# TOURIST MAP OF TESHIKAGA HOKKAIDO, JAPAN

## DISCOVER TRUE BLUE

Lake Mashu - A mystery waiting to be discovered. A brilliant blue lake with crystal clear waters surrounded by towering cliffs, creating an atmosphere of peaceful calm. Lake Mashu's striking color - called Mashu Blue - at times appears indigo, navy blue, ultramarine, and lapis lazuli, among other delicate colors like sky blue or ocean blue.

真実の青を探しに



One day is not enough!

Teshikaga

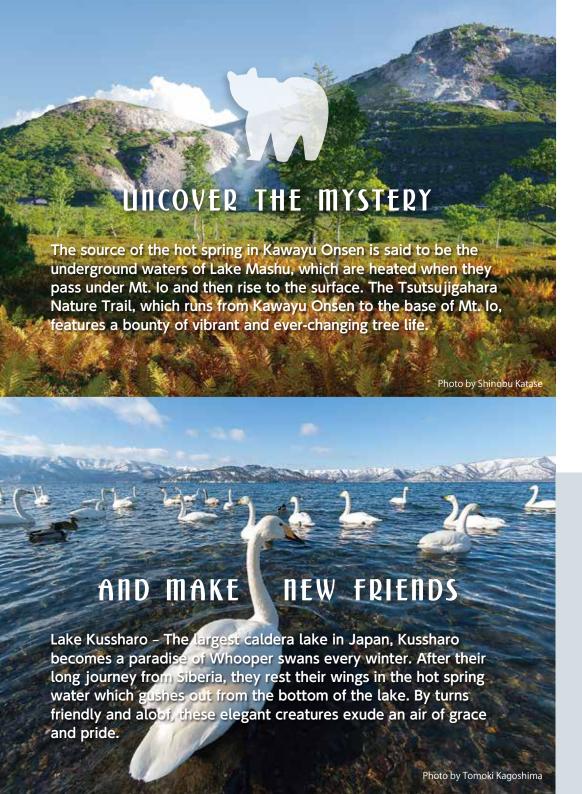
# DISCOVER THE UNSEEN

Mt. Mashu – Called "Kamui-nupuri" by the Ainu people, meaning "Mountain of the God." Discover untouched wilderness and delicate natural beauty along its winding trails. Beyond the caldera you will find a spectacular view of Lake Mashu's pristine waters - preserved for 3,000 years - and understand how the mountain got its name.



### JOURNEY TO THE STARS

Mt. Io - Known as "Atosa-nupuri" in the Ainu language, meaning "Naked Mountain," Mt. Io has over 1,500 fumaroles that continue to rumble and vent white steam. In this peculiar place a vast and radiant field of stars becomes visible at night, the same stars under which sulfur was mined as raw material for fuel in the distant past.



efore coming to Teshikaga, you may have imagined Japan as an unending, fast-paced, urban sprawl. It will surprise you to find a place with the rolling green hills and quiet charm of the English countryside hidden away in the northern reaches of the industrial giant.



Beyond the lush hills lie the mountains encircling the mysterious, clear face of Lake Mashu and the still waters of Lake Kussharo. Resting on the western bank of Kussharo is a refuge for the culture of the Ainu, the people who have lived here for hundreds of years; providing an opportunity to learn about a heritage on the brink of extinction. Mount lo - Atosa-nupuri in Ainu language, smolders

in the distance, conspicuously bare among the trail-cut wilderness. It lends its heat to the hot springs of Kawayu, famous throughout Japan for their potent acidity. And when you grow tired of roughing it, you can enjoy an authentic Japanese meal made from the freshest ingredients in the country, and then spend your evening in the comfort of a traditional Japanese ryokan (inn).



Words can express the stunning diversity of Teshikaga's landscapes, the quality of its local delicacies, or the kindness of its people, but these are all things, perhaps, that you cannot truly understand until you experience them yourself.

• Emergency Call Police: 110

Fire station or ambulance: 119

 AMDA International Medical Information Center
 www.amdamedicalcenter.com/activities
 TEL:03-6233-9266 (Mon - Fri 10 a.m.-4 p.m.)

