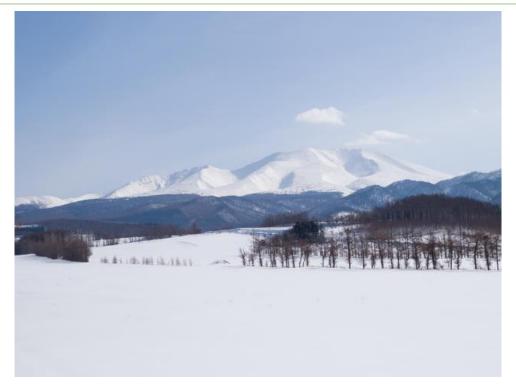
# BC skiing with Okhotsk culture and Northern Peoples



The Ainu are not the only indigenous people of Hokkaido; the bearers of the so-called "Okhotsk culture" such as the Tvinitai culture, which is said to have existed from the 8th to 11th centuries, shared ancestry with the Niub (Russian name: Gilyak) and Urich in the Amur River basin in Siberia, and the Itelimen and Koryak in the Kamchatka Peninsula.

The "culture" bearers were the so-called northern peoples who shared ancestry with the Niub (Russian name: Gilyak) and Urich in the Amur River basin of Siberia, as well as the Itelimen and Koryak peoples of the Kamchatka Peninsula.

Although they have attracted attention as an enigmatic marine fishing tribe, they did not necessarily seek their sustenance exclusively from the sea, as traces of their existence can be found in the interior of Hokkaido.

In honor of the indigenous people who share similarities with the Ainu people but have developed their own unique culture, we ski in the Okhotsk region which has a unique natural environment.

### **Highlights:**

- To visit the traces of the bearers of "Okhotsk culture" and recall the past
- To experience the unique natural environment of the Okhotsk wilderness, which resembles Siberia, and the Sea of Okhotsk, which is submerged in drift ice
- To Hike up mountains overlooking the Sea of Okhotsk and ski down vast slopes
- To taste the charm of the World Natural Heritage Site Shiretoko, a mountain range with rare wildlife and a distant view of the Northern Territories
- To enjoy Onsen after skiing tours in Utoro

#### Location:

Hokkaido is the norther island of Japan. Eastern Hokkaido is especially rich in terms of wild life and nature with mountains and oceans. Shiretoko, a world heritage area is located about 1.5hrs away (90km) from Memanbetsu Airport. In winter, drift ice flow from the north to Okhotsk sea which attracts lots of tourists, not only for the Japanese but also inbound visitors.

Main Activity: Back Country Skiing & Cultural and Historical Learning

Difficulty: 4

Tour Dates: January - March

Pax: Minimum 1 Maximum 6

**Price:** JPY 290,000 (2~4pax)

Route map

Day-by-day Itinerary

What's included

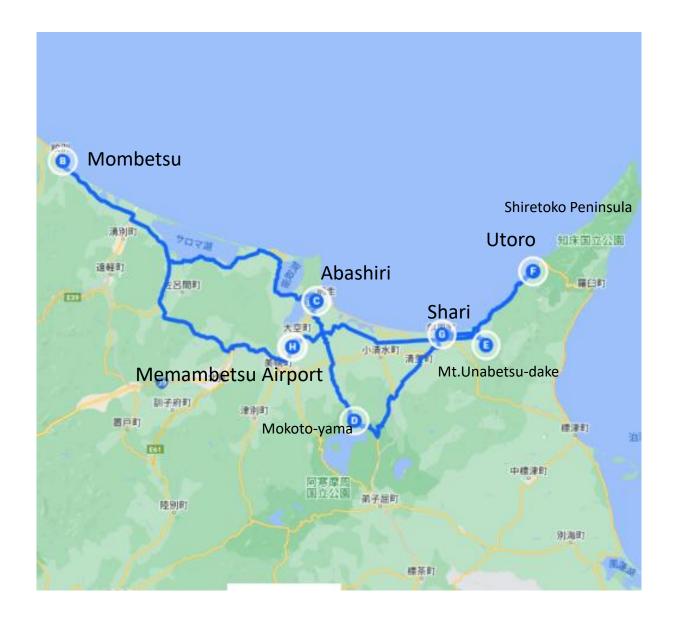
We provide & What to bring

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<u>Information and Requirements</u>

Reservation & Cancellation policy

# **Route map**



# **Day-by-day Itinerary**

#### Day 1 - Traveling from Memanbetsu Airport to Monbetsu city

You meet a guide at Memanbetsu Airport that connects to Tokyo Haneda airport or Other airports with considerable number of daily flights. About less than 2hrs drive with a private van takes you to Monbetsu city. We visit at Mombetsu Museum and Drift Ice Science Center to learn Okhotsk culture and ice drift.

