



**JR Hokkaido Mail Magazine –  
Fully enjoy yourself with splendid scenery and rarely visited hot springs!**

Traveling HOKKAIDO by Train

JUN, 2010

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**Seasonal station**

The log cabin-style Gensei-Kaen( native flower garden) Station stands at the side of the railway looking like a picture book. Why don't you stop by from May 1 to October 31?

**Kushiro Shitsugen(marshland) Norokko-go for a leisurely trip in the natural scenery**

It feels so good to let the fresh breeze blow through the large windows while enjoying the view of the sun playing on the waters of the Kushiro River in its green summer setting. ‘Shitsugen’ means ‘marshes’ and the Kushiro Shitsugen Norokko Train meanders leisurely, at an average speed of 30 kilometers per hour, through the largest expanse of marshland in Japan. This relaxed trip lets you enjoy all the best views of this scenic area.

Would you like to enjoy a leisurely and relaxing trip with the Kushiro Shitsugen Norokko Train again this year?

June 1–14, June 18– September 13, September 17–30					
<b>Kushiro → Toro</b>	Kushiro Dep.	Higashi-Kushiro Dep.	Kushiro-Shitsugen Dep.	Hosooka Dep.	Toro Arr.
<b>Norokko No. 2</b>	10:56	11:02	11:20	11:25	11:40
<b>Norokko No. 4</b>	13:49	13:55	14:13	14:18	14:33
<b>Toro → Kushiro</b>	Toro Dep.	Hosooka Dep.	Kushiro-Shitsugen Dep.	Higashi-Kushiro Dep.	Kushiro Arr.
<b>Norokko No. 1</b>	12:07	12:22	12:28	12:48	12:54
<b>Norokko No. 3</b>	15:06	15:21	15:27	15:52	15:58



Train diagram: Obs. Car = Observation Car

Obs. Car	Obs. Car	Obs. Car	Obs. Car	No.1 (Non-reserved)	Locomotive
No.5 (Reserved seats)	No.4 (Reserved seats)	No.3 (Reserved seats)	No.2 (Non-reserved)		

←Toward Kushiro

Toward Toro→



Train connection from Sapporo:

Limited Express Super Ozora No. 1: Dep. Sapporo→ Arr. Kushiro 10:51→Change to the Kushiro Shitsugen Norokko Train No. 2

## To start from the station by Twinkle Bus, the special tour bus limited to JR passengers

There are numerous places to enjoy in Eastern Hokkaido: the primitive natural beauty of Shiretoko (a World Natural Heritage site), the peaceful scenery of the marshes at Kushiro, or the mysterious lakes and marshes of beautiful Akan National Park. For easy access to all these spots our Twinkle Bus service is indispensable.

The Twinkle Bus Doto(eastern Hokkaido) connects the popular Lake Akan Hot Spring and the Shiretoko-Utoro Hot Spring as it tours the famous spots in eastern Hokkaido. You can pick it up from any specified station on its route and it's convenient to use for your own individual travel plans. By combining trains and the Twinkle Bus in a smart way, let's make your trip in eastern Hokkaido more enjoyable.

Route	If you wish to travel north in the Shiretoko-Utoro Hot Spring direction from the Lake Akan Hot Spring,	1.Twinkle Bus Shitsugen/Shiretoko 2.Twinkle Bus Akan/Utoro
	If you wish to travel south in the Lake Akan Hot Spring direction from the Shiretoko-Utoro Hot Spring,	3.Twinkle Bus Shiretoko/Akan 4.Twinkle Bus Rausu/Shitsugen
Dates of operation	<p>'A' Dates: 18-20 and 25-27 June; 2-4 and 9-11 July, 2010                  'B' Dates: Daily, 16 July thru 31 August                  'C' Dates: 3-5, 10-12, 17-20, 23-26 September, 2010</p>  <p>Legend: <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span> A <span style="background-color: orange; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span> B <span style="background-color: blue; border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span> C</p>	
Advance reservations:	Please reserve at JR Hokkaido stations up to 3 days prior. Tickets are available at long-distance ticket windows (Midori no Madoguchi) or Twinkle Plaza counters. Please show your JR ticket at the time of purchase, or purchase both of them together.	
Fares	<p>The details for each course or section are shown below:                  Holders of the Hokkaido Rail Pass or the Japan Rail Pass will have to pay the fares below separately from the pass.</p> <p>Entrance fees for sightseeing facilities are not included. (Marked ※ below)                  Facilities charging for admission: Japanese Crane Nature Park, Kushiro Marsh Observatory, Koshimizu Lily Park, Highland Koshimizu, Okhotsk Ryuhyo Museum, Abashiri Prison Museum and the Shiretoko Sightseeing Cruise.</p>	
MAP		

