

Winter Hokkaido: Snow & Water Multisport in Lake Shikotsu and Niseko (Hiking/Skiing)



Enjoy everything a Hokkaido winter has to offer at Shikotsu-Toya National Park and Niseko-Shakotan-Otaru Kaigan Quasi-national Park.

In Shikotsu-Toya National Park, known among locals as a "museum of active volcanoes", you'll explore Lake Shikotsu, one of the clearest lakes in Japan. Then you'll experience some of the best powder snow in the world (called JAPOW, short for Japan Powder) on the 1,000m peaks of the Niseko Mountain Range and its surrounding mountains.

This tour takes you face to face with the wonders of water in all its forms, amid a peaceful, silvery-white world that only exists at this time of year. You'll also hear about how people have lived on this snowy land since ancient times. After experiencing Lake Shikotsu from every angle (SUP, winter hiking, hot springs and more!) you'll head to the holy ground of powder snow and see what skiing, snowboarding and snowshoeing is like on some of the best snow in the world. It's an exhilarating encounter with water's circle of life.

Highlights:

- Listen about the lives of people who call this area home
- Witness the clear waters of Lake Shikotsu from a SUP
- Hike up Mt. Ichankoppe
- Enjoy skiing and snowboarding on JAPOW, powder snow that is the envy of the world
- Relax and recharge the Japanese way at a hot spring

Location:

Lake Shikotsu

Niseko

Main Activity: SUP, Hiking and skiing (snowboarding)

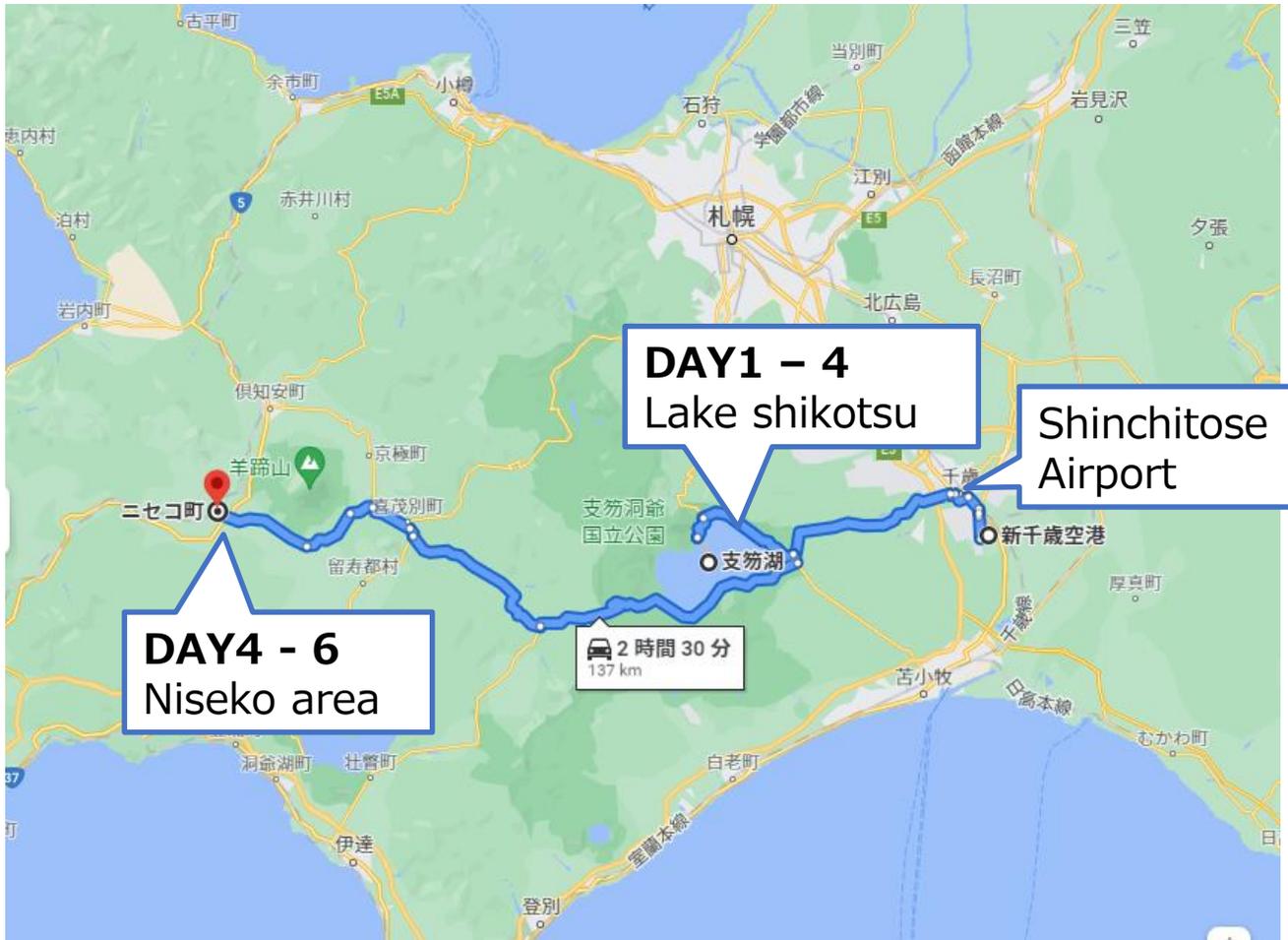
Difficulty level: 3/5
Good physical fitness required; ~4-6 hours activity/day