Activity – Transfer Time 2 hours

Accommodation – Monbetsu city | Hotel | Private room with ensuite
Included meals – Dinner at HTL

#### Day 2 - Tourist Ship to see ice drift & visiting Lakes and Museum

After breakfast at HTL, we head to the port to get on a tourist ship to see ice drift. After the ship tour, we drop by Saroma-lake, Abashiri-lake and Notori-lake for sightseeing. We head to Abashiri city and Hokkaido Museum of Northern Peoples. We stay overnight at HTL in Abashiri. Dinner at restaurant in the city.

Activity – Sighseeing (Tourist Ship/ Lakes/ Museum)

Accommodation – Abashiri city | Hotel | Private room with ensuite

Included meals – Breakfast at HTL | Dinner at Restaurant

Activity: Sightseeing

### Difficulty:





### Day 3 - BC Skiing in Mt. Mokoto (1,000m)

After breakfast at HTL, we head to Koshimizu-pass by driving about 1hr from Abashiri city. We hike and ski around the area of Mt. Mokoto. Nice view of Lake Kussharo from the ridge of Mt. Mokoto. After ski touring, we head to Shari town and eat out for dinner. Staying overnight at HTL in Shari town.

Activity - BC Skiing

Accommodation – Shari | Hotel | Private room with ensuite Included meals – Breakfast & Dinner at Restaurant

Activity: BC Skiing

Difficulty: 4

#### Day 4 - Guided BC Skiing in Mt. Unabetsu (1419m)

Breakfast at HTL. We depart for Mt. Unabetsu and head to its peak by skinning up. Skiing down on big slopes and if with luck, we can ski with the view of ice drift on the ocean. After ski touring, we transfer to Utoro in Shiretoko. We enjoy Onsen and dinner at HTL in Utoro.

Activity - BC Skiing (7hrs)

Accommodation - Utoro | Hotel | Private room with ensuite

Included meals - Breakfast & Dinner at HTL

**Activity:** BC Skiing (7hrs)

Difficulty: 4





### Day 5 - Museum and traveling to Memanbetsu Airport

After breakfast at HTL, we head to Shiretoko Museum in Shari town to learn the lives of the Northern Peoples and the Wild Animals in the area. After having lunch, we send you to Memanbets airport driving about 1hr by a private van.

Activity –Transfer Time 2hrs in total Included meals – Breakfast at HTL

# **Food & Accommodation**

#### **Accommodations**

Day	Location	Туре	Room	<mark>Spa</mark>
1	Monbetsu	HTL	Private room ensuit	
2	Abashiri	HTL	Private room ensuit	
3	Shari	HTL	Private room ensuit	
4	Utoro	HTL	Private room ensuit	Onsen

#### **Breakfast & Dinner**

All breakfasts and dinners on this tour are included. While staying at HTL, both will be served as a set menu or a buffet, it depends on the day and subject to an accommodation. In many cases, it will mainly be served basically 'Washoku', Japanese cuisine, and some other dishes like Western or Chinese cuisines may also be included. Any kind of dietary requirements will happily be accepted, or if it's not, the proper substitutes must be provided, so please feel free to tell us your requirements in advance.

#### **Food & Snacks for BC Skiing**

Winter outdoor, we shouldn't take a time for eating a packed lunch or similar, because, the air temperature is normally around zero degree or less even in the daytime. So, you'd better take high energy food regularly also quickly, whichever you're hungry or not. You have a time to buy something at a local convenience store like Seicomart, which has wide range of foods and beverages such as cooked sandwiches, chocolates, energy bars, high caloric snacks, mixed nuts, sports drinks etc. Please buy them and pack it in your backpack.





# **The Airport**

Guide will await at Memanbetsu Airport. It is an airport in the Memanbetsu section of Ōzora, a town in Hokkaido. The airport is the main gate for Shiretoko National Park know as world heritage and consistently has over one million passengers per year. 22km (30min driving) from Abashiri city. 100km to Shiretoko N.P. (1.5-2hrs).