## 1. Twinkle Bus Shitsugen/Shiretoko Days of operation : A.B.C

Depart from the Lake Akan Hot Spring to stop at the beautiful Lake Mashu and Mt. Iou with its volcanic smoke, and to visit the Kawayu Hot Spring and the Shiretoko-Utoro Hot Spring.  
It is possible to get off at the Kushiro or Toro Station to get on the train.

Fare: Per adult (Children same)

Lake Akan - Kawayu, Utoro: 2,000 yen  
Lake Akan - Toro Station: 1,000 yen  
Toro Station - Kawayu, Utoro: 1,000 yen

Route

➡1. Lake Akan Hot Springs  
(8:00/8:05) Dep.



➡2. ✕Japanese Crane Natural  
Park (9:35~9:35)



➡3. ✕Kushiro Marsh  
Observatory (9:55~10:10)



➡4. Kushiro Station  
(10:45)  
You could get off the bus at  
Kushiro Station, but you  
could not get on (the bus)  
from Kushiro Station.

➡5. Toro Station  
(11:40~11:45)



➡6. Lake Kussharo Prince Hotel  
(13:00/13:50 \*Lunch at own  
expense)

➡7. Lake Mashu No. 1  
Observatory  
(14:10/14:30)



➡8. Mt. Iou  
(14:45/15:15)



➡9. Kawayu Hot Springs  
(15:30/15:35)



➡10. ✕Koshimizu Lily Park (Mid-July thru early September) or  
Highland Koshimizu (at other times) 16:00-16:30



➡11. Shiretoko Utoro Hot  
Springs (17:50) Arr.



Connection with train










Kushiro Station	
To Sapporo	11:17 Dep. Kushiro Station on Limited Express Super Ozora No. 8 → 15:14 Arr. Sapporo Station
Toro Station	
To Toro	07:03: Dep. Sapporo Station on Limited Express Super Ozora No. 1 → 10:51: Arr. Kushiro / 10:56: Dep. on Kushiro Norokko Train No. 2 → 11:40: Arr. Toro

## 2. Twinkle Bus Akan/Utoro Days of operation:B

Depart from the Lake Akan Hot Spring to tour around Abashiri and Shiretoko, and to visit the Utoro Hot Spring. It is possible to get off at the Abashiri Station to get on the train.

Fare: Per adult (Children same)

Lake Akan - Utoro Hot Springs: 2,000 yen  
 Lake Akan - Memanbetsu Airport / Abashiri Station: 1,000 yen  
 Memanbetsu Airport / Abashiri Station - Utoro Hot Springs: 1,000 yen

Route	1 Lake Akan Hot Springs (8:15/30) Dep. 	➡2. Bihoro Pass (9:45/10:00) 	➡3 Memanbetsu Airport (10:50/11:00)
	➡4. Tendo-yama Observatory / Okhotsk Ice Floe Museum or Abashiri Prison Museum (Lunch at own expense) 11:20-12:45 	➡5 Abashiri Station (13:00) 	➡6. Kitahama Station (13:00-13:40) 
	7. Koshimizu Genseikaen (13:50-14:20) 	➡8. Oshinkoshin Falls (15:20/15:35) 	➡9 Shiretoko Sighseeing✕Shiretoko Sightseeing Cruise or Shiretoko Goko ('Five Lakes') (16:15/18:00) 
	➡10. Shiretoko Utoro Hot Springs (18:05) Arr. 		

