

# Japan's Far North

## 7 Day Hiking Tour



The breathtaking mountains and wild coastline of Japan's northern frontier will quench your thirst for adventure on this island hopping multi-day guided hiking tour.

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### About the Tour

Start	Finish	Grading	Season
Wakkanai	Wakkanai	Intermediate Hiking	Aug & Sep

### About Japan's Far North

This tour is perfect for adventurers who dream of deep exploration into remote corners of Japan that most travellers would never have the opportunity to visit. Mountains meet the ocean on these unique islands.

The tour takes place in the Rishiri-Rebun-Sarobetsu National Park, which sits at the very top of Hokkaido and is the northernmost national park in Japan. The southern tip of Sakhalin Island (Russia) is only 40 kms / 25 miles away - this is as far north in Japan as you can get!

The islands have a distinct ecosystem with striking Siberia-like landscapes in close proximity to the ocean. Leave the sticky summer heat behind and enjoy the refreshing summer hiking in this subarctic region!

### Tour highlights

- Island hop in Japan's northernmost National Park.
- Hike on the "floating flower garden" - Rebun Island.
- Enjoy views of the amazing Mt. Rishiri, a stratovolcano towering above the ocean.
- Explore a white walking path on Cape Soya, the northernmost point in Japan.
- Savour the Northern Islands' seafood-oriented gastronomy.

### What is the hiking like on this tour?

The hikes on this tour are a balance between relaxed and challenging. The biggest day is 8.2 km / 5.1 mi with 714 m / 2,342 ft elevation gain, however there are also shorter days of around 4 km / 2.5 mi. There are times where you need to watch your footing on root-strewn mountain trails or slippery grass slopes. Some sections also take us over cliff tops. However, for the majority of the tour you can stride out smooth gravel paths or forest trails. Just be prepared for the wild weather and strong wind that shapes these remote islands.

This tour is perfect for adventurous walkers who favour stretching their legs and exploring lesser-known locations over bagging mountain peaks.

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### Itinerary at a glance

Day	Activities	Km	Miles	Meals <sup>1</sup>
1	Meet your group in Wakkanai	0	0	D ▾
2	Ferry to Rebun Island, Hike on Rebun Island	4.1	2.5	B, L, D ▾
3	Hike on Rebun Island	8.5	5.3	B, L, D ▾
4	Ferry to Rishiri Island, Hike on Rishiri Island	6.7	4.2	B, D ▾
5	Hike on Rishiri Island	8.2	5.1	B, D ▾
6	Ferry to Wakkanai, Walk the White Shell Path	2.7	1.7	B, D ▾
7	Farewells in Wakkanai	0	0	B ▾

### Accommodation

Day	Type	Location	Ensuite Toilet	Ensuite Shower	Onsen	Laundry
1	Hotel ▾	Wakkanai	✓	✓	✓	✓
2	Minshuku ▾ <sup>2</sup>	Rebun Island	✓		✓	✓
3	Minshuku ▾	Rebun Island	✓		✓	✓
4	Minshuku ▾	Rishiri Island	✓	✓	✓	✓
5	Minshuku ▾	Rishiri Island	✓	✓	✓	✓
6	Hotel ▾	Wakkanai	✓	✓	✓	✓

We may change the facility options if our preferred accommodation is unavailable.

<sup>1</sup> B = Breakfast, L = Lunch, D = Dinner

<sup>2</sup> Minshuku is a Japanese style guest house.

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## 7 Day Hiking Tour



### Travel style

This hiking tour is a series of day hikes; either return, loop or traverse routes. We always come back to our van at the end of the day and transfer to our accommodation. This means your overnight luggage can stay in the van and you can experience the best of Japan's Far North hiking with just a light day pack!

Your guides are with the group throughout. Having a guide lead the way means you can relax and take in the scenery. They are also there to provide context on the local landscape and help navigate the dishes served in the evenings.

### Adverse weather

While we try to organise everything, mother nature is out of our control. If the weather is too bad to safely hike, such as a typhoon or sudden storm, we will travel to the next inn in our support vehicle. Along the way we will still stop at local restaurants and visit indoor facilities, so you can still experience the charm of the area while travelling safely and comfortably.