# What's included

- 4 nights accommodation with 4 breakfasts and 4 dinners
- All transportations as described in the itinerary
- English speaking Japanese guide and assistant guide upon group size

# Not included

- lunches & Drinks and personal expenses
- Equipment for BC skiing; skis with tour bindings, boots, climbing skins, couteaus, ski poles, and other suitable items for backcountry skiing

# We provide & What to bring

#### We provide

- First aid kit
- · Safety equipment and maps

#### What to bring

#### **Essentials**

- Skis with alpine touring bindings (with heel free function)
- Ski boots, climbing skins, couteaus/mountings, ski poles
- \*Avalanche beacon, probe and shovel (Available for rentals)
- Gore Tex jacket and pants suitable for mid winter
- Base layers top and bottom
- Thermal layers top and bottom
- Fleece or down jacket
- Woolen gloves and windproof outer gloves
- · Balaclava or Bienne, neck warmer
- Sun glasses and sun screen
- · Ski goggles
- Water bottle of more than 1 L
- · Personal Medications
- Backpack suitable for all items
- Rations/Lunches (Able to buy them at local shops)
- Travel insurance
- Passport
- Cash in JPY (Some places don't accept credit cards.)

#### **Recommended items**

- Cell phone chargers
- Dry bags
- · Extra snacks/energy bars
- Camera

## **About us**

#### Nomad

Nomad Co Ltd established in 1987 in Sapporo, the principal city of Hokkaido Prefecture in Japan. We've been dealing various types of nature related tours over 35 years and now ended up had various experiences and useful knowledge those all provided from our valued guests and nature.

Initially, we were dealing various kinds of travel related products and materials such as air tickets, hotel bookings, train/bus/rent-a-car bookings, visas, group tours for academic conventions, travel arrangements for inbound groups/individual into Hokkaido, and many more. That is, we dealt everything for personal needs to travel.

Many periods so far, we have been producing nature relating tours, such as trekking/hiking tours and mountaineering tours. Having had a mountain guiding section called 'Alpine Guide Nomad', we have been guiding mainly Japanese hikers, trekkers and climbers to various mountains in domestic and overseas. However, due to covid19 pandemic, we suspended overseas tours and become focusing our home ground Hokkaido since March 2020.

We let recognized how our home Hokkaido is beautiful and abundant with amazing nature. There are still many unknown places to explore, and also those places are relatively accessible easily. We set our next mission is to invite nature lovers from all over the world and to take them into genuine and deep Hokkaido's nature, and also to provide them a great opportunity with memorable experiences through unique adventurous activities.

Why don't you visit and explore the genuine nature of Hokkaido? We provide you such a great adventure in Hokkaido's Nature. See you in Hokkaido!

### **Guides**

### Yu SATO "YOU"



'YOU' was born in a small village at eastern Hokkaido, as a family member of a big farm producing various crops and local specialties. He grew up in an ideal nature-filling environment of the eastern foot of a great mountain group called Hidaka Mountain Range, a magnificent huge uplift with a total length of 150 km, also considered as a backbone of Hokkaido. He have learned how to deal with nature or how to walk in a dense forest as well as how to avoid an unexpected encounter with a wild bear through his daily life. He moved to Sapporo at his age of 18th to learn outdoor guiding. He started working at Nomad and brushed up his guiding skill. He has been guiding our guests to various locations in and outside Hokkaido, also to the mountains abroad such as Mt. Kilimanjaro in Tanzania, Annapurna Sanctuary in Nepal, and many more. Now he has his own guiding office 'Your Time' to provide clients various adventures.

HMGA official Mountaineering Guide Stage-1 and Ski Guide Stage-2, Hokkaido official Outdoor Guide (All seasons)

### Micihiko AOKI "Michiko"



"Michiko", born in Sapporo, has started skiing from her early age. After she studied the international development at the University of Calgary, AB, Canada, had worked as a park-ranger at Daisetsuzan N. P. in Hokkaido and also spent two year experience in the Republic of Kenya as a JICA Japan Overseas Cooperation Volunteer. After returning to Japan, she became an aspirant mountain guide in Hokkaido and also back to Canada to acquire higher guiding skill at the mountaineering course in Yamnuska Mountaineering School, Canmore, AB. In 2014, she set her own mountain climbing guide office "Mountain Flow", and has been guiding a lot of domestic and international clients. The certainty of her guiding is undisputed, but more than that her cheerful personality and mindfulness attracts all the customers coming from any location of the world.

HMGA official Hiking Guide Stage-2 and Ski Guide Stage-1, CAA ATS Level-2, JAN Level-1, Wilderness First Aid, International Mountain Leader

# **Information and Requirements**

#### **Dietary Restrictions**

If you have dietary restrictions, please fill out the pre-departure questionnaire. At restaurants, hotels and deli in Japan, you may find difficulties to find gluten-free products and meals which do not contain any meat nor fish products. Especially at Japanese restaurant, it is very few menus for vegetarians/vegans to find a full meal. We will arrange the meal at restaurant or hotel according to your dietary requirement. If you found still difficulties to eat, we do our best to get you satisfied and keep your health at the best condition for your trip in Hokkaido.