Connection  
with train










Abashiri Station	
To Abashiri	07:21: Dep. Sapporo Station on the Limited Express Okhotsk No. 1 → 12:46: Arr. Abashiri Station
To Sapporo	13:29: Dep. Abashiri Station on Limited Express Okhotsk No. 6→18: 45: Arr. Sapporo Station

### 3. Twinkle Bus Shiretoko/Akan Days of operation : A.B.C

Depart from the Utoro Hot Spring to tour around Shiretoko, and to enjoy the Lake Akan Hot Spring.  
It is possible to get off at the Abashiri Station to get on the train.

Fare: Per adult (Children same)

Utoro Hot Springs - Lake Akan: 2,000 yen  
Utoro Hot Springs - Memanbetsu Airport / Abashiri Station: 1,000 yen  
Memanbetsu Airport / Abashiri Station - Lake Akan: 1,000 yen

Route	1. Shiretoko Utoro Hot Springs (7:40-7:55) Dep.		➡2. Shiretoko Sighseeing✕ Shiretoko Sightseeing Cruise or Shiretoko Goko ('Five Lakes')(8:15/9:45)		➡3. Oshinkoshin Falls (10:15/10:30)	
	➡4. Koshimizu Genseikae (11:30/12:00)		➡5. Kitahama Station (12:10/12:20)		➡6. Abashiri Station (12:50/12:55)	
	➡7. Okhotsk Bazaar (*lunch on your own 13:00-14:40)		➡8. Memanbetsu Airport (14:00)		➡9. Bihoro Pass (15:00/15:15)	
	➡10. Lake Akan Hot Springs (17:10) Arr.					









Connection with train	Abashiri Station	
	To Abashiri	07:21: Dep. Sapporo Station on the Limited Express Okhotsk No. 1 → 12:46: Arr. Abashiri Station
	To Sapporo	13:29: Dep. Abashiri Station on Limited Express Okhotsk No. 6→18: 45: Arr. Sapporo Station

## 4. Twinkle Bus Rausu/Shitsugen Days of operation :B

Depart from the Shiretoko-Utoro Hot Spring to stop at hidden tourist spots in eastern Hokkaido, and to visit the Lake Akan Hot Spring.  
It connects to the Norokko-go at the Toro Station.

Fare: Per adult (Children same)

Utoro Hot Springs - Lake Akan: 2,000 yen  
Utoro Hot Springs - Toro Station: 1,000 yen  
Toro Station - Lake Akan: 1,000 yen

Route	<p>➡1 Shiretoko Utoro Hot Springs (7:55-8:10)Dep.</p> 	<p>➡2. Road across Shiretoko Peninsula (view from bus)</p> 	<p>➡3. Michi-no-eki ShiretokoRausu (8:55/9:15)</p>
	<p>➡4. Kaiyodai Observatory (10:10/10:30)</p> 	<p>➡5. Ura-MashuObservatory (11:15/11:30)</p> 	<p>➡6. Kaminoko Pond (11:42/12:00)</p> 
	<p>➡7. Mashu Station (12:55/13:45 *lunch on your own)</p>	<p>➡8. Toro Station 14:40</p> 	<p>➡9. Penke-to &amp; Panke-to Observatory (16:10/16:25)</p> 
	<p>➡10. Lake Akan Hot Springs 17:00Arr.</p> 		

Connection with train

Toro Station	
To Toro	Limited Express Super Ozora No. 3: Dep. Sapporo 9:04 → Arr. Kushiro: 13:03 / Change to Kushiro-Shitsugen Norokko Train No. 4 Dep. 13:49→ Arr. Toro 14:33
To Sapporo	15:06 Dep. Toro Station on Kushiro Shitsugen Norokko Train No. 3 →15:58 Arr. Kushiro Station / 16:17: Dep. on Limited Express Super Ozora No. 12 →20:13 Arr. Sapporo Station

## Fully enjoy the rarely visited hot spring with Rail & Rent-a-car!

In eastern Hokkaido, there are many attractive hot springs, each one located cozily in the magnificent Hokkaido terrain. In particular, one rarely visited hot spring is exceptional, situated deep in the mountains, where you can fully enjoy the feeling of freedom in the open air.