- Safety Tips www.jnto.go.jp/safety-tips/eng/
- JNTO Tourist Information Center (English, Chinese, Korean) TEL:03-3201-3331 (Daily 9 a.m.-5 p.m.)
- Teshikaga Town Office TEL:015-482-2191

- Mashu Kosei Hospital (Emergencies) TEL:015-482-2241
- Teshikaga Police Station
  TEL:015-482-2110
- Kawayu Police Substation TEL:015-483-2151

FIND OUT MORE



Teshikaga-navi provides extensive information about where you can go, what you can do and where you can stay in Teshikaga.

"Untouched HOKKAIDO" https://untouchedhokkaido.jp/en/ Find information about the surrounding area.

#### Published by the Lake Mashu Tourism Association

3-3-1 Mashu, Teshikaga-cho Kawakami-gun Hokkaido, Japan 088-3201 Tel 015-482-2200 Fax 015-482-1877 Email: masyu\_as@peace.ocn.ne.jp KASHMIR 3D Super Topographic Map Set was used to create this map.



アイヌ文様デザインは (一社)阿寒アイヌコンサルンの | 認証を受けています

#### Discover True Blue History of Teshikaga

Teshikaga is located in a basin referred to as a "caldera" meaning "pot" or "cauldron" in Spanish left over from ancient volcanic activity. Gentle, sloping mountains line Teshikaga from the east, up around the north, and all the way around to the west. These mountains act as a sort of folding screen, separating Teshikaga from the surrounding lands and giving the town a unique character of its own. Rice, the main food of the Japanese people, cannot be grown in this cold climate. The cherry blossoms beloved by the Japanese people bloom nearly 2 months later here than in Tokyo, and the locals of this region are among the last to see the pink flowers every year.

Why were the first settlers charmed by this untamable land? It is hard for us to answer that question now. But isn't it romantic to imagine that people were first drawn here by a cool, clean blueness?

The ethereal Lake Mashu boasts having being the clearest lake in the world at one time. The blue waters lacking of any impurity still remain to this day. Since the lake itself cannot be accessed except for the purpose of periodic inspections, only the wind is allowed to touch the surface of the water.

Teshikaga possesses yet another body of water: Lake Kussharo. Looking down from the elevated northern side of town, a willowy figure appears like an outstretched goddess wrapped in blue clothing.

The sky is an unobstructed, sorrowful blue. Perhaps it is because of the crystal clear air that the blue pierces even the whiteness of snow.

Teshikaga encompasses more than 50% of Japan's famous Akan-Mashu National Park. The unique climate and natural features allow for flowers that otherwise could not survive to bloom, and the aftereffects of volcanic quickening give birth to an abundance of naturally occurring hot springs. This town is not surrounded by nature; it humbly resides within nature.

Human presence in Teshikaga can be traced back to around 7.000 years ago. The first settlers discovered a fish gathering spot amidst the flowing river and tried to insert shafts in an attempt to place nets. But in the end, they lamented the presence of the hindering and steadfast bedrock below. In the native Ainu language. "Teshikaga" means "above the bedrock." The reason this area flourished was due to the presence of sulfur. Sulfur summoned the railroad to this region, breathing life into industry after industry. Tourism and leisure permeated the lives of the people, and along with those trends Teshikaga was established as a major hot spring area. Spurring forth this development was the designation of a national park and construction of major roads. Even now, 860 thousand people annually visit this nature-rich land. These people are able to feel the Hokkaido that existed in ancient times.

Translated by Eric Odle

# Teshikaga is 3 areas



Teshikaga is located in eastern Hokkaido and is divided into three areas by locals: Mashu, Kawayu Onsen, and Kussharo. Lake Mashu is

world famous for its clear water, Kawayu Onsen offers pristine water flowing directly from a hot spring source, and there are breathtaking views of Lake Kussharo from surrounding passes and hilltops.

