

# Welcome to Rishiri-Rebun-Sarobetsu National Park

The precious nature of Rishiri-Rebun-Sarobetsu National Park, which has survived severe climate condition, is very beautiful, but also sensitive and fragile. When visiting this national park, it is requested that you follow the park's rules and guidelines in order not to damage the precious nature in the park.

## Guidelines for Hiking in Rishiri-Rebun-Sarobetsu National Park

Both in Rishiri and Rebun Islands, numerous endemic and/or rare plants grow. When you are looking at the scenery of the flower gardens underfoot, please make sure to stay on the walkways. Picking and removing plants are prohibited. Remember the common to take nothing but photographs.

Please do not go off the wooden walkways in the wetland, where even a footstep can damage the vegetation, and it takes a long time for it to recover.

When mountaineering on Mount Rishiri, be especially careful not to go off the trails, or erosion along the trails will get worse which may lead to their collapse. You are requested to follow the three "Rishiri Rules" below:

Take your rubbish home!

Please take your rubbish out of the park with you. It is unpleasant for anyone to see litter and trash. Also, discarded food may change wild animals' behavior, and contaminated water may affect the vegetation. Taking trash back home with you is an easy task. Please do so.

### Rishiri Rules (Rules for Mountaineering on Mount Rishiri)

#### 1 Please use portable toilets.

Portable toilets can be purchased at local inns. There are booths specifically set up for this purpose on mountain trails, and collection booths are located at the trailheads.



#### 2 If you use a climbing stick, please cover its tip.

The sharp tip of a climbing stick can dig up soil that crumbles easily, promoting a collapse. If you use a climbing stick, please cover its tip with a rubber cap.



#### 3 Please do not sit or step on plants.

In order to protect the plants and minimize soil erosion, please stay on the walkways.

### Efforts to Restore the Mountain Trails in Mount Rishiri

Red soil called scoria is prevalent in Mount Rishiri. Scoria is very fragile and the mountain trails that have lost vegetation by the treading of mountaineers are easily eroded by the rain flow or snow runoff. Especially in the upper section of Mount Rishiri, some parts of mountain trails have seriously caved in or collapsed due to the erosion. Local mountaineers and organizations concerned have been working together to restore these mountain trails through many attempts. While you enjoy the wonderful nature of Mount Rishiri in mountaineering, please take your steps carefully reminding yourself of the fragility of the mountain trails.



In this park, there are two visitor centers, both in the Sarobetsu Wetland. When you visit the park, you should stop by the visitor center. There are displays on the nature as well as the history of the region. You can obtain the latest information from the resident staff, as well as discover the wonder of the wetlands through the nature observation programs provided there.

### The Sarobetsu Visitor Center

The Sarobetsu Visitor Center is located in the central area of Kamisarobetsu Wetland, on the way to Wakasakanai from JR Toyotomi station. There are displays on the formation of the Sarobetsu Plain and the structure of the wetland, and you can get an unbroken view of the wetland from the second floor. You can also observe plants and the birds from the wooden walkways running through the wetland.



Kamisarobetsu, Toyotomi-cho, Teshio-gun, Hokkaido, 098-4100  
Phone: 090-3113-0299  
Open: From May until October 9:00 a.m. to 5:00 p.m.



### The Horonobe Visitor Center

The Horonobe Visitor Center is located in Shimosarobetsu Wetland, near Pankenuma Swamp. There are displays on Sarobetsu Plain and its diverse plants and animals. You can get a grand view from the second floor. There are also wooden walkways through Naganuma to Pankenuma Swamp from which you can observe birds, wetland, and aquatic plants.



Shimonuma, Horonobe-cho, Teshio-gun, Hokkaido, 098-3228  
Phone: 01632-5-2077  
Open: From May until October 9:00 a.m. to 5:00 p.m.