Tour Dates: 5 nights 6 days

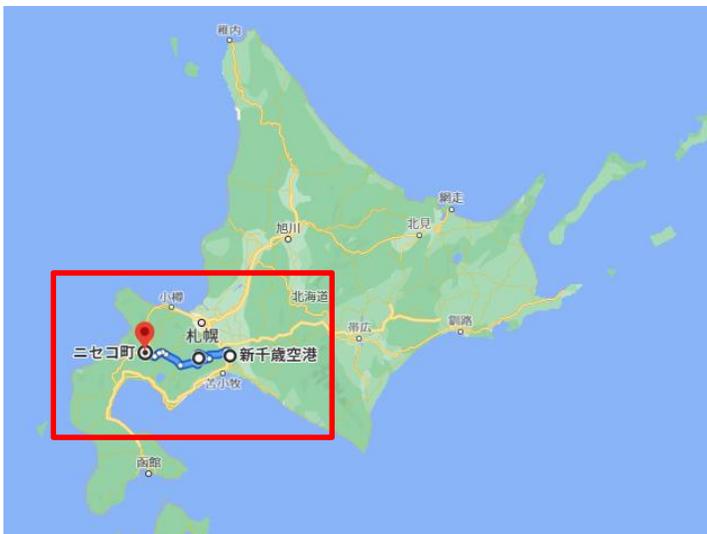
Pax: Minimum 4 Maximum 8

Price: JPY 390,000 ~ 475,000

Route map



地図データ ©2020 Google 利用規約 10 km



Day-by-day Itinerary

Day1 – Arrive at New Chitose Airport and travel to Lake Shikotsu

Meet at 12:00pm at arrivals gate 4 on the 1st floor of New Chitose Airport

You will be greeted by the guide who will be with you for the whole tour. If you are unable to get there, please contact ●●●●●●.



When everyone has arrived, your guide will tell you more about the tour and then show you to your tour bus. It's a custom in Japan to pray for safe travels, so your first stop will be Chitose Shrine. The deity enshrined here is the deity of food and water. Next to the stairs in the main building is *Sachii no Mizu* (Spring of Good Fortune), a holy spring that originates in the forest by the shrine. After experiencing a Shinto prayer ritual, you can collect some in your water bottle. You'll notice that this is a popular spot among locals too.

And then it's off to Lake Shikotsu. This caldera lake was formed by the eruption of Mt. Shikotsu 40,000 years ago, and is Japan's northernmost ice-free lake. The exceptionally high level of purity gives the glittering waters a one-of-a-kind hue known as "Lake Shikotsu blue".

After a good lunch at a local restaurant, you'll head to Lake Shikotsu Visitor Center, where you'll see a video about the lake and find out about the tour from your guide, with dioramas as visual aids. You'll then watch people building ice sculptures for the spectacular Chitose-Lake Shikotsu Ice Festival, which is held every January. The stunning sculptures are made with water from Lake Shikotsu.

After that, you'll be taken to Lake Shikotsu Tsuruga Resort Spa Mizu No Uta, where you'll spend the next few nights. There'll be time before dinner to relax in your room or admire the lake nearby.

