

TESHIKAGA

Private Trips/English

Travel Guidebook

Eastern Hokkaido

ひがし北海道

弟子屈



The Mysterious Lake

Lake Mashu

For Independent

Teshikaga Tour Pamphlet

Plan1

Driving/View Point

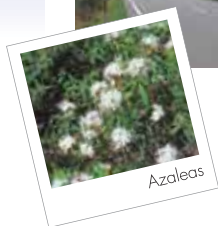
半日ドライブコース ● 景勝地めぐり

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.



Azaleas

山紫水明

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



Kingfishers

Canoeing is a great way to fully enjoy the nature of East Hokkaido. Kushiro River, which flows from Lake Kussharo, attracts canoeists from all over the country. There is a primal natural area at the bank of the riverhead and you will find yourself in a vast wilderness as you flow along the river. Spend all the time you want while fishing at a spot that makes it easy to enjoy it, horse trekking, trying dairy products at a ranch on a prairie, and more.

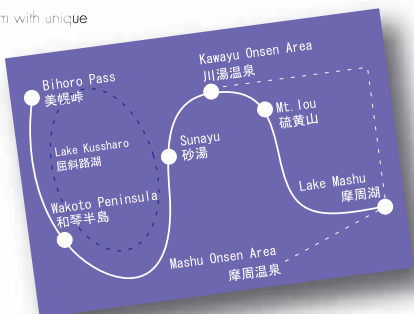


Canoe

Lake Mashu Lookout 9:00 (30mins.) ▶ Mt. Ioh 10:00 (30mins.)

▶ Sunayu 11:00 (30mins.) ▶ Wakoto Peninsula Stroll (includes Oyakotsu 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. Ito, 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 Onsen 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

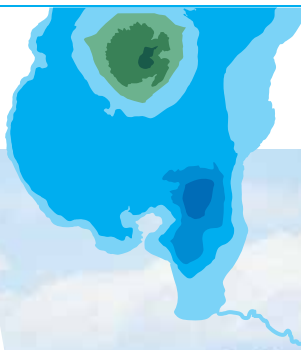
個性を競う二つの湖



Lake Kussharo

From Bihoro Pass

Seeking the Voices of Birds and the Whispers of Nature



& Walk

At Midoribashi / Kushiro River

Plan3

Relaxing/Onsen

1泊2日登山温泉コース

- Climbing Mt. Mokoto 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

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

Teshikaga Town is a town of Onsen. 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 Onsen 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

Goes to Wetland

流れは釧路湿原まで続く



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.

Lake Mashu Mountain Trail

Mt.MASHU Climbing Course

摩周岳への登山

Mashudake Climbing Course / #1 Lake Mashu Lookout ▶▶ Mashudake (round trip - about 5 hrs.)



Footbaths of the Kawayu Onsen Area



Footbaths of JR Mashu Station

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

The Onsen cure is the way to increase your natural healing ability and cure illnesses by taking Onsen baths. The footbaths in Teshikaga Town, which is Onsen paradise, can be visited casually and are popular with travelers because they can relax your tired feet. They can be enjoyed



Outdoor bathing

for free in innercity 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.

足湯

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

DAY ①: Memanbetsu Airport 13:00—Koshimizu Wild Flower Park 14:30—Bihoro Pass 16:00 (Staying at Teshikaga) DAY ②: Kaiyodai 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

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*

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 Tsurui Village, which is famous for its Japanese red-crowned cranes, can be made from there. Traveling 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, Memanbetsu, and Nakashibetsu Airport, and a comfortable drive to the airport can be enjoyed as there are no traffic jams.



Japanese Red-Crowned Crane

Akan / Kushiro Wetland / Shiretoko

We have big nature trips in 3 parks.

Akan, Kushiro Wetland Nat.

The existence of the national

A world-class natural environment

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.

3 parks



Mandarin Ducks©Kushiro River



Kamuiwakka Falls©Shiretoko



Hosopaka Lookout



White-Tailed Eagles©Shiretoko



Colorful Trees©Lake Kussharo



Sunflower Field©Teshikaga



Lake Rausu Tour©Shiretoko



Sea Kayaking©Shiretoko



Shiretoko Five Lakes

Freely Enjoying Three National Parks on a Day Trip

Experience the Uniqueness that Shines Brightly in the Winter



Deer at lake Mashu / エゾシカ

静寂の冬 *Cristal 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.