It may be a secret place and remote, but what could be more refreshing and exhilarating than to take a bath outdoors surrounded by abundant greenery and the feeling that you are blending into nature?

Let's visit the best hidden hot spring and enjoy the rustic splendor using the Rail & Rent-a-car!

### Kuma-no-yu(bear's bath) at the Rausu Hot Spring in Shiretoko



This outdoor bath for men, having no walls, has wonderful views. It is surrounded by trees and makes you wonder when the bears will be coming to bathe, just like its name suggests.

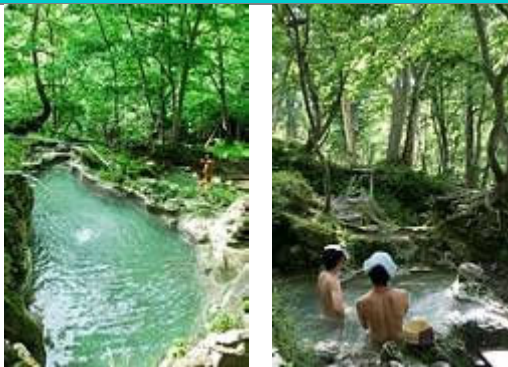
There are outdoor baths for both men and women, each with a hut to undress and secured for privacy.

Address: Yunosawa, Rausu Town

Access

(Located alongside of Rt. 344 as you come from downtown Rausu in the direction of the Shiretoko mountain pass.)

### Sandan-no-yu(three-step bath) of the Iwaobetsu Hot Spring in Shiretoko



There are three-step baths connected. Here there is mixed bathing and no hut for undressing.

Surrounded by woods and the sound of a river, you can enjoy wild forest bathing.

Address: Hotel Chi-no-hate of the Iwaobetsu Hot Spring in Shiretoko

Address: Hotel Chi-no-hate of the Iwaobetsu Hot Spring in Shiretoko

Access

(About 10km from downtown Utoro to the Iwaobetsu Hot Spring. In front of the Hotel Chi-no-hate.)

## “EkiMaga” is filled with valuable information for shopping around the Sapporo Station!



In Sapporo, the biggest city in Hokkaido, many famous tourist spots are to be found, including the Clock Tower and Odori Park, and it's very easy to tour around the city. There are many department stores and large shopping malls, making for a fine shopping environment, and offering many restaurants that serve local delicacies. The area attracts both local people and tourists, and is always very alive!

The JR Sapporo Station is the center of one of the major commercial areas in the city. It is surrounded with nice stores for shopping and many restaurants at which to eat. We recommend to you “EkiMaga”, a very useful free guide magazine, to find good deals for shops around the station.

The summer issue will be published on June 1. Featuring the theme “It has to be a beer for the summer time!,” it will introduce places serving unique beers and that have an inviting atmosphere where friends gather for a beer and to enjoy themselves.

Of course, there is a place to enjoy one of the famous delicacies of Sapporo, the Genghiskhan (mutton barbecue), along with good beer in the Sapporo Station.

Moreover, you can enjoy the Sapporo Station using the special discount coupons found in this magazine.

The EkiMaga is available for free at the JR Sapporo Station, “Hokkaido and Sapporo’s Food & Tour Information Center,” and at the “JR Tower” in the Sapporo Station.

Please pick one up and use it!

\*“EkiMaga” may not be offered after the stock has run out.

\*It is only in Japanese, except for a few parts that are in English.



Fully bloomed Ezo-Sukashiyuri (lilies) announce the arrival of the short summer in Okhotsk.