Dinner will be a traditional *kaiseki* multi-course meal, made with local seasonal ingredients. Every element, from the colors to the size of each helping, is meticulously designed to create a meal as beautiful as it is delicious.

Dinner Lake Shikotsu Tsuruga Resort Spa Mizu No Uta
Japanese *kaiseki* meal

【What is Kaiseki?】

Kaiseki ryori is a traditional type of Japanese multi-course cuisine.

Note: The photo is a sample image.



Day-by-day Itinerary

Day2 – Nanajo Otaki Fat bikeTour / Lake Shikotsu Clear SUP

After a healthy buffet breakfast at the hotel, you'll set off for the activities you've been waiting for.

The snowshoe tour and clear SUP will give you a close-up view of the clear waters created by the unique natural conditions.

First, we get on the Fat Bike and head to the Nanajo Otaki waterfall to the south of Lake Shikotsu.

We start off and pedal about 14 kilometers one way on a straight road. Depending on the snow conditions, you can also enjoy the up-and-down, gravel road. A local guide will tell you all about the nature of Lake Shikotsu along the way. You might even see wildlife such as deer! The deep, dazzling snow and the rows of gigantic trees will make you feel like you've stepped into another world...to say nothing of the icy wonderland you'll be greeted by when you reach the icicle-covered waterfall.

Lunch

Shikotsuko-so

Choose from a variety of great dishes, from Lake Shikotsu's famous kokanee trout to miso ramen and tanteki-nabe made from generations-old recipes.

The miso ramen is a particular favorite that diners keep coming back to.



After lunch, you'll get an up-close view of the glittering "Lake Shikotsu blue" waters of the lake from a clear stand-up paddleboard.

Your drysuit will keep your whole body dry, so you'll stay nice and warm! Your guide will tell you everything you need to know about how to get on the board and paddle. And then you'll cruise along the coastline of the lake, taking in the mesmerizing view of the crystal-clear waters and the stunning backdrop of the "three mountains of Shikotsu" (Mt. Eniwa, Mt. Fuppushi and Mt. Tarumae).

Whether you stand, sit or lie on your board, this experience will allow you to see this natural wonder from a whole new angle.

Dinner

Lake Shikotsu Tsuruga Resort Spa Mizu No Uta
Healthy buffet

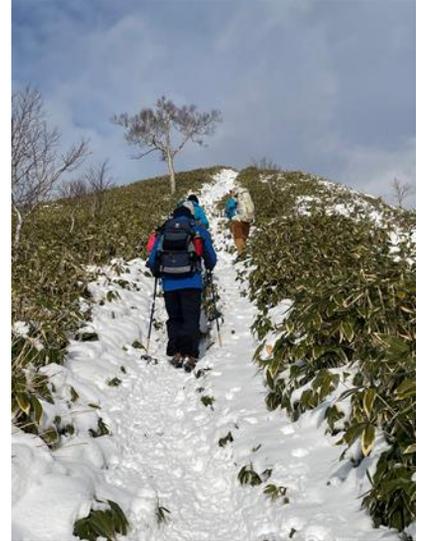
Activity: Cycling (around 3 hours) 28km round trip
Clear SUP (around 2.5 hours)

Difficulty: 2/5

Day-by-day Itinerary

Day 3 - Hiking up Mt. Ichankoppe

After fueling up with a breakfast buffet, we'll depart for Mt. Ichankoppe. The name is Ainu for "hole where salmon and trout spawn" (*ichan*) and "waves" or "river" (*koy pet*), because salmon and trout apparently spawned here. This mountain stands 829m high, and your hike will cover 480m of it. The first part of the trail is steep, but when you get around 30% of the way up the mountain, you'll be rewarded by a breathtaking view of Lake Shikotsu through the gaps in the trees. Until about 80% of the way up, you'll enjoy a gentle walk along ridges that offer panoramic views of Lake Shikotsu and the surrounding mountains, including Mt. Tarumae. If you're lucky, you might see Ezo deer or black woodpeckers.



We'll have a lot of ground to cover, so lunch will be some backpacking food during a short break. We'll go to buy some on the first day, so make sure you grab something that will keep your energy levels up. (It'll be too cold for *onigiri* (rice balls)! Try some rich *mushi-pan* (steamed cakes) instead.)

After enjoying the view at the summit, we'll head back down the way we came. Please note that we may take a different route (or hike up a different mountain) depending on the weather.

