

A Land with Everything

Northern Hokkaido Guidebook

North Hokkaido Sightseeing Association

Experience the Great Outdoors in Dohoku, Hokkaido, Land of Excitement and Freedom!

Dohoku is the northern part of Hokkaido, stretching out from the north-flowing Teshio River, from Asahikawa all the way to Wakkanai. Many parts of this vast land are yet untouched by human hands, with massive, bountiful lakes that lie deep in densely forested areas.

More and more people are heeding the northern call of Dohoku, and coming to enjoy the freedom of an outdoor journey.

Canoe and camp in the Teshio River Basin, or travel by bicycle from south to north along Route 40 and the other well-maintained roadways of the area.

Or take a train, not only for the ease of travel but as the perfect way to take in Dohoku's unique scenery.

Leave the conventional behind, and plan a special trip perfectly tailored to your own, personal enjoyment.

A Land with Everything—Welcome to Dohoku, where you are free to choose your own path.



Access to Northern Hokkaido *Determined at Nayoro City

TOKYO
Tokyo International Airport
(Haneda Airport)



Tokyo (Haneda) - Shin Chitose Airport
Approx. 1 hour 30 min.
Tokyo (Haneda) - Asahikawa Airport
Approx. 1 hour 40 min.



Shin Chitose Airport Sta. - Sapporo Sta.
Approx. 40 min.
Sapporo Sta. - Nayoro Sta. Approx. 150 min.
Asahikawa Sta. - Nayoro Sta. Approx. 60 min.



Sapporo -
Approx. 18
Asahikawa
Approx. 90



Nayoro
0 min.
- Nayoro
min.



Asahikawa Airport - Nayoro Sta.
1 day(approx. 100km)
Asahikawa Airport - Wakkanai (Cape Soya)
3 days(approx. 330km)

Issued by / North Hokkaido Sightseeing Association (Nayoro City, Shibetsu City, Wassamu Town, Kembuchi Town, Horokanai Town, Shimokawa Town, Bifuka Town, Otoi-neppu Village, Nakagawa Town)
http://www.douhoku.com/douhokukankou_top.html
Office / NAYOPRO Sightseeing and Town Planning Association (NPO)
Ekimae Koryu Plaza Yorona 1F, 1-10, Higashi 1-jo Minami 7 chome, Nayoro City
<http://www.nayoro-kankou.com/>

Adventure on the Great River



Teshio River

The Teshio River, a Hokkaido Heritage Site, flows from south to north for 256km. Around 160km of that distance is completely untouched by humanity, and is the greatest distance in all of Japan that you can tour by canoe. The deep forests that surround this area have been left to their own devices, and you may find yourself feeling as though you are the only person left in the entire world. Travel the river at your own pace, stopping to camp with friends, occasionally exploring the banks or even do a little fishing.



To travel the Teshio River:

●Bifuka Town

Cosmos Canoe Kikaku
http://www.d1.dion.ne.jp/~ksms_70/
River Trip Camel <http://camel-trip.biz/>

●Otoineppu Village

Teshio River Hot springs
Riverside Park Camping Ground
919 Sakkuru, Otoineppu Village, Nakagawa District

Getting Back to Basics



Craft & Play

Begin by crafting tools that perfectly suit you as you soak in the blessings of the natural world that surrounds you. Then, when you are ready for your next challenge, take it to the great outdoors. Whittle cups and plates from a tree and make yourself a meal wherever you wind up, or even glide down a snowy mountain on a handmade snowboard. We call this experience of creation and enjoyment "Craft & Play" and we believe that it will help you truly become one with Mother Nature in every season, in all her temperamental glory.



Recommendations for Craft & Play

●Bifuka Town

River Trip Camel <http://camel-trip.biz/>

●Otoineppu Village

Sansontoshi Koryu Center Mokuyukan Woodcraft Workshop
Aza Otoineppu 179-1, Otoineppu Village

●Shimokawa Town

Mori no Seikatsu (NPO) <http://morinoseikatsu.org/>

Charming Inconvenience



Eco Mobility

Eco-Mobility is a new way to travel that combines public transportation with "self-powered" activities such as bicycling, canoeing and hiking to add an all new layer of enjoyment to your sight-seeing journey by making the actual travel a part of the fun. For example, head to the general vicinity by JR, then rent a bicycle and travel to Teshio River. Once you reach the river, load your bicycle on a canoe and take to the water. The Dohoku area is the perfect place for this style of journey because the river, highway and train tracks all run parallel to each other.