### What's included

- 6 nights accommodation on a twin share basis
- 6 breakfasts, 2 lunches & 6 dinners
- Ferry to/from Rebun & Rishiri Islands
- All transport as described in the itinerary
- English speaking local guide(s)

### What's not included

- Airfare
- 4 lunches
- Any optional activities
- Travel insurance
- Personal expenses
- Drinks with included meals

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### When do you run this tour?

We run this tour in August and September, with the final trip often extending into early October. While May to June is a celebrated time to visit Rishiri and Rebun for their wildflowers at peak bloom, we avoid operating tours in these peak months as the trails and tourist services can be crowded. Late summer into early autumn is a brilliant window to explore the islands in a quieter mood, with comfortable hiking conditions and smoother logistics. From September to October, the scenery sees a change in colour with the leaves ablaze with yellows, oranges and reds. Beyond this, the snows begin to fall and make much of the routes impassable until the following spring.

### Why hike in Hokkaido?

#### Diverse trails

Our mountains nationwide are covered with hiking trails which date back to Shugendo culture, Japan's ancient mountain asceticism. The trails were built over the years to reach the most prominent and sacred peaks. Information about these trails, however, remains untranslated to a great extent, especially so in rural areas. Together with our experienced local guides, you'll hit the road less travelled and explore hiking trails which date back centuries!

#### Flora & fauna

Hokkaido has evolved in its own unique way for millennia which has given rise to its unique flora and fauna. In the last ice age, Hokkaido was separated from mainland Japan but retained its connection with the Russian island of Sakhalin. Due to this, there are many species found only here within Japan, including brown bears, squirrels and chipmunks. Hiking in Hokkaido provides plenty of opportunities to spot these unique species.

#### Culture

There's no better way to experience Japanese culture than hiking with a local guide. Bathe in natural hot springs, savour the fantastic fresh seafood, local vegetables, fruit and even ice cream. And to complete your day as a Japanese adventurer, fall into a well earned sleep in futon bedding on tatami floors. It doesn't get any more Japanese than this!

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### How to book this tour?

We will send you a link to our online sign up form, where we ask for the travel information of all the members travelling with you.

Once we receive this, we will send you a payment link for your tour deposit, which is JPY 50,000 per person. **We will confirm your booking upon receipt of your deposit payment.**

The deposit is treated as a part of the tour price. Payment of the balance will be reminded by email, which is generally 5 weeks prior to the tour departure date.

We accept payment via **Wise** or **Flywire**. We will send you payment links for both options, and you must use one of the payment links provided by us.

**Wise payments** are available in Japanese Yen only and require you to have a Wise account (Wise-to-Wise transfer only). You must pay any currency exchange or transfer fees yourself.

**Flywire payments** allow credit card payment or domestic bank transfer converted to your home currency. Credit card payments via Flywire incur an additional service charge of 1.5%, while domestic bank transfers via Flywire do not incur this service charge.

By paying for a deposit or full amount, you confirm that you have read, understand and agree to these [Terms and Conditions](#).

### What does the Minimum Number mean?

This is a mixed group tour and **we accept bookings for this tour from one person up**. However, our scheduled group tours require a minimum number of bookings for us to guarantee the departure of the tour, and to offer the tour at the price quoted. **The minimum number of booked guests to guarantee this tour is four people.**

If you book with less than four people, we will hold your place on the tour and wait for another group to join the tour. If the number of guests has not reached the minimum number by 60 days prior to departure, we will give you the option to cancel or to upgrade to a private departure.

If you choose to cancel, we will refund the amount in Japanese Yen that you have paid us. You're welcome to check with us at any time about the status of bookings.

Please be advised that we will not be liable to compensate for any inconvenience or incidental expenses that might have incurred to you, including airline tickets.

### Single supplement

Our tours are priced on a twin share basis. Those travelling by themselves will need to pay an additional supplement for use of a single room. If you are happy to share a room with another guest - of the same gender - then let us know at the time of booking. If we match you with another solo traveller then we can discount the single supplement for both of you.

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### Travel insurance

All guests joining our tours are required to have travel insurance. Please make sure you have a valid travel insurance, covering the kind of activities you are undertaking during our tour, cancellations, loss of personal belongings, and any unforeseen circumstances while travelling.

### Travel to and from the tour

#### Getting to Wakkanai

We will meet at 6:00 pm at our hotel in Central Wakkanai.

The closest airport is Wakkanai Airport (WKJ), with direct flights to and from Sapporo Chitose (CTS) and Tokyo Haneda (HND).