Dinner

Lake Shikotsu Tsuruga Resort Spa Mizu No Uta
Healthy buffet

Activity: Day hike up mountain: 829m high (480 m elevation gain and loss), around 7 hours in total

Difficulty: 3/5

Day-by-day Itinerary

Day 4 - Snowshoeing through Niseko Forest/retrieving potatoes from the snow and making *imo-mochi*/BBQ in *kamakura* snow hut

After breakfast, we'll head to Niseko.

You'll see the deep forest around Lake Shikotsu give way to pastoral scenery surrounding a beautiful conical mountain. This is Mt. Yotei, whose natural spring water has nourished the land and allowed local farmers to flourish. Here you'll experience generations-old traditions, including snowshoeing, making *imo-mochi* (sticky potato cakes) and a barbecue in a snow hut (*kamakura*).

Your first stop in Niseko will be a local restaurant for lunch.

Then you'll spend around two hours walking through Niseko Forest on snowshoes.

Look for animal tracks, watch wild birds and enjoy the sights and sounds of the forest in winter.

You'll see that although Niseko isn't far from Lake Shikotsu, the snow is totally different. After your walk, you'll keep your snowshoes on and dig for potatoes that are buried in the snow. The ancestors of today's locals figured out that if you store potatoes in the snow, they stay at a constant temperature, and they become sweeter as a result. Once you have enough potatoes, you'll make *imo-mochi* with your guide's wife and eat them with hand-churned butter and sweet soy sauce—the perfect way to refuel after a busy afternoon.

And then you'll enjoy a barbecue in a *kamakura*, a dome-shaped snow hut. These have historically been built by populations in Japan's snowiest areas, and have been used in spiritual rituals. You'll enjoy a delicious array of local foods, from venison caught near Mt. Yotei to handmade sausages, Niseko-grown vegetables preserved using the natural winter cold and scallops from Toyoura Bay.

You can even try an original juice made by your guide's own family!

Dinner

BBQ in *kamakura* snow hut

Activity:

Snowshoeing through Niseko Forest, retrieving potatoes from the snow and making *imo-mochi* (3-4 hours)
BBQ in *kamakura* snow hut (2 hours)

Difficulty:

2/5

Day-by-day Itinerary

Day 5 – Lift access backcountry skiing and piste (slope) skiing

After a good breakfast, it's time for your skiing and snowboarding trip—the highlight of the tour. At Niseko Moiwa Ski Resort, you'll enjoy a full-body experience of JAPOW (Japan Powder) snow, some of the best powder snow in the world.

A qualified guide will help you on your backcountry skiing trip.

Our guides can also take you skiing or snowboarding on the slopes. The charge for this guide is not included in this tour and will be charged additionally.

When we get back to your accommodation, there'll be time to rest and recharge before dinner.

Lunch

Individually at ski resort

Dinner

Niseko Konbu Onsen Tsuruga Besso Moku no Sho

***Kaiseki* course meal**

Activity: Lift access backcountry skiing and piste (slope) skiing
(around 4-6 hours)

Difficulty: 3/5

Day-by-day Itinerary

Day 6 – Return to New Chitose Airport

On your final day, relax until check-out at 11:00am.
The hot spring is a great way to recharge after the active few days you've had.

We'll meet briefly in the lobby after check-out before traveling two hours to the airport, with a rest stop on the way.

We are planning to arrive at New Chitose Airport by 15:00.

Lunch

Local restaurant

Accommodation

Day 1 - Day 4 (4 days/3 nights): Lake Shikotsu Tsuruga Resort Spa Mizu No Uta

Standard room with two Single Beds

- Wi-Fi is available throughout the building.
- Two coin-operated washing machines are available on the 1st floor.
These can be used at any time between check-in (3:00pm on Day 1) and check-out (11:00am on Day 4).

¥300 per wash, ¥100 per use of dryer (30 minutes).

Detergent is available from reception (¥50 for enough for 1 wash)

Website: <https://www.mizunouta.com/en/>

Day 4 - Day 6 (3 days/2 nights): Niseko Konbu Onsen Tsuruga Besso Moku no Sho

Standard room with two Single Beds

- Wi-Fi is available throughout the building.
- There is no laundry service.