Rental Bike Station

●Kembuchi Town

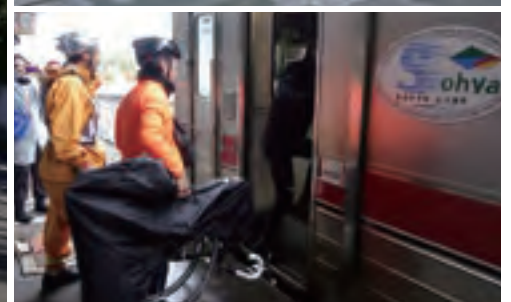
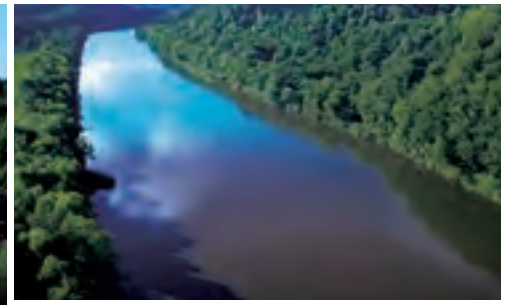
Viva Alpaca Farm, 3733 Higashimachi, Kembuchi Town

●Nayoro City

Ekimae Community Plaza Yorona
1-10, Higashi 1-jo Minami 7-chome, Nayoro City

●Nakagawa Town

Napauto Park, 439-1 Nakagawa, Nakagawa Town



Dohoku Area Map

Southern Dohoku

● Wassamu Town ● Kembuchi Town ● Horokanai Town (South) ● Shibetsu City

Central Dohoku

● Nayoro City ● Shimokawa Town ● Horokanai Town (North)

Northern Dohoku

● Bifuka Town ● Otoiueppu Village ● Nakagawa Town





Southern Dohoku

Dohoku Travel Map

- **Wassamu Town**
Wassamu
- **Kembuchi Town**
Kembuchi
- **Horokanai Town (South)**
Horokanai
- **Shibetsu City**
Shibetsu

This is the area just north of Asahikawa City that extends from Wassamu Town. Wassamu itself is famous for pumpkin, winter cabbage and other agriculture, as well as for being the birthplace of the All-Japan Ball-Toss Championship (a sport where teams race to shoot multiple balls into a basket simultaneously). North of Wassamu lies Kembuchi Town, which was the location of the movie, Jinjin. You should try checking out all the places that were used! To the west is Horokanai Town, the village famous for soba. This area boasts the largest agricultural fields of soba in all of Japan. The harvest is shipped south to the rest of the Japan, so maybe that soba you enjoyed in Tokyo was actually from Horokanai!! Also be sure to check out Shibetsu City, the northernmost part of this area, where Suffolk sheep are raised. This area is said to have some of the highest grade meat for Genghis Khan (lamb) and other classic Hokkaido dishes! Make sure to give it a try!



Wassamu Town



1 Meoto Iwa Rock

Meoto Iwa Rock looks out over Wassamu

On top of the southern hill which overlooks the town, "Otokoiwa" and "Onnaiwa" (boy and girl rock, respectively) stand 10 meters-tall, flanked by their little child, "Koiwa". It is said that these rocks are hardened lava that is the result of volcanic activity 12 to 13 million years ago.



2 Shiokari Pass Memorial Hall

At the restored former home of novelist Ayako Miura, you can take a look at the room in which her novel, Hyoten, was written or peruse various documents on display related to the novel and film, Shiokaritage.

Wassamu Town has more acreage of pumpkin farmland than anywhere else in Japan! This area is also working on developing the "Stripe Pepo", and kind of pumpkin with edible seeds.



