

Japan's Forests with Breathtaking Views: Selections from the Tourist Destinations in National Forest

Forests have provided both mankind – and indeed all living things – with safety, sustenance and security for an eternity. The lush greenery and gentle breeze of the forest is surely enough to rekindle nature's vigor in any soul.

With more than 70% of Japan landmass covered in abundant greenery, the Forestry Agency is working to create "Recreation Forests" to inspire as many as possible to rediscover the wonder of nature.

The best forests to visit have been carefully selected and compiled as "Japan's Forests with Breathtaking Views."

Know before You Visit: General rules for visitors

- 1 Help protect wild animals and plants. When you bring your pets, please mind your manners and give consideration to the surrounding environment.
- 2 Damaging trees or stealing any forest product is penalized by law. Even collecting plants covering the ground of forest are prohibited within protection forests designated by law.
- 3 Do not enter the area beyond walking trails, or public squares. Please follow the rules for each Recreation Forest such as no camping outside the designated area.
- 4 Do not enter the area with 'No Entry' or 'Keep Out' sign.
- 5 When making a stop for rest or any other purposes, please look around and confirm that the area is safe without any risk of being hit by falling branches or rocks.
- 6 Enjoy mountaineering on your own responsibility. Please ensure that you submit your plan for mountaineering to a police station in the area as well as to your family members, your friends or colleagues after checking out climate and other necessary information for mountaineering and fully being equipped. Please also fill in 'the Name List of Climbers and Visitors', which is placed at the mountain entrance.
- 7 Do not enter forests under bad weather conditions.
- 8 Do not dispose of any leftover food in the forest. Please take your garbage home with you.
- 9 Smoking is permitted only in special areas. Make sure to extinguish any fires, e.g. after smoking cigarettes.
- 10 Mountain paths are potentially dangerous to walk. Do not use smartphone while walking. When taking photos, please remain fully aware of your surroundings and do not bother other visitors in any way.
- 11 If you wish to use an unmanned aerial vehicle (drone), you need to submit prior written notice to District Forest Office. Please contact the nearest Regional Forest Office or District Forest Office of national forest beforehand.

Poroto Recreation Forest Access Map



Access

By public transport:

- Tomuraushi Onsen Higashi-Taisetsuso free shuttle bus (only for guests staying at Higashi-Taisetsuso; advance reservation required)
Obihiro Tokachi Plaza → Shintoku Station → get off at the Tomuraushi Onsen Higashi-Taisetsuso bus stop (about 145 minutes)
- Tokachi-Obihiro Airport (Connecting bus to Obihiro city: about 40 minutes) → Obihiro Station (Ltd. Exp. Super Ozora or Ltd. Exp. Super Tokachi: about 35 minutes) → Shintoku Station (*)
- Sapporo Station → (Ltd. Exp. Super Ozora or Ltd. Exp. Super Tokachi: about 130 minutes) → Shintoku Station (*)
- * Shintoku Station (Takushoku Bus (operating only from mid-July through mid-August): about 90 minutes) → get off at the Tomuraushi Onsen Higashi-Taisetsuso bus stop
- Asahikawa Station ([Intercity Express Bus] North Liner → via Furano Station: about 180 minutes) → Shintoku Town Hall (Takushoku Bus: about 90 minutes) → get off at the Tomuraushi Onsen Higashi-Taisetsuso bus stop
- * Only accessible by car or the Tomuraushi Onsen Higashi-Taisetsuso free shuttle bus at times other than mid-July through mid-August

By car:

- Sapporo Station (Hokkaido Expressway (Sapporo-Minami IC) → Doto Expressway (Doto Expressway): about 120 minutes) → public road (about 90 minutes) → Tomuraushi Recreation Forest
- Asahikawa Station → public road (about 195 minutes) → Tomuraushi Recreation Forest
- Obihiro Station → public road (about 110 minutes) → Tomuraushi Recreation Forest
- Shintoku Station → public road (about 70 minutes) → Tomuraushi Recreation Forest

Tomuraushi Recreation Forest

Address : Tomuraushi, Kuttari, Shintoku Town, Kamikawa County, Hokkaido Prefecture

Management office contact details:

Higashi Taisetsu Branch Office, Tokachi Seibu District Forest Office
FAX : 01564-2-2144

Tomuraushi Recreation Forest Management Committee

(Industry Division, Shintoku Municipal Office)