Website: <https://www.mokunosho.com/en/>

What's included

- English-speaking guide for entire tour, guides for each activity
- Activities
- Accommodation (6 days/5 nights)
- Meals (5 breakfasts, 5 lunches, 5 dinners)
- Tour bus from pickup at New Chitose Airport on the first day to dropoff at the airport on the final day

The following charges are not included

- Skiing and snowboarding guides on the slopes
- Gear rentals for skiing and snowboarding
- Alcoholic drinks

What we provide

Clear SUP

SUP set, drysuit, neoprene cap, gloves, lifejacket

Nanajo Otaki Snowshoe Tour

Snowshoes, boots, Hiking poles

Hiking up Mt. Ichankoppe

Avalanche beacons, probes, shovels, snowshoes, Hiking poles

Snowshoeing in Niseko Forest

Snowshoes, boots, Hiking poles

What to bring

Upper and lower body

Winter clothing (top and bottom, must be warm and easy to move in), rain gear (suitable for winter), ski gear, fleece jacket, down and synthetic thermal innerwear

Hands, feet and head

Mountaineering boots, thick synthetic or wool socks, hat that covers the ears, water-resistant gloves + change of gloves or lining, spats (gaiters), neck warmer, goggles.

Other

backpack (about 30L), sunglasses, backpacking food (sweet snack that is easy to eat), cold water (500ml-1L), hot water (500ml), sunscreen, standard medication (as well as any medication that you need to take regularly), mask, Portable toilet/towel, sunscreen

For environmental reasons, please bring a reusable water bottle instead of buying bottled water.

Since water is a key theme of this tour, we'll be drawing water from a spring. Make sure to bring a water bottle!

* You will have time to buy backpacking food on the first day of the tour.

Cash

(Some small local stores and restaurants may only accept cash. We recommend changing money at an airport in Japan after arrival.)

*If you take medication or use medical equipment such as an inhaler or epi-pen, bring this with you.

Optional

- Camera
- Binoculars

About Japanese culture

Japanese-style inns (ryokan)

No other country has accommodation quite like ryokan, which reflect Japan's unique style of hospitality. Stylistic elements of traditional Japanese culture can be seen in every element, including the architecture, garden design, cuisine, hot springs (onsen) and rooms.

Hot springs (onsen)

When you stay in a Japanese-style inn, choose one with a hot spring if you can. Each hot spring has different minerals depending on the source of hot water from underground, which have a variety of health benefits. In fact, hot springs were once used as a medical treatment because of their efficacy. Hot springs are usually communal, and 99% are gender segregated.

Traditional Japanese cuisine (washoku)

Traditional Japanese cuisine, known as *washoku*, was registered as a UNESCO Intangible Cultural Heritage in 2013.

Washoku is known for its healthy dishes, subtle seasonings that draw out the flavor of the ingredients and beautiful presentation. Each cooking method—grilling, cooking in broth, deep-frying, sashimi, fermenting and stir-fry—is its own work of art. The food culture varies from one area to another, with many different local specialties made with each region's seasonal ingredients.

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

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

The Chitose and Niseko areas are located in central Hokkaido, and January is the coldest month of the year. The area averages lows of -7°C and highs of -2°C . You'll be more comfortable in this cold weather if you bring gear such as a down coat or ski gear, thermal innerwear, a fleece jacket, a knitted hat, gloves and snow boots.

Reservation & Cancellation Policy

Payment Methods

Trip Price :JPY 390,000 ~ 475,000

Only payments by credit card will be accepted.

The payment due date will be informed to you at the time of application.

Please note that payments will not be accepted after this date.

How to pay by credit card

Visa, MasterCard, JCB, AMEX and Diners Club are accepted.

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

Cancellations

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

*JTB will refund the remainder of the tour fee within 7 days of the day after cancellation if the refund is requested before the departure of the tour.

*Cancellation fee when notice is given:

21 or more days prior to the departure date of the tour	
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 days 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 if no notice is given	100% of the tour fee

Disclaimer

Trip Cancellations: JTB reserves the right to cancel or change the itinerary of a tour. In the event that we need to cancel a tour, we will refund 100% of your costs. Weather conditions are almost never severe enough to warrant canceling a tour; cancellations only occur as a result of truly exceptional events that could not be predicted. JTB is not responsible for compensating any additional costs such as flights.

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

Tour Operator / Contact



Perfect moments, always

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