



# TOBU TOP TOURS ADVENTURE TRAVEL IN HOKKAIDO

1, Leisure Cycling in Sapporo

2, Cycling and Canoeing in Sapporo

3, Historical Walking in Mikasa Geopark





Leisure Cycling in Sapporo, Hokkaido,  
with a Local Cycling Guide

# SAPPORO GOOD MORNING RIDE

Cross bike, helmet rental and breakfast  
included. \*Electric bikes are available.

\*Additional fee required



‘Asahiyama Meorial Park’  
Breakfast at the top of the hill with  
a panoramic view



‘Houheikan’  
Historical building  
built in the Meiji era

Date available: May.01 – Oct.31, Every morning

Meeting point : Fairfield by Marriott Hotel Sapporo

1-chome, Minami 4-jo, Higashi, Chuo-ku, Sapporo 060-0054 Japan

Join us for the **morning activity when you stay in Sapporo!**

Let's go **cycling around Sapporo's sightseeing spots with a local guide!**  
**Starts from the center of Sapporo** and goes through the Toyohira River to Asahiyama Memorial Park. And **you have coffee and bread for breakfast with a panoramic view!!**

For More  
information and  
Application

<https://bit.ly/3qodjFB>



- Itinerary
  - 7:00 briefing at the hotel
  - 7:10 start cycling all route
    - Distance: 19km , Elevation: 110m
    - Two times short break, and Breakfast
    - Breakfast : hotel made bread and coffee
  - 9:30 arrive at the hotel
- Meet Place
  - Fairfield by Marriott Hotel Sapporo  
(1-chome, Minami 4-jo, Higashi, Chuo-ku, Sapporo, Japan)
- Guide
  - Local Cycling Guide will attend
- Tour Fee
  - 6,000JPY Include: Rental Cross bike,
  - 8,000JPY Include: Rental Electronic bike
  - Both of them include Helmet, Guide, and Breakfast
- Must Bring items by yourself
  - Clothes and shoes for cycling
- Better Bring Items by yourself
  - Sunscreen, sunglasses, small backpack, gloves, and drink
- How to apply
  - Fill in below and click the send button
  - We will send the answer mail within 12 hours

For More  
information and  
Application



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- How to pay
  - Cash(Japanese Yen) only at the meeting point
- Minimum participants for departure
  - Two participants
- Requirements for participation
  - available for 19km cycling
  - Height 145 cm or more(for rental bike range)
  - Age 20 or more for Representative of participants
  - For those who understand that if there is a difference in speed among participants, adjust to the slower pace.
- Apply deadline
  - Noon on the previous day
- Decision to cancel the tour
  - If it is impossible to cycling due to rain and strong wind, we will decide to cancel.
  - In that case, there will be no cancellation fee.
- Cancellation
  - Cancellation penalty applies at the following rates:
  - 50% of program fee on previous day
  - 100% of program fee on the day
- Cancellation Policy & Privacy Policy
  - [https://tobutop tours.com/contents/About\\_Cancellation\\_Policy\\_Not\\_EU.pdf](https://tobutop tours.com/contents/About_Cancellation_Policy_Not_EU.pdf)
- Contact
  - Tobu Top Tours Sapporo Office
  - TEL 011-221-0821
  - 2020spk@tobutop tours.co.jp
  - Person in Charge : Toru Tanaka



# Cycling & Canoeing along the Toyohira River



Location:	Sapporo and Jozankei
Main Activity:	Cycling and Canoeing
Difficulty:	3
Duration:	1 day
Pax:	Min. 15, Max. 30
Price:	JPY 28,000

## Highlights

- Cycling from central Sapporo to Jozankei, ascending the Toyohira River.
- Learning the history of the salmon with the Ainu people.
- Salmon BBQ lunch in Shikotsu-Toya National Park.
- Canoe in a quiet forest upstream of the Toyohira River.



Cycling ascending the Toyohira River where salmon run up



Toyohira River City central to the National Park in the forest



Canoe in a quiet forest upstream of the Toyohira River



Canoe in Autumn

## Overview

The Ainu, the indigenous people of Hokkaido, referred to salmon as "chep / cep (God's fish)" or "cipe (real food)", making it a fish regarded as special since ancient times.

Our story of Hokkaido nature begins with this cherished salmon as the keyword.

We start with a cycling tour up the Toyohira River from the same perspective as "God's fish"—the salmon.

Since ancient times, many salmon have run up the Toyohira River during the autumn in Hokkaido, continuing to this day.

However, in past decades a deterioration of water quality has reduced the number of salmon that run up the river. Yet, efforts to improve the environment around the river have paid off, and salmon runs have returned to the river.