An airport shuttle bus runs between Wakkanai Airport and downtown Wakkanai. Services are timed to meet arriving and departing flights. From the airport, buses usually depart about 10 minutes after arrival. From downtown to the airport, buses typically arrive at Wakkanai Airport around 50 to 60 minutes before flight departure. The fare is JPY 800 per person, and the trip takes around 30 minutes.

If you would prefer to travel over land, there are regular trains between Wakkanai and Sapporo via Asahikawa. The journey takes around 5.5 hours and costs JPY 11,420 including the seat reservation - there is no un-reserved seating on this service.

You can search schedules and fares in English on [Japan Transit Planner website](#).

It is also possible to travel by express bus between Wakkanai and Sapporo. There are five departures a day. The journey takes 5 hours and 50 minutes and costs JPY 6,700 one way. Seats must be booked in advance, as there is no un-reserved seating on this service. Online booking is available on [Japan Bus Online](#), and the discounted online fare is JPY 6,030.

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### Onward travel from Wakkanai

On the last day, after breakfast at our accommodation in Wakkanai, we will drop you off at either Wakkanai Station at around 8:30 am or Wakkanai Airport at around 9:00 am. If you would like to get to Wakkanai Airport later for an afternoon flight, we can help you book a taxi to get you there. A taxi costs around JPY 5,000.

If you are staying in Wakkanai for extra nights, we can also drop you off at your hotel in central Wakkanai that morning, either side of 8:30–9:00 am depending on the group's drop-off requirements.

### Travel disruption

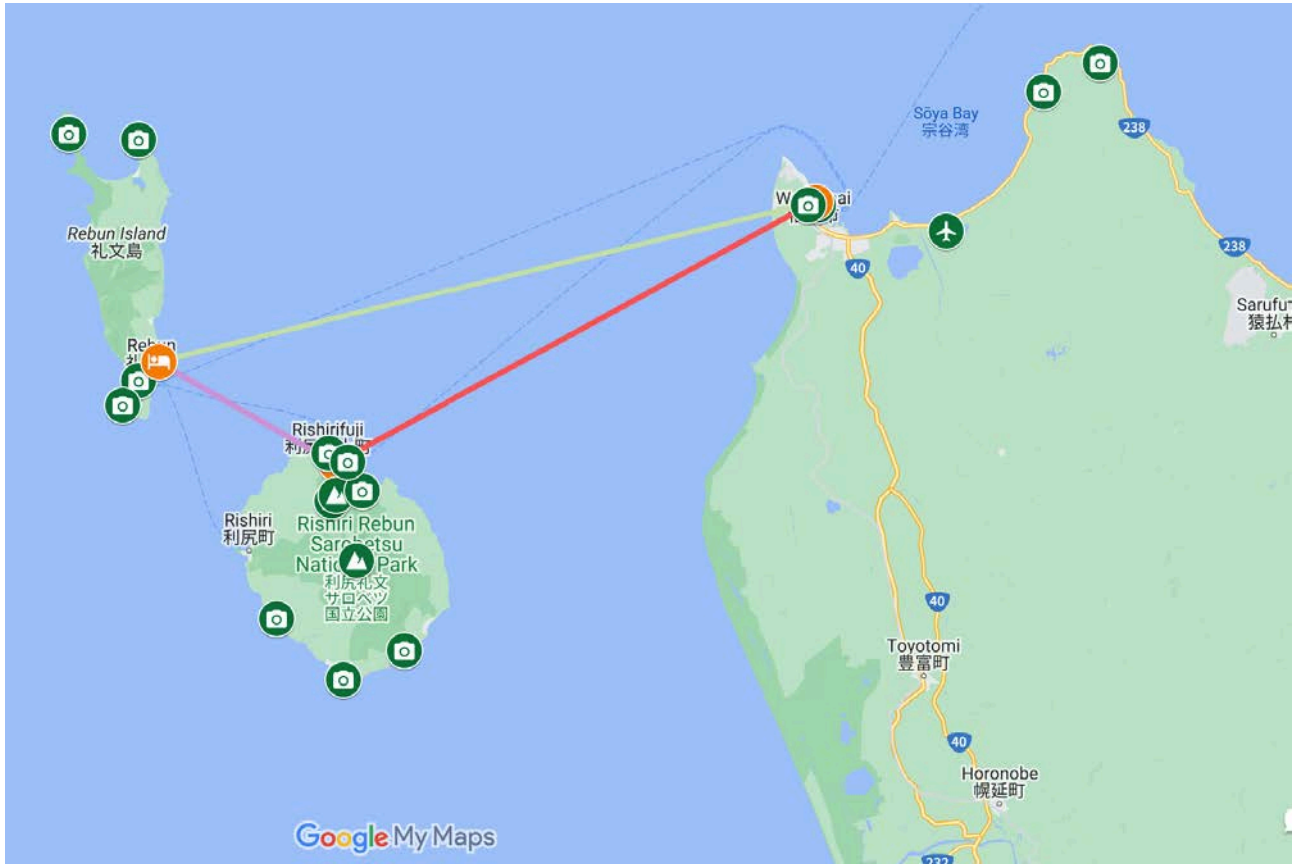
There's always the chance that wind or wave conditions could mean that **the ferry may not run on Day 6. In this case, we will travel from Rishiri to Wakkanai on Day 7.** As a precaution, we suggest looking at afternoon or evening transportation departing Wakkanai, or possibly even adding another night in Wakkanai to make sure you do not miss any travel connections - especially if you plan to connect from a domestic flight to an international one.