Inquiries/
Wassamu Town Office Industry Promotion Section; Commerce, Tourism and Labor Dept.
TEL. 0165-32-2423 <http://www.town.wassamu.hokkaido.jp/>

Shibetsu City



3 Suffolk Land Shibetsu Hitsuji-to-Kumo-no-Oka

Local Lamb Meat Brand: Shibetsu Suffolk Lamb

Dine on rare, Shibetsu lamb cuisine created at the Hitsujikai-no-Ie restaurant as you look out on herds of Suffolk Lamb grazing in vast pastures. Also be sure to check out Sekai-no-Menyo-Kan where you can feed sheep from all over the world, or try your hand at making something with wool at the Menyo Kogei-Kan Kururun.



Ten Cider

Local cider made from Teshio River water and Shibetsu Beet Oligo sugar.



4 Mt. Teshio

At 1557.6m this is the highest peak in the Kitami Mountains. This area is also the habitat of the Ezo Naki Usagi, a rare breed of Northern Pika.

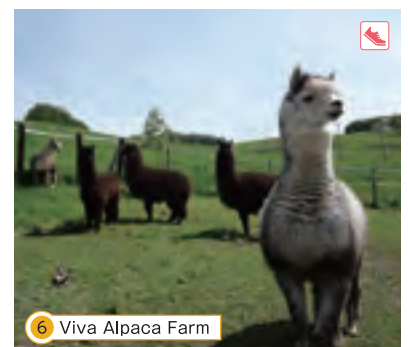
Inquiries/
Shibetsu Tourism Association TEL.0165-29-2225
<http://www.shibetsu.ne.jp/kanko-k/>

Kembuchi Town



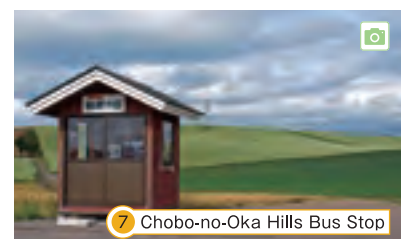
5 Kembuchi Ehon-no-Yakata

40,000 picture books of both domestic and overseas origin are collected here. Select from a variety of activities for people of all ages, from story-telling classes using the facility's picture books or writing workshops, and even spaces to play with wooden toys. The Ehon-no-Sato Grand Prize is awarded every summer as decided by visitors' votes.



6 Viva Alpaca Farm

Here, you can interact with fluffy alpaca! They are very friendly, so try giving them a snack! Rental bicycles are also available here.



7 Chobo-no-Oka Hills Bus Stop

Kembuchi Town was used as the location for the movie, Jinjin, and particularly important scenes were shot here. This bus stop was set up specifically for the movie and has continued to be kept up, though it is not used by buses.

Inquiries/
Kembuchi Town Tourism Association TEL.0165-34-3848
<http://www.kembuchi-kankou.com/>

Central Dohoku Travel Map

- **Nayoro City**
Nayoro
- **Shimokawa Town**
Shimokawa
- **Horokanai Town (North)**
Horokanai

There are two towns and a city in central Dohoku. There is much to see in this vast area, where beautiful pastoral landscapes and forests spread far and wide. Nayoro City is known as the city of sticky rice, and the area's Michi-no-Eki features a diverse range of rice cake with sweet beans for sale. Sunflowers bloom across the region in summer, which attracts many tourists to the area. Also be sure to head to the Observatory to get a beautiful view of the stars. Shimokawa Town is known for tackling the issue of self-sufficient energy through wood biomass boilers. Here, special attention is paid to forest environment education, and the area's children are familiarized with the forest even before beginning school. In the northern part of Horokanai there is a forest and lake that are said to be one of the area's best kept secrets. Enjoy year-round fishing at Lake Shumarinai, Japan's largest manmade lake, whether it be for Ito, known as "the phantom fish" by locals, or Wakasagi in the winter months. The campgrounds and on-site lodgings will help guarantee that the time you spend in nature will also be incredibly comfortable.