At the Outer Rim of the Crater of Lake Mashu

White Season



Swan at Lake Kussharo / Hakucho Omiwatari



Omiwatari / Crossing of the Gods



Lake Mashu in Winter



Access Diagram

てしかが / アクセス / ナビ

航空 / Airports & Airlines

- Kushiro Airport / JAL (Tokyo・Nagoya)
/ ANA (Tokyo・Okadama)
/ HAC (Shin-Chitose・Okadama・Hakodate・Asahikawa)
- Memambetsu Airport / JAL (Tokyo・Nagoya)
/ ANA (Tokyo・Okadama)
/ HAC (Shin-Chitose・Okadama・Hakodate・Asahikawa)
- Nakashibetsu Airport / ANA (Tokyo・Okadama)

JR (列車) / Trains & Station

- Sapporo — Obihiro — Kushiro ▶ Mashu・Kawayu Onsen (Teshikaga)
- Sapporo—Kushiro●Limited Express Super Aozora/about 3hrs. 50mins.
(8 lines per day, including Aozora)
- Kushiro—Mashu・Kawayu Onsen●Local Train/1hr. 15mins. to 45mins.
7 Senmo Main Lines(changes in accordance with seasons)
- Sapporo—Abashiri ▶ Kawayu Onsen・Mashu (Teshikaga)
- Sapporo—Abashiri●Limited Express Super Okhotsk/about 5hrs. 20mins.
(8 lines per day, including Aozora)
- Abashiri—Mashu・Kawayu Onsen●1hr. 15mins. to 45mins.
7 Senmo Main Lines(changes in accordance with seasons)

バス (長距離) / Long-Distance Buses

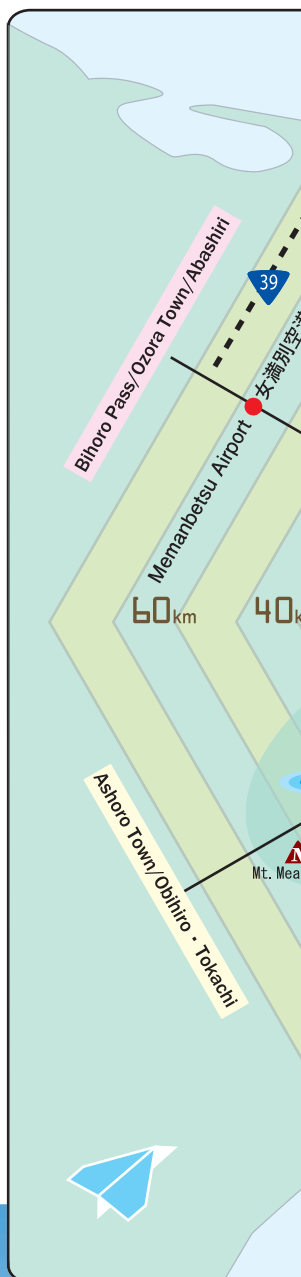
- Sapporo—Kushiro●about 6hrs. 30mins. 2 flights day and night
- Sapporo—Abashiri●about 7hrs. 2 flights day and night

観光・交通 / Teshikaga Yellow Page

| | |
|---|--------------|
| JR Mashu Station | 015-482-2030 |
| Akan Bus Kawayu Office | 015-483-2128 |
| Mashu Tourism Car Rental | 015-482-2260 |
| Matsuda Car Rental | 015-482-5688 |
| Mashu Hire | 015-482-3939 |
| Kawayu Sumo Memorium | 015-483-2924 |
| Kussharo Kotan Ainu Folk Museum (April to October) | 015-484-2128 |
| Kawayu Eco Museum Center | 015-483-4100 |
| Lake Mashu Rest House | 015-482-1530 |
| Mt. Ioh Rest House | 015-483-3511 |
| 900 Prairie Rest House (April to November) | 015-482-5009 |

官公庁・郵便局・病院 / Public Offices

| | |
|--------------------------------------|--------------|
| Teshikaga Town Office | 015-482-2191 |
| Teshikaga Police Station | 015-482-2110 |
| Kawayu Police Substation | 015-483-2151 |
| Teshikaga Fire Department | 015-482-2073 |
| Kawayu Fire Substation | 015-483-2216 |
| Teshikaga Post Office | 015-482-2440 |
| Kawayu Post Office | 015-483-2325 |
| Kawayu-Ekimae Small Post Office | 015-483-2246 |
| Biruwa Post Office | 015-482-2610 |
| Kussharo Post Office | 015-484-2021 |
| Mashu Welfare Hospital (emergencies) | 015-482-2241 |



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Kawayu Eco Museum Center ● A display unit that shows the nature, history, etc. of the area is set up and the staff members who live there explain the highlights of the season.



