicycles, so you could design a course for running, biking and then taking the shuttle bus back.

Besides Arishima District, there is the crescent lake circular course and many other recommended Travel Running courses in Niseko, says Ms. Kasai.

Encounters with scenery typical to Niseko like Mt. Yotei which changes its appearance with each angle, the Annupuri which stand fantastically against the backdrop of the setting sun are made by Travel Running. The inspiration is something that must be experienced.
Suggested Travel Running in Niseko Map

Run through nature, and then rest at a stylish café.

Course Guide
1 lap: approx. 11.5km
Total time: 100 min.
*Please note that the total time given to run the course is approximate and will differ with each individual. It will take longer if you stop at facilities along the way.

In the evening the red Arunpuit Mountains can be seen.

The hill is quite steep so let's slow down and walk.

The shrine where Takao Arishima announced the release of farm land.

Lots of up and downs through forest.

A box might guide you.

S = Chitose Woodland Path

A = Arishima Memorial Museum

B = Arishima Memorial Park

C = Arishima Farm Reclamation Memorial

D = Arishima View Plaza Road Station

E = Niseko View Plaza Road Station

F = Niseko Town Hall

G = Niseko Boy Bridge

H = Kaminoto Shrine

I = Kaributo Shrine

J = JR Niseko Station

K = Nishi Street

L = carrot Street

M = Kimono

N = Fugo Bridge

O = Niseko Bridge

P = parking and funeral shuttle bus stop

Spreads of pastures

Arishima Farm Reclamation Memorial

A special spot among the locals where you can enjoy bathing in the forest air.

A company residing in Chitose and who shares the spirit of Takao Arishima, landscaped and opened it to the local people for free. As you walk through the pastures and into the quiet of the woods, listen and you will hear the singing of crickets and Great spotted woodpeckers, or the babbling Shinibaru River and the sound of the wind blowing through the woods which embraces you and creates a healing space.

Niseko Green Bikes free rental system

Free bicycles have been installed for tourists to Niseko, so that they may expand their area of exploration. There are 7 stations in the Niseko area at which you may return your bike to.

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A foot path through lush nature that takes you about half an hour for one lap.

This area was where Takao Arishima announced the release of farm land and is named after him. There is a foot path from Arishima Memorial Museum along Kashiwabata River to Mt. Miyayuma and is populated with restrooms. At the summit of Mt. Miyayuma you want to stop and take in the magnificent scenery of Niseko, the Arunpuit Mountains and Mt. Yotei.

Niseko View Plaza Road Station

Perfect for a rest stop! Souvenirs and locally grown produce are popular.

Fresh picked vegetables and fruit are sold as well as shops that serve meals made with local produce. In the information plaza building, a resident tour guide is standing by to give you tips on great spots to visit.

Kiranoyn hot springs in front of Niseko Station

After your Travel Running, refresh body and soul in the municipal natural hot springs.

The municipal hot springs where you can enjoy day trip baths are located right in front of JR Niseko Station. Use the bikini at the Green bicycle station adjacent to the facility to get to the Road. One suggestion is to begin your Travel Running from here, take a look at the hot spring, freshen up, and buy some local vegetables on the way home.

Namura 2011 Summer
New

Reopening of the New Chitose Airport

“Pass time, be amused and discover” is the theme for innovation towards an entertainment airport.

The terminal building for New Chitose Airport, the gateway to the north was renovated and opened on July 15th. Aside from the first authentic hot spring facility to be installed at an airport within the country, the first airport cinema in Japan and a chocolate factory will be a new addition. Also, family entertainment facilities such as the German plush manufacturer Steiff Company Museum, Doraemon Waku Waku Sky Park will be added as well. Western confectionary specialty shops, Ramen Dojo and other gourmet fields will be innovated so that airport entertainment can be experienced by local children and adults as well as tourists.

- New Chitose Airport
  General Information
  (Tel. 0123 - 23 - 0111)

Sightseeing

Fukidashi Park

Water from Mt. Yotei, considered one of the 100 best waters of Japan, will refresh body and soul.

Kyogoku town is located at the eastern foot of Mt. Yotei, the Ezo (Hokkaido) Fuji. Spring water from Fukidashi Park, located inside of the town was chosen as one of the 100 best waters in Japan by the Ministry of Environment. The rain and snow that falls on Mt. Yotei seeps into the soil, absorbs the minerals within the soil and after several decades flows from the ground. The boastful amount of 80 thousand tons (approx. enough water for 300 thousand persons) of spring water that flows per day attracts many people from nearby who come for the water. At the road station adjacent to the park, coffee and coffee jelly made with the mineral water can be purchased. The park is equipped with triangle stage, playground equipment and barbeque house.