# CAKAN-MASHU NATIONAL

# **Activities**

**Recommended season** varies depending on the weather conditions every year.

#### Hiking

Trails in the deep primeval forests, refreshing tracks along the lakes,

ridgeways with breathtakingly immense views, and rough rocky trails heading to the mountains

- there are a variety of walking trails in Teshikaga. Once you take to the trails, you will be moved by the songs of birds and the chirps and buzzes of the insects around you. The cool climate fosters alpine plants that usually only



grow on high mountains. You will be able to find a trail that fits your ability and preferences among courses from a half day easy walk to a 2 night 3 day trek to a neighboring town.

**Recommended Season**: Mid May – October (Depending on the snow condition for mountain climbing)



#### **Fishing**

Why don't you trv Matching

the Hatch at the Lake Kussharo, Japan's largest caldera lake and recognized as the Mecca

of fly fishing? Lake Kussharo is very bountiful. At any time you could come face to face with Rainbow Trout, Kokanee Salmon and Japanese Dace Catch and Release is the basic rule in this



environment.

The Kushiro River is one of the few

Canoeing

area to sustain the beautiful and fragile

**Recommended Season**: June – October (except August)

"National class A" rivers in Japan which has its flow unobstructed by dams all the way to the ocean.



Canoeing in the headwater stream of the Kushiro River is a fantastic and valuable experience in this region. You will be excited to see fish darting through the transparent water while birds flutter through the trees. Taking in the natural beauty of the area from the vantage of a canoe will surely bring each person new and personal discoveries. If you are a beginner. the experienced canoe guides will escort you safely through this unforgettable canoe experience.

**Recommended Season:** May – October

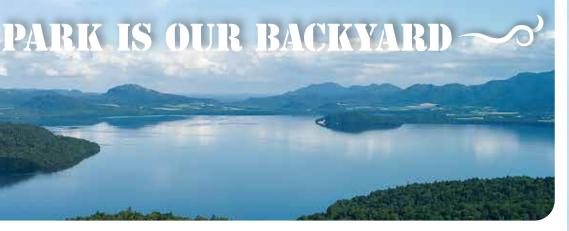


#### Cycling

deep forest along Lake Kussharo and touch the breath of mother earth at the foot of Mt. Io – a sulfur mountain emitting white

smoke. Ride along a straight road through idyllic pastures and begin the challenging ascent





toward Lake Mashu. You will understand why this is called one of Japan's cyclist paradises when you ride through an area abundant in wildlife. There are a variety of courses that suit any level of cyclist from beginner to expert. Cyclists get together in town to participate in "Granfondo Mashu" in spring every year and complete a 100km ride through pleasant roads. Recommended Season: May – October



Teshikaga is also a bird sanctuary. You will meet many

of them while walking in the parks and woods, as well as just driving on the street. The majestic White-tailed Eagles, Steller's Eagles and Whooper Swans are particularly impressive.



Prefectural bird of Hokkaido, the Tancho, or red-crowned crane, sometimes shows its elegant figure in town. In winter, Lake Kussharo is a paradise for Whooper swans and the photographers from all over the world who want to capture their beauty.

**Recommended Season:** October – June

#### **Snow Shoeing**

Eastern Hokkaido is renowned for its brilliant sunny days in winter. While

exploring this pure, white world in snow shoes, surrounded by hoarfrost and diamond dust (tiny ice crystals in the air), you can reach hidden

places that are otherwise inaccessible. Snow shoeing offers the unique opportunity of encountering frozen lakes, snow-capped mountains, wild birds, and other animals. In the ice-cold air



of minus 20 degrees centigrade, as you delve into hushed, snow-white forests, you will experience the tranquil majesty of winter in Hokkaido.