Kussharo Kotan Ainu Folk Museum ● It shows the schematics of the terrain around Lake Kussharo along with the lifestyles of the Ainu people, the history of Kotan, and more.

You can set various courses for yourself if you make Teshikaga the starting point of your travels in eastern Hokkaido. Teshikaga is also a town that serves as the center of many sights so access to main tourist spots outside the town is convenient. Plan your own trip according to your objective, curiosity, etc. while checking the distances of the places you want to visit.



How to View the Diagram

Directions, routes, national highways, street names, and distances to destinations from Teshikaga can be seen. The zones of the diagram are in units of 10km. Please refer to the "Drivers' Guide in the Teshikaga Area" on the right for details on distances to and between destinations and for times. It is recommended that you reconfirm locations with a commercial map or car navigation system as they may be inconsistent in the map and diagram.



Nomura Peninsula ● Northern prawns are caught with classic Utasebune boats from June to August.



Kaiyodai ● A spot near Nakashibetsu Airport that is famous for its nice view. The Northern Territories can be seen on clear days.



Lake Akan ● A view of Mt. Oakan from the lakeside. It takes about 3 hours to get to the summit from the starting point.



Kaminoko Pond ● A small pond on the way to the rear Mashu lookout. It is said that Lake Mashu's groundwater springs up from there.



Kawayu Sumo Memorium ● Built in 1983 to commemorate the achievements of the sumo champion, "Taiho", who has won 32 tournaments and was the champion for 10 years.



Kinmuto ● A pond that was made at the bottom of the ancient Atusapupuri volcano caldera, and hot water still continues to come out. It is a hidden scenic spot that is also a habitat for brown bears.

A Panoramic View of Lake Kussharo from the Sky

Teshikaga is a tourist spot with some of eastern Hokkaido's best resorts and sites for experiencing nature consisting of two lakes and many hot springs.

| | | | | |
|------------|--------|---------------|--------|--------------------|
| P | 駐車場 | Parking | ① 病院 | Hospital |
| WC | トイレ | Toilet | ② 神社 | Shrine |
| 〒 | 郵便局 | Post Office | ③ 消防 | Fire Dept. |
| 🏦 | 銀行 | Bank | ④ 交番 | Police Box |
| GS | 給油所 | Gas Station | ⑤ タクシー | Taxi |
| 🌋 | 温泉 | Onsen | ⑥ コンビニ | Convenience Store |
| BUS | バスセンター | Bus Center | ⑦ 警察 | Police Station |
| i | 観光案内所 | Tourist Info. | ⑧ 小学校 | Primary School |
| ▲ | キャンプ場 | Camping Site | ⑨ 中学校 | Junior High School |
| 👣 | 足湯 | Footbath | ⑩ 高校 | High School |

Travelling Times & Distances

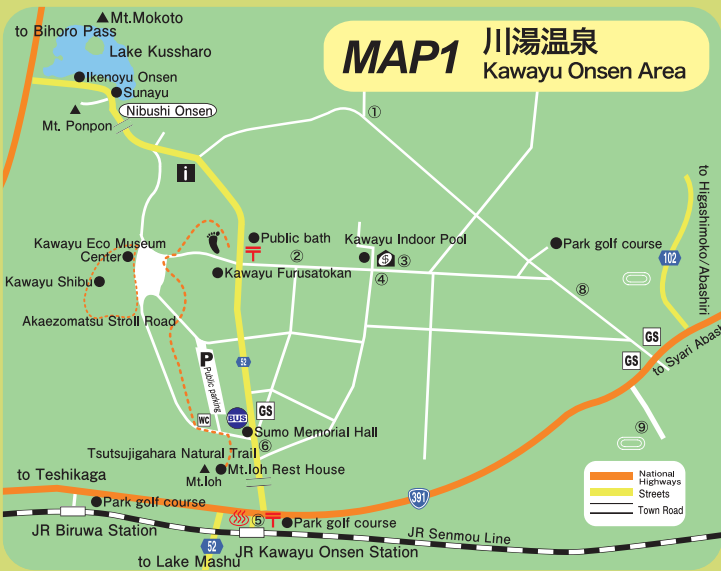
Drivers' Guide in the Teshikaga Area (times & distances)