FAX : 0156-64-6464

National Forest Planning Division, Forestry Agency, MAFF

The Official Recreation Forests Website of the Forestry Agency
http://www.rinya.maff.go.jp/e/national_forest/recreation_forest/index.html



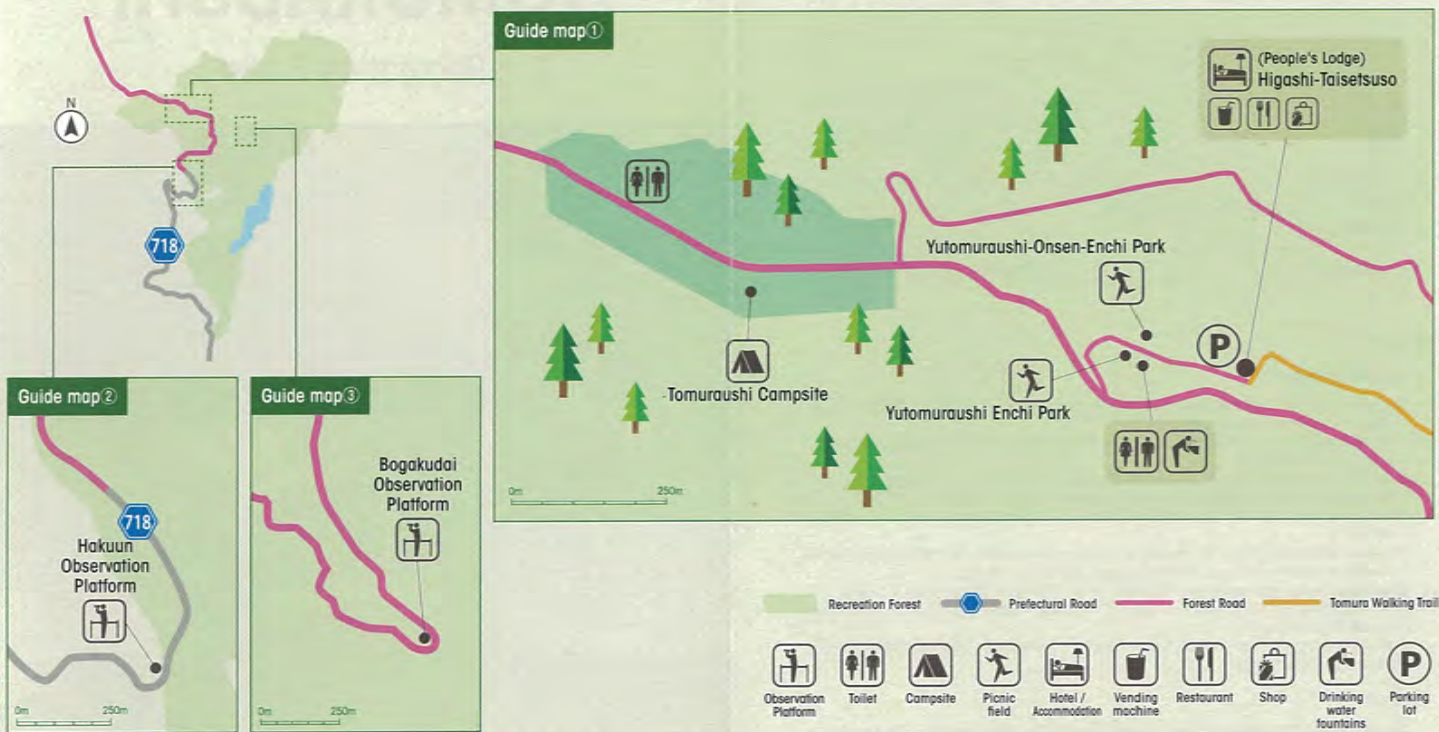
TOMURAUSHI

Recreation Forest



A primeval forest spreading across the foot of Mt. Tomuraushi, which is highly prized by mountaineers

Tomuraushi Recreation Forest Map



Climate, flora and fauna

The area has a cold climate and begins showing signs of late autumn weather earlier than anywhere else in Japan. In high elevation areas, the leaves start to change color in early September and gradually turn the vast forest red and yellow, spreading toward the base of the mountain. A large number of tourists visit Mt. Tomuraushi every year to see the colorful autumn foliage. Mt. Tomuraushi is also home to rare species of wild animals such as Nakiusagi (Japanese pika (*Ochotona hyperborea yezoensis*)), which is said to have survived the ice age, Kumagera (black woodpecker (*Dryocopus martius*)), and Shimafukuro (Blakiston's fish owl (*Ketupa blakistoni blakistoni*)), alpine plants such as Iwahige (cassiope (*Cassiope lycopodioides* (Pall.) D. Don)) and Ezokozakura (wedgeleaf primrose (*Primula cuneifolia* Ledeb. var. *cuneifolia*)), and indigenous species that can only be found in Daisetsu Mountains in Japan, such as Usabakicho (*Parnassius eversmanni daisetsuzanus*) and Asahiyomon (*Clossiana freija asahidakeana*).