Recommended Season: January – March



#### **Stargazing**

The darkness at night in Teshikaga is spellbinding. In

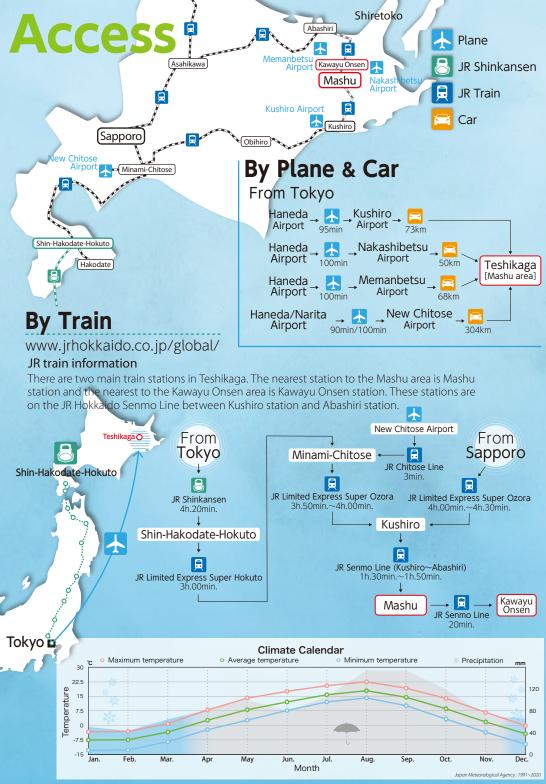
the crystal-clear sky, millions of stars will appear right before your eyes. The sky is so clear and vast that subtle shades of light can be seen in the Milky Way, and shooting stars are clearly visible, providing



the perfect opportunity to make a wish. Encompassed by this astonishing view of the heavens, you'll be able to glimpse the boundless nature of the universe and humanity's place within it.

Recommended Season: October - March

Activities and tours are provided by local operators. Please visit "Teshikaga-navi" for more details. www.masyuko.or.jp/en/



#### ① Mt. Mokoto Hiking Trails 藻琴山登山道 [A-2]

Mt. Mokoto is the highest mountain among the outer rim of the volcanic crater of Lake Kussharo. Captivating scenery from the summit (1,000m) of Lake Kussharo and the Sea of Okhotsk will surely reenergize you. You can choose one of several trails depending on your preference.

- Approx. 2km one way (60min.) from Highland Koshimizu 725 parking lot. The elevation gain is about 275m. (Skyline
- Please register your name in the notebook in the wooden post at the trail entrance before you start hiking.

#### ② Wakoto Nature Trail 和琴半島自然探勝路 [A-3]

Because of high geothermal heat, Wakoto Peninsula is the most northern habitat of the Mingming-zemi (Robust cicada) and there are many wildflowers on rich soil. You can see volcanic activity at the edge of the peninsula called "Oyakotsu-jigoku (Fumarole)". Once you enter the trail, Sakhalin fir trees and giant Katsura trees greet you and invite you into the

• Approx. 2.5km circuit (60min.) from the Wakoto Nature Trail entrance.

#### ③ Nibushi Nature Trail 仁伏半島自然散策路 [B-3]

The nature trail leads around the forested Nibushi Peninsula and includes a stretch of the sandy lakeshore. Sakhalin fir and broadleaf tree species, including towering Katsura, line the trail for much of its length. Sections of the trail offer views across Lake Kussharo. A short loop trail returns to the starting point and is especially attractive when leaves are fresh in spring and colorful in fall.

• From the Nibushi Nature Trail entrance; Short loop trail: Approx. 3.2 km (60 min.) Long loop trail: Approx 4.3 km(1h.15min.)

#### **④ Sakhalin Spruce Nature Trail** アカエゾマツの森散策路 [B-3]

There are two easy short and long trails in the Sakhalin Spruce Forest just behind the Kawayu Visitor Center where you can enjoy the pristine wilderness of the deep forest in Akan-Mashu National Park. Sakhalin spruce in this forest are said to grow relatively slowly because the ground of the forest is made of volcanic ash soil from the Mt. Mashu and Mt. Io. The long trail joins the Tsutsujigahara Nature Trail that leads to Mt. Io.

• From Kawayu Visitor Center; Short Trail: Approx. 0.8km circuit (20min.) Long Trail: Approx. 2.2km circuit (60min.)

#### **⑤ Tsutsujigahara Nature Trail** つつじヶ原自然探勝路 [B-3]

An easy yet fascinating trail at the foot of Mt. Io. Japanese stone pine and Labrador tea cover the surrounding lowlands extending to the Kawayu Visitor Center where you can enjoy the forest of Sakhalin spruce and Japanese oak.

