



Experience the Vastness of the Wetland

Sarobetsu Plain

You can enter Sarobetsu Plain either from JR Toyotomi station or from Shimonuma station. By car, it is best to take National Route 40 or the Wakkanai Teshio Prefectural Road along the coast. Public bus runs from Toyotomi station to Wakasakanai on the coast.

- 1 Yellow Wagtail
- 2 African Stonechat
- 3 Black-browed Reed-warbler



Wetland Observation Route

The wooden walkway in front of the Sarobetsu Visitor Center is constructed on an high moor. The thickness of accumulated peat reaches about 5-6m in this area. The full bloom of the Daylily (*Hermerocallis middendorffii* var. *esculenta*) in the summer season is the highlight of the beauty of the wetland. However, there are other plants unique to high moors including the Bog-rosemary (*Andromeda polifolia*), the Common Sundew (*Drosera rotundifolia*), and the Common Cranberry (*Vaccinium oxycoccus*), growing on the ground surface as though they were creeping. Also, birds that inhabit the grasslands such as the African Stonechat (*Saxicola torquata*) can be observed.

In addition, from the wooden walkway right in front of Horonobe Visitor Center, you can see wetland plants as well as aquatic plants such as the Least Water Lily (*Nuphar pumila*) and the Water Shield (*Brasenia schreberi*). Besides birds of the grasslands, many waterbirds gather at Naganuma, Penkenuma and Pankenuma Swamps, and farms nearby during the migration season.



Sarobetsu Wetland with Daylily in bloom



The Topography of Coastal Sand Dunes and Wetlands



Serene swamps in sand dune thickets

Thickets on sand dunes extend between Sarobetsu Plain and the sea. A few rows of sand dunes extend 40km parallel to the coastline, and wetlands and small ponds continue in the lowlands between the sand dunes, creating scenery rarely seen anywhere else, allowing you to appreciate the profound primeval feel. You can enter the coastal forest area from Wakasakanai (among other places). However, hiring a local guide is recommended since you can easily get lost on the poorly marked walkways.



Least Water Lily

Observation Points

There are many good view spots such as Yukuru and Wakasakanai on the Wakkanai Teshio Prefectural Road stretching along the coast of the Sea of Japan from Wakkanai. Although located outside of the national park, there are also observatories on National Route 40 on the inland side, including Miyanodai in Toyotomi-cho and Meizandai in Horonobe-cho.

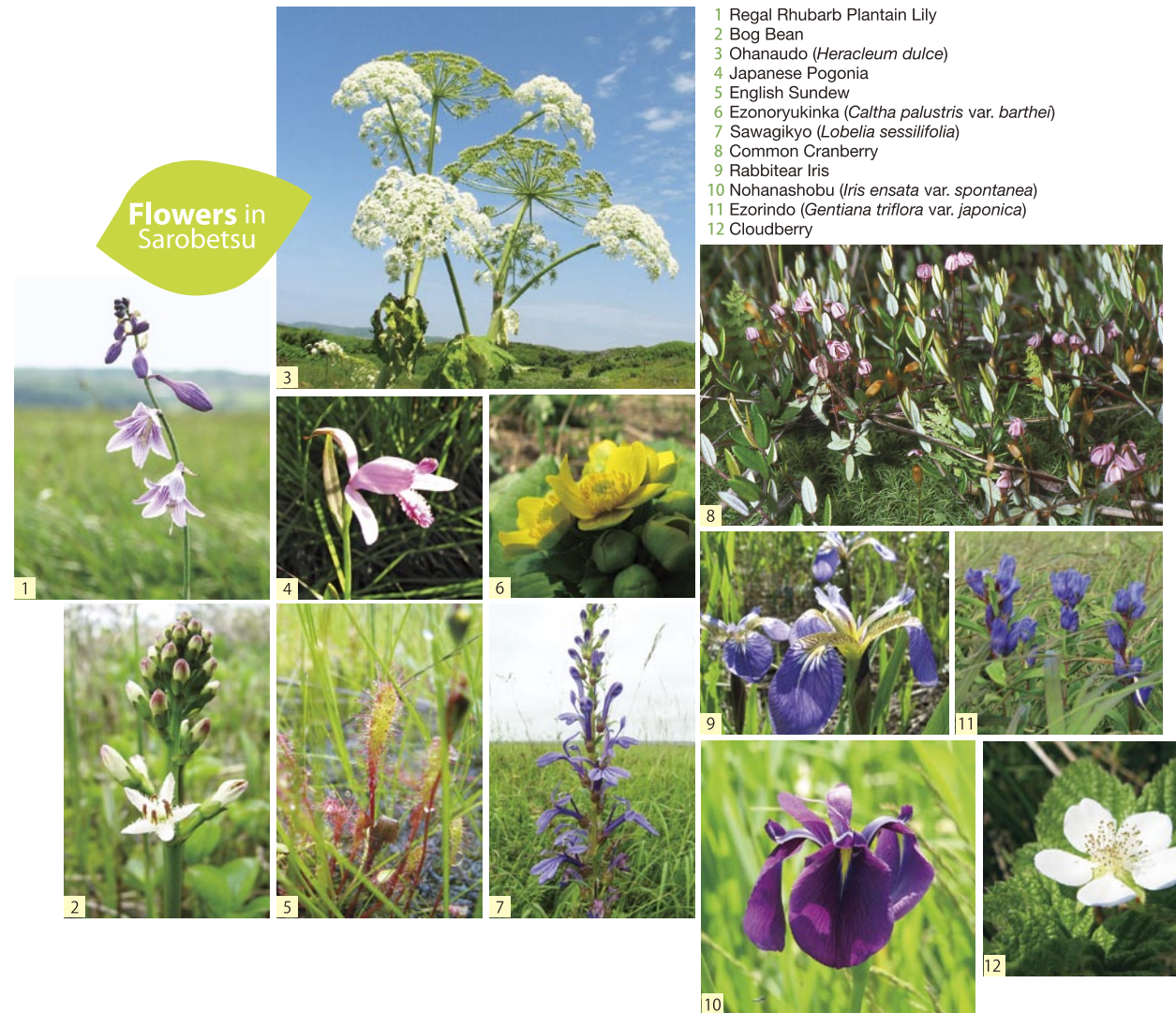


Mount Rishiri from Sarobetsu Coast



Yukuru Observation Point

Flowers in Sarobetsu



- 1 Regal Rhubarb Plantain Lily
- 2 Bog Bean
- 3 Ohanaudo (*Heracleum dulce*)
- 4 Japanese Pogonia
- 5 English Sundew
- 6 Ezonoryukinka (*Caltha palustris* var. *barthei*)
- 7 Sawagikyo (*Lobelia sessilifolia*)
- 8 Common Cranberry
- 9 Rabbitear Iris
- 10 Nohanashobu (*Iris ensata* var. *spontanea*)
- 11 Ezorindo (*Gentiana triflora* var. *japonica*)
- 12 Cloudberry