D Around

55 km
60 min

▼ JR Mashu Station (Teshikaga) JR 摩周駅 (弟子屈)

| | | |
|----|--------------------------------------|---|
| 14 | ▼ Lake Mashu 摩周湖 | It shows the distances (upper · km) between main tourist spots of eastern Hokkaido centering on Teshikaga along with the amounts of time (lower · minutes) needed to reach them by car. Calculations of distances have been made with traveling at 55kpm. Times are in units of 5 minutes. JR Mashu Station serves as the center of Teshikaga Town. |
| 15 | ▼ Mt. Ioh 硫黄山 | |
| 18 | ▼ Lake Kussharo 屈斜路湖 | |
| 20 | ▼ Mt. Oakan 雄阿寒岳 | |
| 20 | ▼ Koshimizu Pass 小清水峠 | |
| 24 | ▼ Bihoro Pass 美幌峠 | |
| 25 | ▼ Mt. Mokoto 藻琴山 | |
| 25 | ▼ Turumidai 鶴見台 | |
| 37 | ▼ Nakashibetsu Airport 中標津空港 | |
| 40 | ▼ Lake Tohro 塘路湖 | |
| 40 | ▼ Lake Akan 阿寒湖 | |
| 42 | ▼ Kushiro Wetland Nat. Park 釧路湿原 | |
| 42 | ▼ Koshimizu Wild Flower Park 小清水原生花園 | |
| 44 | ▼ Mt. Shari 斜里岳 | |
| 45 | ▼ Hosooka Lookout 細岡展望台 | |
| 45 | ▼ Memanbetsu Airport 女満別空港 | |
| 46 | ▼ Kushiro Airport 釧路空港 | |
| 48 | ▼ Utoro/shari ウトロ | |
| 50 | ▼ Rausu 羅臼 (知床) | |
| 50 | ▼ Nemuro 根室 | |



MAP4 TESHIKAGA / 弟子屈全図

位置 Location

At east longitude 144 degrees - 13mins. to 36mins.,

north latitude 43 degrees - 23mins. to 42mins.

Altitude: 102.7m (before offices)

Teshikaga Town is located in the northern part of the Kushiro subprefecture and its northwestern face is connected to the Abashiri subprefecture with a range of steep mountains. On the east is the Nemuro Plateau and Kushiro Wetland Nat. Park can be reached through Shibecha Town in the south.

広さ Territory

East-West: 28.8Km

South-North: 31.0Km

Area: 774.7Km



Travelling Distances

町内のドライブ案内 (距離 Km)

D In the town

▼ JR Mashu Station 摩周駅

| | |
|------|---|
| 0.4 | ▼ Teshikaga (Town Office) 弟子屈 (役場) |
| 1.5 | 3.8 ▼ Info. Teshikaga 道の駅 / 弟子屈 |
| 1.5 | 3.8 0.2 ▼ Water Park 水郷公園 |
| 3.9 | 7.3 4.6 3.9 ▼ 900 Sougen Lookout 900 草原 |
| 9.1 | 8.5 12.5 11.0 23.4 ▼ Kinmutou キンムトー |
| 14.6 | 14.3 13.6 13.9 19.0 16.3 ▼ Lake Mashu 摩周湖 |
| 20.2 | 14.5 19.2 19.6 23.5 10.9 13.0 ▼ Sumo Memorial Hall 川湯相撲記念館 |
| 20.6 | 15.0 19.7 20.0 23.9 11.3 13.4 0.4 ▼ Kawayu Eco Museum Center 川湯エコミュージアムセンター |
| 16.8 | 17.0 16.1 19.1 23.7 11.1 13.2 0.3 0.4 ▼ Kawayu Onsen 川湯温泉 |
| 14.4 | 17.1 13.9 16.8 20.7 8.1 10.2 3.3 3.7 3.5 ▼ JR Kawayu Onsen Station 川湯温泉駅 |
| 18.6 | 18.3 17.7 18.0 21.9 9.3 11.4 2.1 2.6 2.3 1.7 ▼ Mt. Ioh 硫黄山 |
| 20.2 | 19.9 19.2 19.6 23.0 6.5 23.9 11.1 10.6 10.9 14.3 13.1 ▼ Wakoto 和琴 |
| 21.0 | 20.0 20.0 21.0 10.3 25.5 15.0 14.5 14.7 17.5 17.0 4.4 ▼ Kussharo Kotan 屈斜路コタン |
| 23.0 | 22.7 22.0 22.3 26.2 2.8 20.7 7.8 7.4 7.6 11.0 9.9 13.1 7.1 ▼ Sunayu 砂湯 |