• Approx. 2.5km one way (60min.) from Kawayu Visitor Center to Mt. lo parking lot.

#### **⑥ Aoba Tunnel Nature Trail** 青葉トンネル [B-3]

Starting from JR Kawayu Onsen Station, cross Route 391 and then you can walk through the deep green forest to Mt. Io. If you take Tsutsujigahara Nature Trail from Mt. Io, it will lead you to Kawayu Onsen village.

• Approx. 1.5km one way (35min.) from JR Kawayu Onsen Station to Mt. lo parking lot.

#### **⑦ Mt. Mashu Hiking Trail** 摩周岳登山道 [C-4]

Spectacular trail on the outer rim of the volcanic crater leading to Mt. Mashu. Lake Mashu changes its shape on your left while the exhilarating view of the everlasting Konsen Plateau is on your right. This trail will show you the real magnificence of Hokkaido. The last 300m of the trail is the toughest part, but you will be rewarded by a fantastic view from the summit (857m).

- Approx. 7.2km one way (2h.30min.) from Lake Mashu Observation Deck No.1. The elevation gain is about 311m.
- Please register your name in the notebook in the wooden post at the trail entrance before you start hiking.

#### **8** Mt. Nishibetsu Hiking Trail 西別岳登山道 [C-4]

If you start from Lake Mashu Observation Deck No.1, take the trail to Mt. Mashu and then at the junction of Mt. Nishibetsu, follow the signs. If you start from Nishibetsu-goya (hut) parking lot on the forest road in Shibecha town, three different wildflower communities will greet you in each season. Spectacular mountain views of Akan-Mashu National Park, Siretoko and Kunashiri Island can be seen from the summit (799.5m).

- Approx. 8.2km one way (2h.15min.) from Lake Mashu Observation Deck No.1. The elevation gain is about 254m.
- Approx. 3.3km one way (1h.30min.) from Nishibetsu-goya (hut) parking lot. The elevation gain is about 465m.
- Please register your name in the notebook in the wooden post at the trail entrance before you start hiking.

#### **⑨ Mt. Pekere Hiking Trail** ペケレ山登山道 [A-5]

Mt. Pekere is called "Pekere-ewa" in the Ainu language. "Pekere" means "bright" and "ewa" means "hill". From the summit (732m), you can enjoy a panoramic view of east Hokkaido including Kussharo Caldera, Mashu Caldera, Konsen Plateau, Mt. Oakan and Mt. Meakan.

• Approx. 2.5km one way (1h.30min.) from the parking lot on the forest road. The elevation gain is about 480m. • Please register your name in the notebook in the wooden post at the trail entrance before you start hiking.

#### 🥌 Mashu Kussharo Trail 摩周・屈斜路トレイル

The 62 km Mashu Kussharo Trail (MKT) runs from the Mashu Caldera, overlooking Lake Mashu, to Bihoro Pass on the western rim of the Kussharo Caldera, with views over Lake Kussharo. Please visit the MKT website for more details. https://mashukussharotrail.jp/en/

#### Know Before You Go K

1. In bad weather, there may be dangers of sliding down, falling rocks, falling trees & branches, avalanches and mudslides. Even in good weather, accidents can happen in the wilderness. Please be aware of potential dangers and know that going into the forests or mountains is fully your own responsibility.

2. Do not stray from trails or mountain tracks.

3. Bring back all garbage with you.4. Do not feed or approach wild animals.

5. A high clearance 4WD vehicle is recommended when you drive on forest roads. However, Please note forest

ads may be closed depending on road conditions. 6. Please visit Kawayu Visitor Center to get a map and information about the trails before you go for a walk.

