

Eastern Hokkaido



The Mysterious Lake **Lake Mashu**
For Independent Teshikaga Tour Pamphlet

Plan1 Driving/View Point
半日ドライブコース ● 景勝地めぐり

It begins the view of Lake Mashu.
摩周湖から旅が始まる

Lake Mashu

Teshikaga Town protects Lake Mashu's natural environment, which is famous all around the world, and has begun environmental conservation activities so that the next generation can also enjoy it.

Plan2 Challenging/Nature
1日体験コース ● 自然体験は川へ森へ

Canoeing Down Kushiro River (3hrs.) Lake Kussharo 9:00 ▶ Biruwabashi 12:00
※Gathering and dispersal times are different according to tour guides.

原始の川に漂うカヌートリップ
Let's start canoeing in Kushiro river

Azaleas
Kingfishers

Plan3 Relaxing/Osen
1泊2日登山温泉コース

Climbing Mt. Moko 9:00 (round trip - 3hrs.) ▶ Starting Point 12:00
▶ Visiting Outdoor Baths-Footbaths 13:00 ▶ Accommodation Facility 16:00
▶ Lake Mashu Hoshi Kikou 20:30

湯治という伝統文化がある。
Osen makes Japanese mind.

The Osen cure is the way to increase your natural healing ability and cure illnesses by taking Osen baths. The footbaths in Teshikaga Town, which is Osen paradise, can be enjoyed casually and are popular with travelers because they can relax your tired feet. They can be enjoyed for free in innumerable Kawayu locations such as those in front of Mashu Station and Kawayu Stations. You may be able to gather information on hot spots as the local townspeople use them, too.

Plan4 Staying / East Hokkaido Region
3泊4日道東満喫コース

DAY ①: Memambetsu Airport 13:00—Koshimizu Wild Flower Park 14:30—Bihoro Pass 16:00 (Staying at Teshikaga) DAY ②: Kayadai 9:00—Nomura Peninsula 10:30—Trans-Shiretoko Road 12:30—Shiretoko Five Lakes 14:30 (Staying at Teshikaga) DAY ③: Lake Kussharo (Kushiro River Canoeing) 9:00—Biruwabashi 12:00—Mt. Ioh 14:00—Lake Mashu 15:00 (Staying at Teshikaga) DAY ④: By Lake Akan 9:00—Onneto 10:30—Kushiro Wetland Nat. Park—Hosooka Lookout 14:00—Kushiro Airport 16:00

Lake Mashu Lookout 9:00 (30mins.) ▶ Mt. Ioh 10:00 (30mins.)
▶ Sunayu 11:00 (30mins.) ▶ Wakoto Peninsula Stroll (includes Oyakatsu Hell) 12:00 (90mins.) ▶ Bihoro Pass 14:00 ※Times in the parentheses indicate times spent at the locations

Lake Mashu, which boasts some of the clearest waters in the world, and Lake Kussharo, which is the largest caldera lake in Japan, are surrounded by their everlasting wilderness and many legends. A trip filled with various experiences can be enjoyed in just half a day as there is Mt. Ioh, which blows out its volcanic smoke in many spots at the center of the two mystical and beautiful lakes, the nature strolls of the Wakoto peninsula, which has an ecosystem with unique plants and animals, the Sunayu, where Osen can be found when the sand at the lakeside is dug up, and more. The sight of lake Kussharo and Nakajima from Bihoro Pass above, and their grand scale and beauty will take your breath away.

2 lakes
個性を競う二つの湖

Lake Kussharo

Seeking the Voices of Birds and the Whispers of Nature

Canoe & Walk

原初の川に漂うカヌートリップ
Let's start canoeing in Kushiro river

Lake Mashu Mountain Trail

How about climbing up Mashudake in the summer while taking a hike? You can slowly enjoy the alpine plants, the ever-changing lake Mashu, etc. on the climbing road, which is mostly gentle courses along the outer rim of the crater of Lake Mashu. It takes about two and a half hours to get from the lookout to the summit. The steep climb at the end is a little tough, but the view from the summit is a sight that you cannot experience from the lookout.
※Please be careful at the top when it is crowded as it is rocky and narrow up there.

Health with Pure Osen Water

Enjoying the Mood that Osen Provide, and Understanding the Soul of Japan

Teshikaga Town is a town of Osen. There is a huge variety and quantity of springs that can be enjoyed in pleasant atmospheres all over the town, and most of them are with waters that come straight from the source. Baths in places such as hotels and guest houses are fine, but taking an outdoor Osen bath while listening to the chirping of birds, feeling the refreshing wind against your skin, etc. is a special experience. The outdoor baths around Lake Kussharo make you feel one with the grand lake. Enjoy hot springs on your trips and outdoor experiences in the daytime, and view the glittering stars at night.

露天風呂

3 parks

Freely Enjoying Three National Parks on a Day Trip

There are many national parks, seminational parks, prefectural natural parks, and so on spread out all over East Hokkaido. Among them are the Akan Nat. Park, which covers most of Teshikaga Town, Shiretoko Nat. Park, which is a world natural heritage site, and Kushiro Wetland Nat. Park, which is a designated wetland under the Ramsar Convention. Their untouched nature makes them some of the favorite sites of naturalists. It is a pleasure to relax and take time to enjoy their grand scale.

White-tailed Eagles ©Shiretoko
Colorful Trees ©Lake Kussharo
Sunflower Field ©Teshikaga
Lake Rappa Tour ©Shiretoko
Sea Kayaking ©Shiretoko
Japanese Red-Crowned Crane

Go to Wetland
流れは釧路湿原まで続く

Teshikaga Town is located near the center of eastern Hokkaido and is the perfect place to go to all kinds of sightseeing spots from. Day trips to places such as Shiretoko and Okhotsk in addition to places such as Kushiro Wetland Nat. Park and Tsunoi Village, which is famous for its Japanese red-crowned cranes, can be made from there. Travelling by train can also be done because the Senmo Main Line runs between Kushiro and Abashiri. It only takes about an hour each to get to Kushiro, Memambetsu, and Nakashibetsu Airport, and a comfortable drive to the airport can be enjoyed as there are no traffic jams.

道東観光の核になる
ロケーションの良さが人気
Teshikaga is the Hub of East-Hokkaido

Kushiro Wetland National Park

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Deer at Lake Mashu / エゾシカ
Footbaths of the Kawayu Onsen Area

Outdoor bathing

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足湯

White Season

Experience the Uniqueness that Shines Brightly in the Winter

There are things in the great northern lands that can only be experienced when it is covered with snow and ice. One of them is the "Crossing of the Gods", where the cracked ice on the completely frozen surface of Lake Kussharo rises to form little mountain ranges of ice. Some of them may reach 10 kilometers in length and 2 meters in height, and the magnificence of these natural molds leaves those who see them speechless. Sights that can be enjoyed during this season such as the hundreds of swans and Japanese red-crowned cranes that come flying in to the Sunayu lakeside sooth the soul.

Swan at Lake Kussharo / Hakucho Omwatari
Omwatari / Crossing of the Gods

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