気象 Weather

Average Temperatures

Summer: 14.6°C, Winter: -5.9°C (Teshikaga Area)

Summer: 15.4°C, Winter: -7.4°C (Kawayu Area)

It is generally a cool place and the average yearly temperature is 4.8°C. The first snows fall in early November and they stack up to 50 to 100 centimeters, which is relatively low, but the cold temperatures are harsh. The average temperatures between December and March are all below zero so much of the soil is frozen.

However, the winters are mostly that of the Pacific side so the weather is clear on many days. The plants bloom in early summer and there is rainfall in the agricultural time of summer so there are some regions where dairy products are the main products.



On the left are approximate distances to the good spots and various facilities in the town. JR Mashu Station serves as the center of Teshikaga.

Round trip from #1 Lake Mashu Lookout to Mashudake About 5 hours on a hiking route up the mountain

Scale: 1/200,000



イベント/体験ガイド

Diamond Stand in Kawayu

The natural phenomenon, the Diamond Stand, where the moisture in the air freezes and glitters, usually cannot be seen until the temperature drops to -12°C or below. This event lets you experience such a harsh cold and beautiful view. The countless sparkles and shines dancing around in the air take you into a world of fantasy.



Lake Mashu Hoshi Kikou

The stars that look as if they are falling into the mysterious lake in an atmosphere of clean air and serenity. Here, you can see the constellations in different locations as the seasons change because there are no artificial lights, and feel the magnificence of space. Feel free to ask many questions because there are kind guides who are willing to tell you anything they know.



Tsutsujigahara Stroll

A 2.5-kilometer stroll from the Kawayu Onsen Area, through a forest, and down to Tsutsujigahara. The course with local volunteers that serve as guides is popular and on it you can see a vast field of azaleas with Mt. Ioh in the background. The white flowers that bloom from mid-June to early July are beautiful. There is a barrier-free road in the forest on the first 800 meters from the starting point.



Camellia Forest Stroll

Behind the Kawayu Eco Museum Center is the gateway to paths for nature strolls such as the "Camellia Forest" (about 800 meters) and the "Great Spotted Woodpeckers' Path" (about 2 kilometers). Inside the quiet forest that is unbelievably so close to a hot springs area is a treasure chest of plants and animals that is perfect for forest bathing. Visitors can get guided tours of the Camellia Forest provided for free by the staff members of the center.



A Walk Around Wakoto Peninsula

There is a path for nature strolls on Wakoto Peninsula, which extends out from the southern side of Lake Kussharo, and it can easily be enjoyed on family trips as its distance is only 2.5 kilometers. The Wakoto minmin chichadas, which are specified national natural treasures, can be found there among other various plants and animals, along with Oyakotsu Hell, which blows its fumes at the tip of the peninsula. See the wonderful nature with a local eco tour guide.



旅の特産品 / For Your Gift

In Teshikaga's broad area and cold climate; there are also agricultural products that have been fostered there for ages. First, there is the popular Mashu melon, which has a high sugar content and well-balanced flavor due to the large temperature differences between day and night. It is the melon that ripens the latest in Japan. Mashu buckwheat noodles, which are popular among buckwheat noodle fans across the country, can be enjoyed at local restaurants, and products such as buckwheat flour and buckwheat shochu make great gifts.



TESHIKAGA

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Tourist Information / 観光のお問い合わせ

Lake Mashu Tourism Association 015-482-2200

Tourism Portal Site

<http://www.masyuko.or.jp>

Issued by: Teshikaga Town

〒088-3292 Hokkaido, Kagakami-gun, Teshikaga-cho, Chuo, 3-3-1

TEL: 015-482-2191 FAX: 015-482-5669

Travel Guidebook