



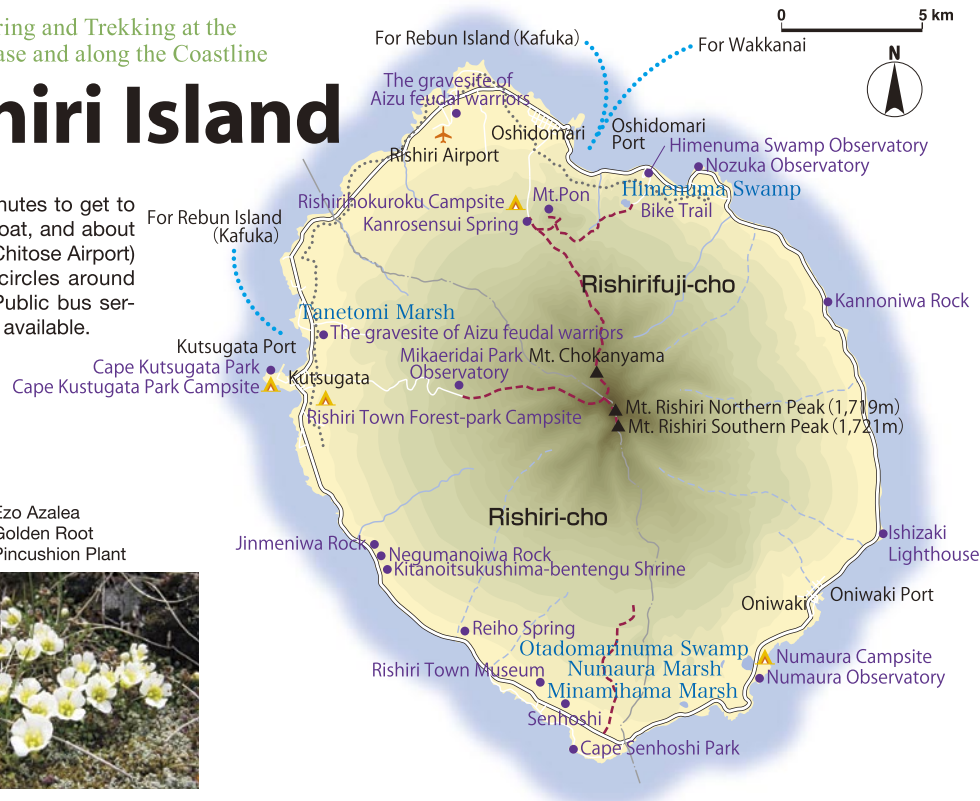
Mountaineering and Trekking at the Mountain Base and along the Coastline

Rishiri Island

It takes about 1 hour and 40 minutes to get to Oshidomari from Wakkanai by boat, and about 50 minutes from Sapporo (New Chitose Airport) by plane. There is a road that circles around the island along the coastline. Public bus service and tours by coach are also available.



- 1 Ezo Azalea
- 2 Golden Root
- 3 Pincushion Plant



Near the summit of Mount Rishiri

Mount Rishiri (1,721m)

There are two trailheads, one situated at Oshidomari on the northern coast and another at Kutsugata on the western coast. Many visitors take the route from Oshidomari, where there is a harbor. Both routes require about 10 hours to ascend the mountain and return. You can enjoy the exceptional view from this independent peak on the ocean. However, you should be very careful of falling rocks and slipping on loose rocks since avalanches occur frequently, and scree fields and narrow ridges are prevalent near the summit. The trail is closed at the north peak, an elevation of 1,719m. Also, the Kutsugata route is for experienced mountaineers only since there are some dangerous areas from Mount Sanchozan upward. Please follow the Rishiri Rules to avoid harming the plants when climbing Mount Rishiri.



Clubmoss Mountain Heather and Ezo Azalea along the mountain trail



Viewing Oshidomari from the mountain trail

Picturesque Scenery at the Mountain Base and along the Coastline

Himenuma and Otadomarinuma Swamps and several "pon" mountains ("pon" meaning "small" in Ainu), all located at the base of the mountain, are the remnants of explosive volcanic vents or parasitic volcanoes. Steep valleys starting at Mount Rishiri and forming wide deltas downstream indicate the intensity of erosion near the summit. The fact that the rain infiltrates the soil, and thus there are few rivers, is also a characteristic of this island. For this reason, there are numerous springs, including those located underwater on the shore, enriching the fishing area.

Himenuma Swamp

Himenuma Swamp is the most prominent scenic area at the base of the mountain near Oshidomari Harbor. It has a tranquil atmosphere, being surrounded by primeval forests. From here you can get a good view of Mount Rishiri. From the wooden 800m walkway along the lakeshore, numerous forest birds, including the Black Woodpecker (*Dryocopus martius*) can be seen.

Oshidomari Pon Mountain

You can get a view of the all of Mount Rishiri from Oshidomari Pon Mountain. There is a trekking trail starting from the Rishirihokuroku Campsite via the Pon mountain, leading to Himenuma Swamp. On the way, be sure to stop at Kanrosensui Spring, selected as one of the 100 best waters in Japan.

Otadomarinuma Swamp

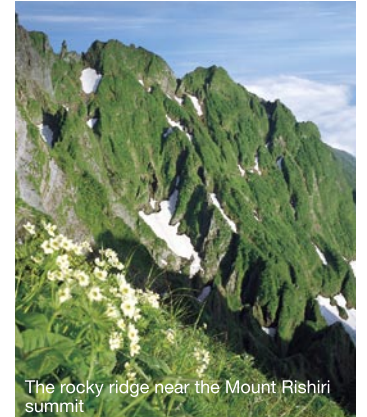
Otadomarinuma Swamp is situated in the southeast of the island surrounded by low hills on three sides. In contrast to Himenuma Swamp, Numaura Marsh, with many types of the Common Reed (*Phragmites australis*) and the Calamus (*Acorus calamus*), extends along the lakeshore. The sharp profile of Mount Rishiri, different from the one seen from Himenuma Swamp can be seen beyond a forest of Ezo Spruce (*Picea glehnii*). There is a wooden walkway at Minamihama Marsh, which is a high moor, situated about 2km to the west.



From Numaura Observatory to Mount Rishiri

The Coast

Peculiar-shaped rocks formed by lava that poured into the sea can be seen in Cape Senhoshi at the southern tip of the island, and at Cape Kutsugata on the west coast. You can also enjoy nature watching on the sea shore. The view of Mount Rishiri is great as well.



The rocky ridge near the Mount Rishiri summit



Flower garden of White Hellebore



Viewing Mount Rishiri from Senhoshi Coast