Nayoro City



8 Sunflower Festival

5 Million Sunflowers in Full Bloom

Held across the city every year from the end of July until the middle of August. The main event grounds are Sunpillar Park, which is decked in lights in the evening. The whole area is transformed into a special dreamscape at night that has to be seen to be believed.



9 Nayoro Observatory Kitasubaru

The Pirika telescope in Nayoro is the most powerful in Japan, and enables an unrivaled view of the starry night sky. This area is known for having exceptionally clear weather, making this view all the more breathtaking.



10 Sweet Bean Cake

Sticky rice is one of the area's famous delicacies. This treat is used for confectionery nationwide, and more than 15 colorful varieties are available here.

Inquiries/
Nayoro Sight-Seeing and Town Planning Association TEL.01654-9-6711
<http://www.nayoro-kankou.com/>

Horokanai Town (North)



11 Lake Shumarinai

Standing on the shores of Japan's largest artificial lake will make you feel as though you had traveled to Northern Europe. This area is known as a mecca for fishing and outdoor activities because of the way it protects nature and endangered species, such as the Ito. Popular activities include camping and Ito fishing in the summer, and ice fishing in the winter. Dutch oven cuisine made of local ingredients is offered nightly at the nearby Lake House Shumarinai.



12 Shiragane-no-Oka Buckwheat Fields

The Largest Buckwheat Producer in Japan

Horokanai Town is known as the land of soba because it has more acreage of buckwheat farming than anywhere else in Japan, as well as the largest yield. The entire area is blanketed in pure white buckwheat flowers from late July to early August, an event which is so beautiful it is said to be Horokanai's second yearly snowfall. The buckwheat is a beautiful sight—and the soba made from it tastes incredible!



Inquiries/
Lake Shumarinai World Center, NPO, Inc.
Aza Shumarinai, Horokanai Town TEL.0165-38-2029
<http://syumari.com/>

Shimokawa Town



13 Ki-no-Kokoro Woodworking Workshop
<http://kinokokoro.net/>

Whittle your own personal pair of chopsticks from local wood, or select from an array of accessories and furniture that specially feature each piece of wood's unique knots and shape.

Chopstick Making ■ 10:00am to 6:00pm (reservation required) ■ Length: Approx. 1hr 30min
■ Adults: ¥1,000 ■ Jr. HS students and younger: ¥500 (8 people max)



14 Minamiya: Handmade Udon and Charcoal Grill
<http://shimokawa-minamiya.com/>

The noodles used here are made inside the town from Shimokawa Town Haruyutaka wheat. People travel from far and wide to enjoy the incredible consistency and delicious flavor of the noodles served here.



15 Great Wall

This tourist spot features items crafted by the locals. Candles in ice lanterns are used to decorate the area in February, and their light is sure to protect you against winter's chill.

Inquiries/
Shimokawa Tourism Association TEL.01655-4-2718
<http://www.shimokawa-time.net/>

Northern Dohoku

Dohoku Travel Map

- **Bifuka Town**
Bifuka
- **Otoineppu Village**
Otoineppu
- **Nakagawa Town**
Nakagawa

The two towns and single village of this area lie along the Teshio River. Railways were developed throughout the region's towns and villages due to the fact that Teshio River was once used for the transportation of wood. Today, that history is still apparent in the variety of activities that can be enjoyed in Bifuka Town, such as canoeing along the Teshio River. Other popular points include the Michi-no-Eki (Roadside Rest Area) and Bifuka Island, croquettes made of potatoes farmed in the town as well as soft-serve ice cream and cheese made from locally produced milk. Otoineppu Village is famous for its black soba, which is made with buckwheat that has not been shelled. About 10km away in the Osashima area, you can find an art museum dedicated to the late Bikky Sunazawa, a famous sculptor. Nakagawa Town is still covered in natural forest, so much of the local industry still relies on logging. The technique and craft of this local culture is on full display at Kikori Matsuri (Woodcutting Festival) held every winter.



Bifuka Town



16 Truck Okoku (Rail Car Park) Bifuka
<http://www.bifuka-kankou.com/torokko.php>

Here the out-of-service Biko Line has been repurposed for trolley rides. Hop on a trolley and enjoy a slightly bumpy ride along the tracks that is about 10km round trip. If you have a driver's license, you can even try out steering for yourself!