\* Kawayu Visitor Center [B-3] → www.kawayu-eco-museum.com/english/

# **Campsite**

#### Wakoto Campsite (RECAMP Wakoto)

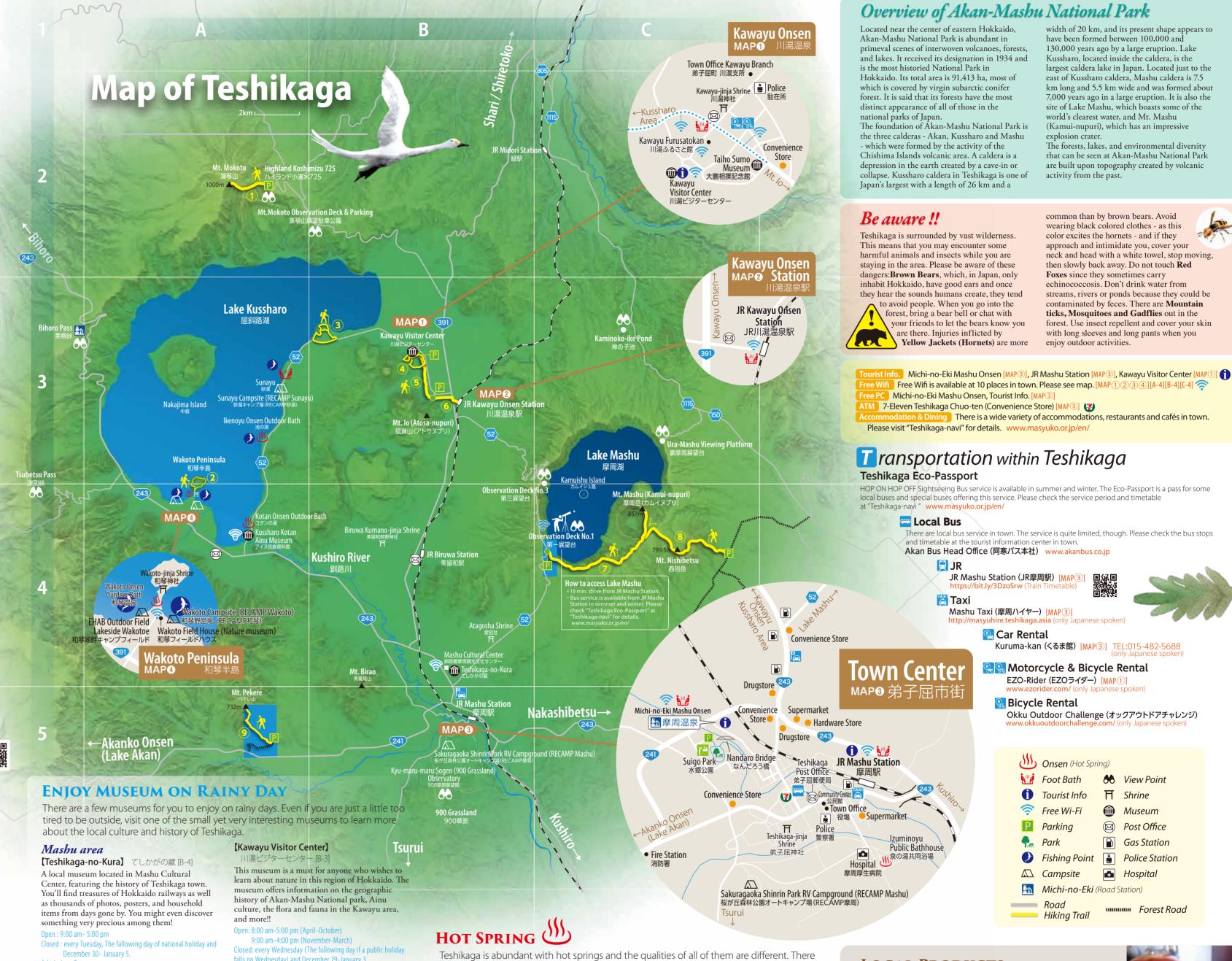
和琴野営場(RECAMP和琴)[A-4] Open: late April – early November.

www.nap-camp.com/hokkaido/14159

#### **EHAB Outdoor Field Lakeside Wakoto**

和琴湖畔キャンプフィールド [A-4] Open: April – November.