Attractions

[Trekking] Mt. Tomuraushi has been selected as one of the 100 Famous Japanese Mountains, and it is held in extremely high regard by mountaineers. The views from the summit are overwhelming, overlooking an intact forest that dynamically changes in appearance throughout the seasons. Mt. Tomuraushi is referred to as the "last unexplored region in Japan" for its varying beauty and abundance of wild flora and fauna, and it attracts many trekkers in the summer.

[Hot spring] Tomuraushi Onsen, nestled in the Daisetsu Mountains, has a hydrogen carbonate spring that is renowned for making bathers' skin beautiful. In addition to relaxing in the spacious indoor baths, you can enjoy the seasonal scenery to your heart's content in outdoor baths while listening to the sound of the river.

[Activities] The Tokachi River has abundant water throughout the year, making it excellent for rafting. In the winter, visitors can ski in the fine powder snow while overlooking the Tokachi Plain. A soba noodle workshop also provides an entertaining experience for both adults and children. You use soba flour milled with a grindstone the same day and taste soba noodles in the best way possible—freshly milled, made and boiled.



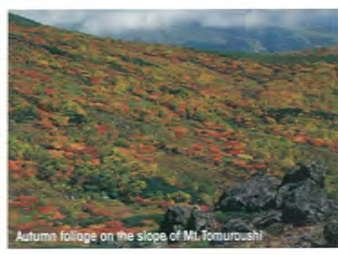
Geographical / topographical features

The Tomuraushi Recreation Forest is located almost at the center of Hokkaido. The Daisetsu Mountains (the Daisetsu volcanic group) soar up to the north and extend to meet the Tokachidake Mountains (the Tokachi volcanic group). It is an area of unspoiled nature, mainly consisting of mountains that include active volcanos. Because the mountains cover such a wide area, this area is thought to have remained unexplored for a long time. The area containing the headwaters of the Tokachi River on the eastern foot of Mt. Tomuraushi in the southern part of the Daisetsuzan National Park is a natural wilderness conservation area—one of only five such areas designated in Japan. It is an extremely precious area where forests of Ezomatsu (Yezo spruce (*Picea jezoensis*)) and Todomatsu (Todo fir (*Abies sachalinensis*)) can still be seen in their virgin state.



Historical / cultural features

Many place names in Hokkaido are derived from the language of the Ainu people. While there are different speculations on the origin of the name "Tomuraushi," it is said to have derived from "tonra-us-i" (a place where hot-spring mineral deposits flow), while Shintoku is thought to originate from "sittoku-nai" (a shoulder or edge of a mountain) or from "sintoko," a type of lacquerware used to brew sake, and that Shintoku was a place for making sintoko. In 1899, when the development of Hokkaido was at its peak, Wajuro Murayama and others from Takasaki Village, Yamagata Prefecture, began converting wildlands in the Shintoku area. Mt. Tomuraushi, which forms part of the Daisetsu Mountain System, was designated as a national park in 1934. It was designated as a natural monument in 1971, and further as a special natural monument in 1977 for being a natural treasure-house of significant value globally.



Information	
• Elevation(m)	480-964 (Mt. Tomuraushi: 2,141)
• Area (ha)	1,255.08
• Entrance fee	Free
• Opening seasons	Accessible 24 hours a day, 365 days a year
• Operation hours by staff	Tomuraushi Onsen Higashi-Taisetsuso operates 365 days a year.
• Accommodation options	[Inside the forest] Tomuraushi Onsen Higashi-Taisetsuso, Tomuraushi Campsite (early July through late September) [Outside the forest] Osoushi Onsen Shikanoyuso, Yama No Koryukan Tomura, Yuyado Kutturari Onsen Lake Inn
• Car parking capacity / parking charges	Free parking for approximately 20 vehicles