Enjoy a guided canoe tour along the Teshio River. These guides will teach you about the many ways to enjoy the river.



17 Matsuyama Marsh

One of Japan's most important wetlands. This high-elevation marsh sits at an altitude of 797m across 25 hectares of land. The hiking trail is a beautiful walk through nature that takes about 30 minutes one way from the trail head and has a beginner's route for first-time hikers.

Inquiries/
Bifuka Town Tourism Association TEL.01656-9-2470
<http://www.bifuka-kankou.com/>

Nakagawa Town



18 Teshio de Mizukiri Hokkaido Stone Skipping Championship

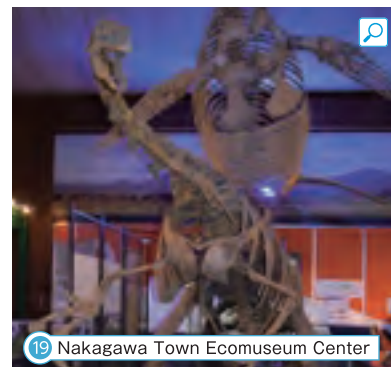
Only in Hokkaido! Skipping stones in the great Teshio River.

Players compete to be the one whose stone bounces across the surface of the water the most times. While many of us enjoyed this game when we were young, this competition held every year in July features participants of every age.



Haskap Honeysuckle Soda

This soda was made to share the delicious flavor of the region's haskap honeysuckles. This drink uses 5% haskap honeysuckle juice and has no additives. This is a soda with a grown-up flavor characterized by strong carbonation and refreshing acidity.



19 Nakagawa Town Ecomuseum Center

This museum features fossils that were excavated in the area. You can try out being an archeologist yourself during our summer excavation workshops.

Inquiries/
Nakagawa Town Tourism Association
TEL 01656-8-7085 <https://nakagawatourism.com/>

Otoineppu Village



20 Hokkaido Meimei Monument

This monument commemorates the time during the Tokugawa Shogunate when the explorer Takeshiro Matsuura visited the Osashima area and named this region Hokkaido. In 2018 we celebrated 150 years since the island first received its name. When you visit this landmark, take a moment to look out over the same view that once inspired a great explorer to name this land Hokkaido.



21 Ecomuseum Osashima Center
<http://bikkyatelier3more.wixsite.com/atelier3more>

Over 100 works by the late sculptor Bikky Sunazawa are on display here, giving visitors a strong sense of the era in which Sunazawa lived as well as the time he spent creating his masterpieces. The Sapporo bar which Sunazawa decorated has also been recreated here and repurposed as a coffee shop.



22 Teshiogawa Hot Springs

The waters of the cold-water spa, made up of bicarbonate salt and chloride, are sure to rejuvenate weary travelers. The outdoor baths feature a magnificent view of the flowing waters of the Teshio River.

Inquiries/Otoineppu Village Office Financial Affairs Div.,
Industry Promotion Office
TEL 01656-5-3313
<http://www.vill.otoinneppu.hokkaido.jp/>

Road and Civilization in Harmony with River and Nature

The Teshio River Scenic Byway runs almost parallel to both Japan's northernmost large river, which is its namesake, and Route 40. Travel along the byway to get a firsthand look at the natural resources of each area, the Hokkaido heritage site that is the river itself, and the amazing natural environment of the river basin. Here lies the perfect example of a people living in harmony with the great river, and civilization coexisting with nature.





TEPPEN: Travel through the northernmost cities of Japan

Cape Soya, the northmost point of Hokkaido, is a must see when you visit the region.

The yearly long-distance bicycle ride, Long-Ride TEPPEN, is held with this in mind.

For those not ready to travel the area by bike, this route also makes for an excellent drive.



The Great River of the North
Where Humanity and Nature Meet

Teshio River Scenic Byway



What is a Scenic Byway?

The Scenic Byways of Hokkaido are ways to travel and take in the most beautiful parts of Hokkaido.