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### Tour map

To view the route on Google My Maps, [click here](#).



# Japan's Far North

## 7 Day Hiking Tour

### Day-to-Day Itinerary

#### Day 1 - Meet your group in Wakkanai

This tour kicks off in Wakkanai, the northernmost city in Hokkaido and Japan.

Once everyone is together by 6:00 pm today, we will hold a short meeting to introduce ourselves and brief everyone on the upcoming adventure. We'll then have dinner together to get to know each other and to get excited about the amazing trip ahead!

Meals			Accommodation
D			Hotel in Wakkanai

#### Day 2 - Ferry to Rebun Island, Hike on Rebun Island

This morning, we'll catch the ferry to Rebun Island at around 10:00 am and in just under 2 hours we will arrive on Rebun, nicknamed the "floating flower garden".

Japanese flower lovers flock to this island each June to admire the rare alpine flowers that can be found at unusually low elevations. Later in the season, we are still able to enjoy our island adventure without the crowds but the remnants of summer can still be felt in the warm water and long twilight.



After getting off the ferry, we will explore the southern part of Rebun Island, hiking along the Momoiva Trail. The trail starts near the ferry terminal and takes us down to the southern tip of the island. This popular trail provides unique scenery combining the ocean, rugged coastline, neighbouring Rishiri Island and colourful flowers along the trail.

Once we've finished the hike, we'll head over to our accommodation for the next two nights. Dinner tonight will no doubt feature the local speciality - plenty of fresh seafood!

Meals	Hike	Ascent	Accommodation
B, L, D	4.1 km 2.5 mi	+ 43 m + 140 ft	Minshuku on Rebun Island

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### Day 3 – Hike on Rebun Island

This morning, we will explore the northern part of Rebun Island starting from Cape Sukoton. The cape is at the northernmost end of Rebun Island, overlooking small rocky islands dotted in the blue ocean extending to the north. On a clear day, you will be able to catch sight of Russia's Sakhalin Island over La Pérouse Strait. This is as far north as you can get!



We'll enjoy walking on the scenic coastal trail exploring Cape Gorota and Cape Sky. The blue sea that hugs rocky coves and the fishing villages here and there provide a unique island hiking experience.

Once we complete the walk, we will travel by van to hopefully see more of Rebun's flora and fauna. Cape Kaneda is our favourite location to spot wild seals, which are often seen sunbathing on rocks on a fine day. After we finish our hikes for today, we'll return to our accommodation for another delicious dinner.

Meals	Hike	Ascent	Accommodation
B, L, D	8.5 km 5.3 mi	+ 324 m + 1,063 ft	Minshuku on Rebun Island

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### Day 4 – Ferry to Rishiri Island, Hike on Rishiri Island

We travel to Rishiri Island today on a 40-minute ferry. Depending on the season, we depart either in the morning (August–September) or early afternoon (October). The island is a dramatic volcanic peak rising 1,721 m (5,646 ft) directly from the Sea of Japan.



Depending on the ferry timing, we will either eat on Rebun or Rishiri, if the weather is nice we will pick up food from a convenience store and have a picnic lunch while enjoying sea views.