Please inquire about winter season (December - March) operation. https://outdoorfield-ehabwakoto.amebaownd.com Sunayu Campsite (RECAMP Sunayu) 砂湯キャンプ場 (RECAMP 砂湯) [A-3] Open: mid March - mid November. www.nap-camp.com/hokkaido/13247 Sakuragaoka Shinrin Park RV Campground (RECAMP Mashu) 桜が丘森林公園オートキャンプ場 (RECAMP摩周) [B-5] Open: April – end of December. www.nap-camp.com/hokkaido/13251



are many outdoor hot spring baths and foot baths right in the middle of Teshikaga's

beautiful natural surroundings that you can use for free. Using the hot springs at a public

bathhouse or a day use facility at a hotel is another option. Among them, the water of

Kawayu Onsen will beautify your skin due to its high acidity (PH of about 1.8). Facilities

Kotan Onsen [A-4] コタン温泉

Ikenoyu [A-3] 池の湯

provide 100% natural hot spring water.

Wakoto Onsen [A-4] 和琴温泉

falls on Wednesday) and December 29-January 3.

www.kawayu-eco-museum.com/english,

[Kussharo Kotan Ainu Museum]

Opened in 1982, this museum has been educating

about the lives of the Ainu people who have lived

can also experience Ainu culture for yourself! Try

on traditional Ainu clothing and have your picture

in Kussharo Kotan (village) for a long time. You

taken. The instructor will teach you about the

significance of Ainu patterns and embroidery.

Open: 9:00 am - 5:00 pm (April 10 - November 30)

Admission: JPY 420 / adult Tel: 015-484-2128

屈斜路コタン アイヌ民族資料館 [A-4]

Admission: Free

Tel: 015-483-4100

Kussharo area

Closed: December 1 - April 9

Admission: Free

Tel: 015-482-1811

Kawayu area

Open: 9:00 am-5:00 pm

https://bit.ly/43KjP2b

Tel: 015-483-2924

Admission: JPY 420 / adult

【Taiho Sumo Museum】大鵬相撲記念館 [MAP①]

Since the great Yokozuna (Sumo Champion),

his great triumph. You can even try on the

surprisingly heavy "keshomawashi" - a sumo

wrestler's ceremonial apron - in the museum.

Taiho, spent his boyhood in this town, a Sumo

Museum and his statue were built to memorialize

climate. **Mashu Soba** – flavorful greenish buckwheat noodles – has a great reputation by soba professionals all around Japan. About 10





Niew Point

**开** Shrine

Museum

Post Office

Gas Station

Police Station

Forest Road

**♣** Hospital

Hiking Trail

width of 20 km, and its present shape appears to

have been formed between 100,000 and

130,000 years ago by a large eruption. Lake

Kussharo, located inside the caldera, is the

largest caldera lake in Japan. Located just to the east of Kussharo caldera, Mashu caldera is 7.5

km long and 5.5 km wide and was formed about

7,000 years ago in a large eruption. It is also the

site of Lake Mashu, which boasts some of the

The forests, lakes, and environmental diversity

are built upon topography created by volcanic

that can be seen at Akan-Mashu National Park

world's clearest water, and Mt. Mashu

common than by brown bears. Avoid wearing black colored clothes - as this

color excites the hornets - and if they

Foxes since they sometimes carry

enjoy outdoor activities.

approach and intimidate you, cover your

then slowly back away. Do not touch Red

echinococcosis. Don't drink water from

neck and head with a white towel, stop moving,

streams, rivers or ponds because they could be

forest. Use insect repellent and cover your skin

contaminated by feces. There are Mountain

ticks, Mosquitoes and Gadflies out in the

with long sleeves and long pants when you

explosion crater.

activity from the past.

(Kamui-nupuri), which has an impressive

#### LOCAL PRODUCTS

Local products in Teshikaga benefit from the fertile land and cool different types of **potatoes** are produced in Teshikaga, and each potato is cooked in a different way. Mashu Melon, which is well known for its high sugar content, is one of the best fruits in town. Mashu Pork and Mashu Beef are also must eat products if you visit Teshikaga. You can enjoy Pork Bowl - pork on top of a bowl of rice, and Beef BBQ at local