- Planning and Promotion Dep., Kyogoku Town
  (Tel. 0136 - 42 - 2111)

Hot Springs

Niseko Spa Hopping Pass

After you have enjoyed activities it’s time to relax in the springs of Niseko.

Niseko area includes the Niseko Annupuri and Niseko Mountain Range and the area at the foot of Mt. Yotei. During summer, besides the beautiful pastoral scenery and activities to be enjoyed, the area is fortified with varying hot springs like Kombu River, Annupuri, Goshiki and Higashiyama. If you want to spa hop, you should purchase the “Niseko Spa Hopping Pass” (1400 yen per adult). With one pass, you can use up to 3 of the 16 facilities, one of which is the Arishima Memorial Museum, and is valid for up to 180 days.

- Niseko Resort Tourist Association
  (Tel. 0136 - 43 - 2051)
Hokkaido Garden Path

Summer to fall is vividly colored by artistic gardens nurtured by northern ground.

The long highway of approximately 200km connecting Asahikawa, Furano and Tokachi is central to 7 beautiful and representative gardens of Hokkaido including, Ueno Farm (Asahikawa), Windy Garden (Furano), Shichiku Garden (Obihiro), Tokachi Millennium Forest (Shimizu), Manabe Garden (Obihiro) Tokachi Hills (Makubetsu) and Rokka-no-Mori (Nakatsunai). For this reason, it received the name Hokkaido Garden Path. While each garden abounds with uniqueness that takes advantage of the climate and landscape of Hokkaido, there is the natural landscape, mountains, activities and rich food to be enjoyed; which is why this sightseeing route is gathering more and more attention every year. This year a stamp rally and garden lunch are part of a new plan. The stamp rally includes visiting all of the 7 gardens where you get your brochure stamped on the back, and at the last garden you will receive a special “Seven Garden Original Bookmark Set.” Furthermore, if you stay 2 nights at the official hotel, you will receive by lottery original products.

One more plan for this year is the garden lunch. Five official hotels will offer a course lunch of appetizer, salad, main dish and dessert for the price of 2600 – 2980 yen, made with only local grown herbs and vegetables from producers along the Garden Path. After you replenish your spirit in the gardens, indulge in a healthy and delicious lunch made by the chefs at each hotel who put a lot of care into each dish, something that especially women can appreciate.

This year, the offer lasts until October 10th. The “Hokkaido Garden Path Ticket” for 1600 yen, allows you admission to 4 gardens, can be purchased at each garden, tourist associations in Asahikawa, Biei, Furano and Tokachi, as well as official participating hotels. We urge you to indulge in new garden culture of Hokkaido, brought forth by people and nature.

Special ticket for 1600 yen allows you admission to 4 gardens of your choice.

Cape Ogon

The Sea of Japan is ornamented by one of the hundred most beautiful sunsets in the nation.

Rumoi, the number one producer of cured herring roe in Japan. The cape, originally the lookout point for herring, gets its name Cape Ogon (meaning golden cape) from the time when fishing was prominent in the area and the setting sun cast rays of light upon the large masses of herring that were dancing on the surface of the ocean, causing it to appear golden. The beauty of the setting sun, which changes its appearance with each second, turning everything orange, is enough to make you forget everything and become entranced. The area is a rocky shore, developed as a beach park where you can access the rocks from Asahashi easily and reminisce about your youth by catching rock crabs with squid legs as bait.

Special ticket for 1600 yen allows you admission to 4 gardens of your choice.
**Southern Hokkaido**

**Spa Hopping Ticket “Yurari Itabai”**

Hakodate and southern Hokkaido

Go to spas that don’t usually allow day trips, and luxurious spa time with the Spa Hopping Ticket

Southern Hokkaido is known for its rich hot springs including Hakodate Yunokawa Hot Spring. If you want to enjoy hot springs within the Hakodate tourism area which includes Hakodate, Hokuto and Onuma, you will want to purchase the “Yurari Itabai” spa hopping ticket booklet that allows access to any of the 28 facilities in the area. The booklet includes information on the spa facilities and 8 tickets, which for adults means that with 2 to 5 tickets you can use one facility. Among the participating facilities, some offer admission to spas that normally require an overnight stay, which is an exciting quality that is irresistible to hot spring lovers. One booklet costs 1500 yen, and is valid until December 31, 2011. The booklets are available at tourist information centers, Road Station and participating facilities.