Once on Rishiri, we head to Himenuma, a serene pond at the foot of the mountain. On still days, the water provides a mirror reflection of the summit. After a loop of the pond through natural forest, we continue on foot toward our accommodation. The route follows a scenic path where elevated bridges offer views across the forest canopy.

The trail leads us directly to the doorstep of our hotel, where we stay for the next two nights – the van will be waiting with your luggage. We enjoy dinner at the hotel tonight, allowing you to settle in and relax.

Meals	Hike	Ascent	Accommodation
B, D	6.7 km 4.2 mi	+ 87 m + 285 ft	Minshuku on Rishiri Island

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### Day 5 – Hike on Rishiri Island

Today we head up one of the ridges of Mt. Rishiri, aiming for a viewpoint high above the treeline at 760 m (2,493 ft). This route offers the best of Rishiri hiking—rugged trails and expansive ocean views—without the 11-hour slog required for the full summit.



We pick up lunch at a convenience store before starting the hike from the Oshidomari Trailhead at 220 m (722 ft). From here, we trek through the forest to reach Kanro Spring, officially one of Japan's 100 Famous Springs. After filling our bottles with the cold, slightly sweet water, we continue toward the ridgeline. Our goal provides airy views over the forest canopy and down to the sea.

After lunch at the viewpoint, we descend via a branch trail to Mt. Pon, a smaller 444m (1,456 ft) high peak at the foot of the mountain. From here, we can look back at the ridgeline we just climbed and, on clear days, the summit of Mt. Rishiri towering above. We celebrate our final night on the island with dinner at a local izakaya.

Meals	Hike	Ascent	Accommodation
B, D	8.2 km 5.1 mi	+ 714 m + 2,342 ft	Minshuku on Rishiri Island

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### Day 6 – Ferry to Wakkanai, Walk the White Shell Path

We'll hop on a ferry back to Wakkanai today. For travellers on this tour in June to September, we have some time before the ferry's lunchtime arrival, so we'll be able to enjoy a hike around Cape Peshi, a lookout point which offers amazing, panoramic views of the Sea of Japan, Mt. Rishiri above, Oshidomari Port below and Rebun Island on the horizon.



Upon arrival in Wakkanai, we'll head to Cape Soya, the northernmost point of Japan. We'll walk through the cape's beautiful pastoral landscape before we pick up a popular route known as the "White Shell Path". The path is literally that - a road made from crushed white shells! Stretching across 2.7 km / 1.7 miles, we'll follow the road to its very end. As we walk, we'll have plenty of time to reminisce about our trip.

After the walk, we'll head to our accommodation in Wakkanai city before we all hit the town for a delicious local dinner to celebrate the end of a successful tour.

Meals	Hike	Ascent	Accommodation
B, D	2.7 km 1.7 mi	+ 21 m + 70 ft	Hotel in Wakkanai

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### Day 7 – Farewells in Wakkanai

Today, we'll all go our separate ways after breakfast. If you are departing from Wakkanai Airport or Wakkanai Station this morning before 9 am, your guide can give you a lift.

If the weather left us stuck on Rishiri on the previous day, we will try to catch the morning ferry on this day instead. The weather dictates the schedule on the islands.

If you wish to extend your stay in Wakkanai, we can help arrange an additional post-tour night at the same hotel. Please indicate if you would like to extend your stay at the time of booking.

Make sure you have not left anything behind before you head to your next destination.  
Itterasshai!