With thoughts of the salmon on our minds, we ascend the Toyohira River, then enjoy salmon dishes and canoe in the quiet forest upstream. Through cycling and canoeing, participants will be thankful to the "God's Fish" and get to experience the nature of Hokkaido from a new perspective.

## Itinerary

8:00AM Meet your cycling guides at the Sapporo TV Tower and rent a bicycle.

8:30AM Start cycling along the Toyohira River to the "Jozankei Farm" on the mountainside

9:10AM Arrive at "Toyohira River Salmon Science Museum" . Observe the life cycle of the salmon and the Come Back Salmon Movement.

10:40AM Take a break at "Pirika Kotan" , a valuable museum about the unique ethnic group "the Ainu", living in Hokkaido.

12:00PM Lunch at the Jozankei Farm, which is located in the Shikotsu-Toya National Park. Here we can enjoy salmon BBQ and fruits picking!

3:00PM Set off canoeing located upstream of the Toyohira River surrounded by trees, you can enjoy the scenery with a quiet and beautiful river that will heal your soul.

4:30PM Start cycling back towards Sapporo city. You can Enjoy the comfortable downhill ride while feeling the autumn breeze!

6:30PM Arriving in Sapporo

(If you get tired, you can return by tour bus. You will arrive at 5:20pm)

## Lunch

The menu will be salmon and vegetables grilled in foil, chicken, pork and seasonal vegetables. This is served on a long skewer, so you can grill it at your own pace and eat freely. After grilling, you can enjoy it with an original sauce made from fruit grown at the farm.

And for dessert, you can pick seasonal fruits in the orchard.

Particularly, prunes are delicious in Autumn.



## Contact

TOBU TOP TOURS Co.,LTD Sapporo Branch

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Contact Person : Kaori Kumagai, Toru Tanaka

Email : 2020spk@tobutoptours.co.jp

Official web site : <https://tobutoptours.com/en/>



# Historical Walking Tour in Mikasa Geopark



Location:	Central Hokkaido, Mikasa City
Main Activity:	Historical Walking
Difficulty:	2
Duration:	1 day
Pax:	Min. 15, Max. 40
Price:	JPY20,000

## Highlights

- A unique walking tour: The guide will introduce the history and culture of the mining town.
- Dance the old charcoal miner's, "Hokkai Bon Odori" together with locals.



Mikasa City Museum  
Explain the history of Hokkaido



Coal Mine Site of Ikushunbetsu in Mikasa



Historical Straddle Tunnel  
Cross the era



Dance the "Hokkai Bon Odori"  
together with locals!

## Overview

In 1868, the year of the Meiji Restoration, the modern history of Hokkaido began. In this guided walking tour, we would like to introduce the coal mining area of the Sorachi region, which offers an excellent opportunity to learn about the history of the dawn of Hokkaido.

Over the last 100 years, the population of the region has seen rollercoaster-like growth and declines. Today's tour explores the principal reasons behind that. The core theme of our tour is "coal". The Sorachi region is a microcosm of Hokkaido's history. Thus, with this theme in mind, we would like to step through the region's past, present, and future in the form of guided walking tours so that you can experience the history visually.

Mikasa is striving to regenerate itself as a place where visitors can experience a unique history, one which is a representative example of that of Hokkaido.

Now, let us set out on a journey where you can experience 100 years in just a few hours!

## Itinerary

8:30 AM: Meet at your hotel in central Sapporo. Then, you will travel by bus from Sapporo to Mikasa.

10:30 AM: Arrival at Mikasa City Museum, the guide will explain the modern history of Hokkaido and the culture unique to the coal mine town that has supported Hokkaido's industry,

11:00AM: Move to the open-air museum. You can enjoy learning about the geography and geology of the region, such as terrain, strata and coal mine.

12:30PM: Lunch

1:30PM: Walk around the former Ikushunbetsu coal mine. The area once had a population of 15,000 people. However, after the coal mine was shut down, it became a ghost town and returned to the forest. The area grew and declined rapidly, like a roller coaster.

3:00PM: Tea time at Mikasa "High School Restaurant"

4:30PM: Let's dance the "Hokkai Bon Odori" together with locals! "Bon Odori" is a dance that is performed all over Japan during the "Bon" period in August. All participants will wear "happi coats", which are light costumes for Japanese festivals, hold a uchiwa, and dance around the yagura to traditional Japanese music.

5:30PM: You will be taken back to Sapporo by bus. The journey takes about 90 minutes.

## Lunch

Have lunch at the scenic spot along the river at the open-air museum area, Katsurazawa Kamui Kotan. Here you can enjoy the food culture unique to the coal mine town: "Geo Ben" (a combination of "Geopark" and "Bento lunch box") and hot soup. It might be a challenging meal for some because the ingredients may be unfamiliar. However, through this lunch, you will be able to feel the unique food culture of this Sorachi region.



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