#### **Emergency Response Plan**

All of our guides equip first aid kit as must items and also they are qualified as first aid responders with licenses given by the Japan Mountain Guide Association (JMGA) or Hokkaido Outdoor guide Qualification (HMGA). Also, for winter activities in snow, our guides are fully trained for Avalanche Search and Rescues. Our tours deal activities in outdoors. Unexpected cases could be happened due to the nature including weather which humans cannot control. Yet guides always care of the safety first and make judgement for the best. Guides carry a satellite phone or radios to call an emergency rescue in a remote area.

#### **Weather Conditions**

The Abashiri area faces the Sea of Okhotsk on its northern side, and is therefore greatly influenced by the sea. Temperatures are generally "cold," but morning and evening temperatures and daily temperature differences tend to be extreme. In winter, it is especially cold in the Hokkaido area, including along the sea coast. Inland areas are extremely cold, and temperatures can drop as low as -30° C (-40° F). Coastal areas tend to have lower minimum temperatures in February due to the influence of drift ice. The Abashiri coastal area has the longest period of drift ice contact in Hokkaido. The normal period of ice floes is from the end of January to the end of March, which is about two months.

#### "ONSEN" = Natural Hot Springs

"ONSEN" is one of the best experiences in Japan. Due to volcanic mountains, there are many ONSENs with different types of hot springs and variety of styles in terms of buildings and views from ONSENs in Hokkaido. More than 10 obvious active volcanoes exists in Hokkaido. Even though in mid-winter, you enjoy ONSENS at most of places where you visit and some places are opened from morning. That is unignorable advantage for us as winter mountain lovers spending all day long for outdoor activities in cold air.

To enjoy Onsen, here are some tips you'd better know in advance;

- 1. No swimwear is required (some allows wearing swimwear in a mixed type of ONSEN)
- 2. Use Locker or Basket to keep your clothes.
- 3. Bring Small Towel to Onsen area and Keep Big Towel at changing room
- 4. Before Jumping into ONSEN tub, clean your body and rinse soap off at a shower booth
- 5. To keep hot springs clean, do not soak your towel into the bath
- 6. No drinking Alcohol in Onsen
- 7. Wipe your body with small towel before back to the changing room

#### NOTE

- · Some ONSENs do not prepare for Shampoo, Conditioner nor Body soap
- · Some Onsens do not allow you to use any soap due to the matter of onsen minerals

#### "RYOKAN" = ONSEN Hotel

Accommodations situated at Onsen resort are commonly called Onsen Hotel or "RYOKAN" ( 旅館 ). The guestrooms are usually traditional Japanese "TATAMI" style on the floor, you sleep in a "FUTON" mattress on the floor instead of a bed. Yet, the western style bed rooms are also widely facilitated these days. Despite both room types, 'YUKATA" a traditional Japanese night robe looking like a simple kimono are prepared for you to relax in your room. You can go with wearing "YUKATA" wherever inside of the facility and at the dinning room.





# **Reservation & Cancellation Policy**

### **Booking**

When we receive your reservation request, we will ask for your contact details and personal information such as your height and dietary requirements etc., in order for us to adequately organize and arrange the tour service. Once the Registration Form is completed, you will be taken to the payment (Deposit/Full) to secure the booking.

#### **Payment Methods**

We require the Deposit of 50,000 yen or Full Payment to secure your booking. The Deposit is treated as a part of the Tour Price. You will receive an email reminder about payment of the balance, which is generally due 30 days prior to the tour departure date. We accept payment by credit card in our local currency, Japanese yen. If you prefer to pay by bank transfer, we will give you our bank details and the amount of bank fees that should be added to the Tour Price.

#### Cancellation

If you wish to cancel a tour reservation, please notify us in writing. Our Cancellation Policy is as follows.

- Cancelled more than 31 days prior to departure : zero fees
- Canceled between 30 and 15 days prior to departure : 20% of the Tour Price
- Canceled between 14 and 8 days prior to departure : 30% of the Tour Price
- Canceled between 7 and 3 days prior to departure: 50% of the Tour Price
- Canceled 2 days prior to departure or later : 100% of the Tour Price
- •No refunds will be given after the tour has commenced

### **Tour Operator / Contact**

### Nomad Co.

Add: 2F Ichikoh Building, Minami 2-jo Nishi 6-chome, Chuo-ku, Sapporo, Hokkaido

Tel: 011-261-2039

e-mail: haya@hokkaido-nomad.co.jp