Meals			
B			

# Japan's Far North

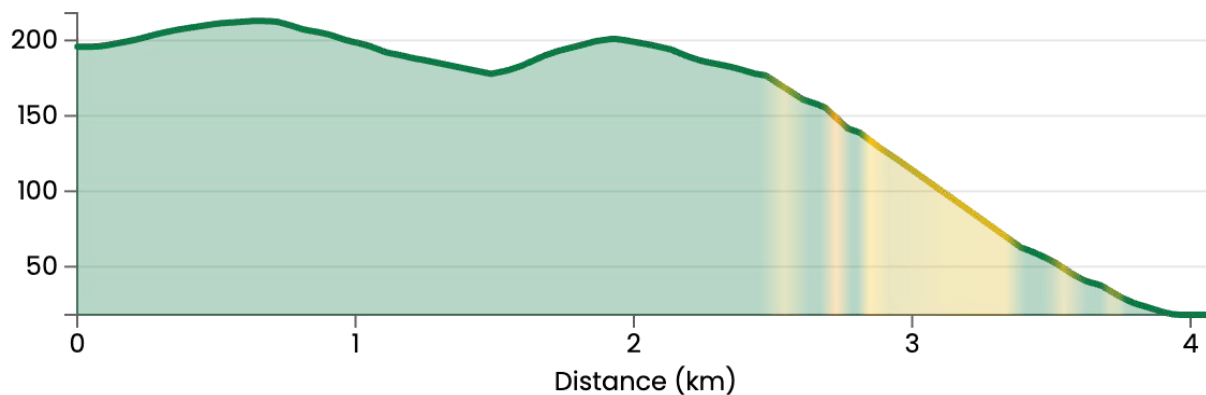
## 7 Day Hiking Tour



### Elevation profiles

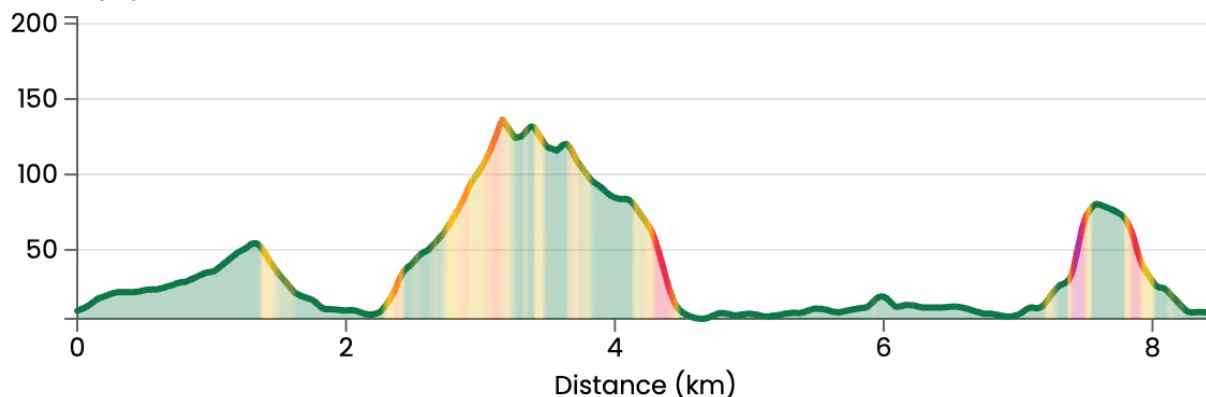
**Day 2 - Momoiwa** Distance - 4.1 km / 2.5 mi Ascent - 43 m / 140 ft Descent - 220 m / 722 ft

Elevation (m)



**Day 3 - Cape Trail (Misaki Meguri)** Distance - 8.5 km / 5.3 mi Ascent - 324 m / 1,063 ft

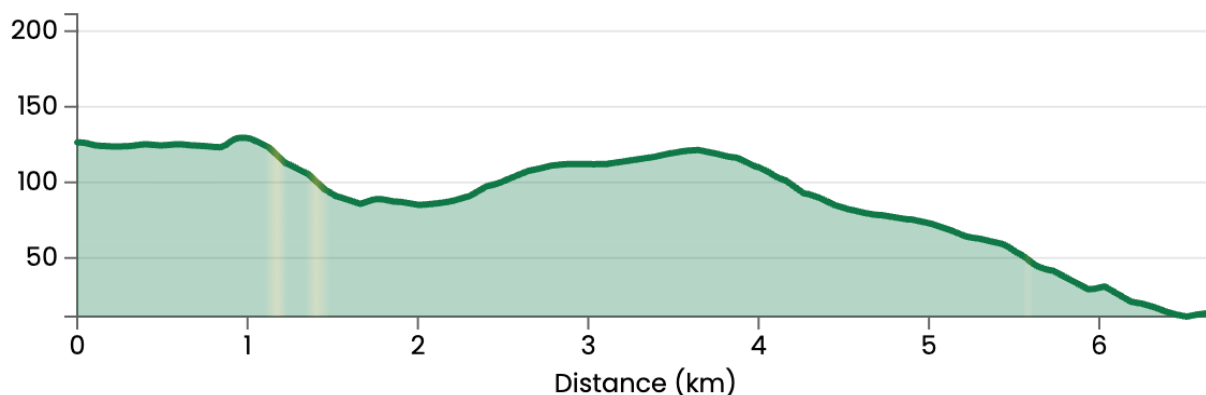
Elevation (m)