- Hakodate Tourism Concierge Center
  (Tel. 0138 - 26 - 0300)

**Sightseeing**

**Hakodate Outdoor Play**

The largest outdoor play in the nation put on by the citizens of Hakodate.

The Hakodate Outdoor Play is performed at Hakodate Goryokaku Fort. The great historical spectacle, 75 minutes long, is created by over 500 citizen performers of Hakodate and staff, and promises a rediscovery of the romantic appeal Hakodate possesses. Performances are held every Friday and Saturday between Jul. 8 and Aug. 6.

- NPO Citizen’s Design Hakodate Outdoor Play Group
  (Tel. 0138 - 56 - 8601)

**Gourmet Dining**

**Oshima Green Tourism**

**Enjoy seasonal fruit and soft cream where Hokkaido agriculture began.**

In the Oshima region where Nanae town, the origin of western apple and potato farming began, and Hokuto city where grain was first grown in Hokkaido, various agricultural activities can be experienced. In summer you can enjoy cherry and peach picking, or taste delicious soft cream made with fresh milk.

- Agriculture Division, Oshima General Subprefectural Bureau, Hokkaido Government
  (Tel. 0138 - 47 - 9492)

**Eastern Hokkaido**

**New**

**Shiretoko Five Lakes**

In order to hand down rich nature, new trekking rules have been implemented.

The Shiretoko Five Lakes are located on the Utoro side of the registered world heritage, Shiretoko Peninsula. The five mysterious lakes surrounded by primary forests are popular sightseeing spots. In order to protect the natural environment and allow for tourists to feel the nature of Shiretoko, the rules for pathway use have been modified. When using the pathway to get from lake one the rest of the lakes, depending on the season or period application, lectures or admission fees will become necessary. Also, the raised wood walkway has been extended to lake one, making it about 800 meters long, for the benefit of easier sightseeing in Shiretoko. This pathway is free and there is no need for prior application, and open any time. The new Shiretoko Five Lakes is something you definitely want to enjoy this summer.

- Shiretoko Tourism Information Center
  (Tel. 0152 - 24 - 2639)

**Sightseeing**

**Naitai Highland Farm**

The largest public farm in the country
Where a great panorama of highlands spreads before you

Located 9 km to the northwest of Kami Shihoro, the northern part of the Tokachi Plains is the Naitai Highland Farm, a public farm that covers an area of approx. 1700 hectares and the largest in Japan. From the observatory at the top of the farm, at an altitude of about 800m, the entire farm and Tokachi Plains and in the distance, the mountains of Akan, can be seen.

- Kami Shihoro Information Center
  (Tel. 01564 - 2 - 3355)

**Gourmet Dining**

**Okhotsk Abashiri Zangi Donburi**

A fine local gourmet dish made with abundant local produce

Abashiri faces the Sea of Okhotsk, an abundant source of seafood. The Okhotsk Abashiri Zangi Donburi is a local dish made with Okhotsk salmon marinated in light soy sauce and deep fried. It was greatly complimented by the famous gourmet, Fusajiro Kitaogi, also called Rosanjin Kitaogi. It is served in unique flavor at 9 different restaurants within the city.

- Abashiri Tourist Association
  (Tel. 0152 - 44 - 5849)
The largest outlet mall in Hokkaido

Over 4 hundred brands are available at everyday outlet prices at 145 stores.

Rera is close to both the airport and train station.

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Inquiries pertaining to tourism in Hokkaido.

**Hokkaido Tourism Organization**
Ito Kate Bldg, Kita 4 to Nishi 4 Chome Chu-Ku, Sapporo, Hokkaido, Zip 060-0004
TEL: 011-231-0941
Visit Hokkaido: [http://en.visit-hokkaido.jp/](http://en.visit-hokkaido.jp/)

**Hokkaido Sapporo Food and Tourism Information Center**
JR Sapporo Sta. 1F West Concourse North Exit
Kita 6 Jo Nishi 4 Chome Kita-Ku, Sapporo, Zip 060-0806
TEL: 011-213-5088

**Hokkaido Economic Affairs Department Tourism Bureau**
Kita 5 Jo Nishi 6 Chome Chu-Ku, Sapporo, Zip 060-8588
TEL: 011-231-4111

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Business Hours 10:00～20:00  
* Some restaurants open from 11:00 AM  
* Subject to change with season