

## Uryunuma-Shitsugen “Wetland in the Sky” Hike



Location: Uryunuma-Shitsugen Wetland in Sorachi

Main Activity: Hiking

Difficulty: 3/5

Duration: 1 day

Pax: Min.15 Max. 20

### Highlights

- Enjoy hiking to the Uryunuma-Shitsugen Wetland
- Discover the pond clusters and alpine plants that surround the 4km wooden path through the wetland
- Take in views over the wetland as you enjoy a boxed lunch on the terrace. The meal is produced based on the concept of local production for local consumption.



Uryunuma-Shitsugen Wetland



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## Overview

Uryunuma-Shitsugen Wetland is a Hokkaido Heritage Site and recognized as a wetland of international importance under the Ramsar Convention.

The intricate landscape features clusters of approximately 700 ponds, known as *chito*, and is home to more than 200 species of alpine plants.

The tranquil air and magnificent views will make you feel like you're in the heavens. You'll see all kinds of sights on the hike to the wetland, with waterfalls around you and suspension bridges with stunning views below. The pristine wetland comes into view all of a sudden, leaving you awestruck.

## Itinerary

Uryunuma-Shitsugen Wetland

Hike to Uryunuma-Shitsugen Wetland with mountain guide and walk on wooden path. The hike is 1 hour and 50 minutes each way, and we will spend 2 hours in the wetland, including time for lunch.

Difference in elevation on hiking trail: 350 m

Length of hike: 4km each way

Wooden path in wetland: 4km

## Lunch

At the start of your hike, you'll receive a boxed lunch of sandwiches with Hokkaido vegetables on bread made from locally grown wheat, which you can enjoy at the terrace or observatory in the wetland. Your pack includes a roast beef and wasabi mayo panini, a prosciutto and cream cheese bagel and a French carrot salad. Wash it down with apple juice from the nearby Iwamizawa.

The meal is produced by a Patisserie Soraka in Iwamizawa, and all ingredients are sourced from trusted local farms. We will provide alternatives for those with dietary restrictions to the greatest extent possible—for example, rice bread sandwiches are available as a gluten-free option.

## Contact

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