**Day 4 - Himenuma to Oshidomari**

Distance - 6.7 km / 4.2 mi Ascent - 87 m / 285 ft Descent - 200 m / 656 ft

Elevation (m)



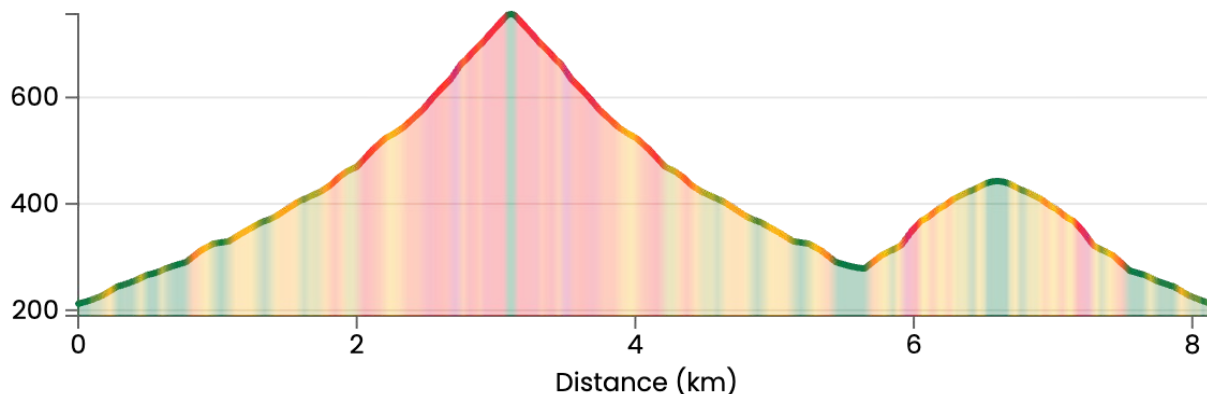
# Japan's Far North

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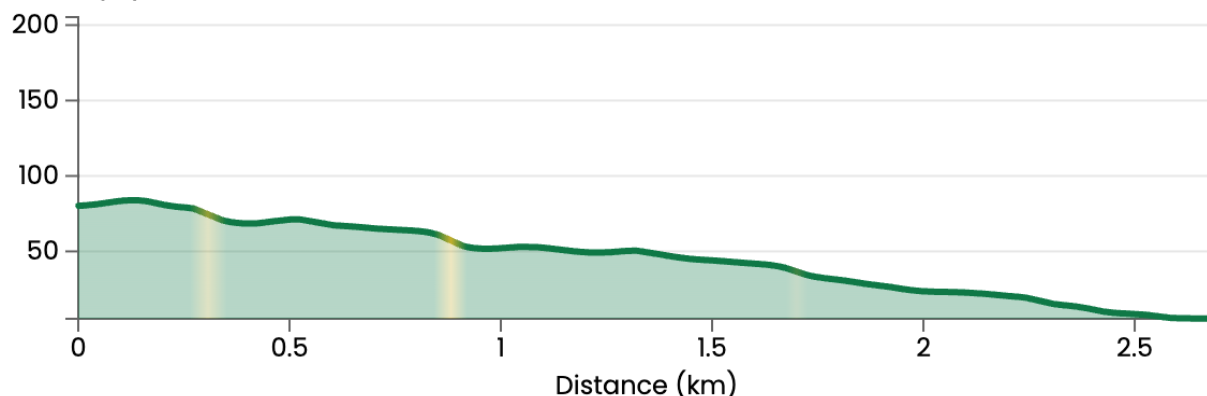
**Day 5** – Mt. Rishiri 6th Station and Mt. Pon **Distance** – 8.2 km / 5.1 mi **Ascent** – 714 m / 2,342 ft

Elevation (m)



**Day 6** – Cape Soya White Shell Road **Distance** – 2.7 km / 1.7 mi **Ascent** – 21 m / 70 ft

Elevation (m)



## Our recommended reading

[A Local's Guide on What to Expect When Staying in Hokkaido](#)

[Hiking Safely in Hokkaido](#)

[How to Onsen \(Like a Local!\)](#)

[What is a disposable toilet bag?](#)

[What to pack for Hokkaido?](#)

[Hokkaido Guide Stories – Japan's Far North](#)

[Going Gluten Free in Hokkaido](#)

[Vegan & Vegetarian in Hokkaido](#)