

Rishiri Island Trekking Map

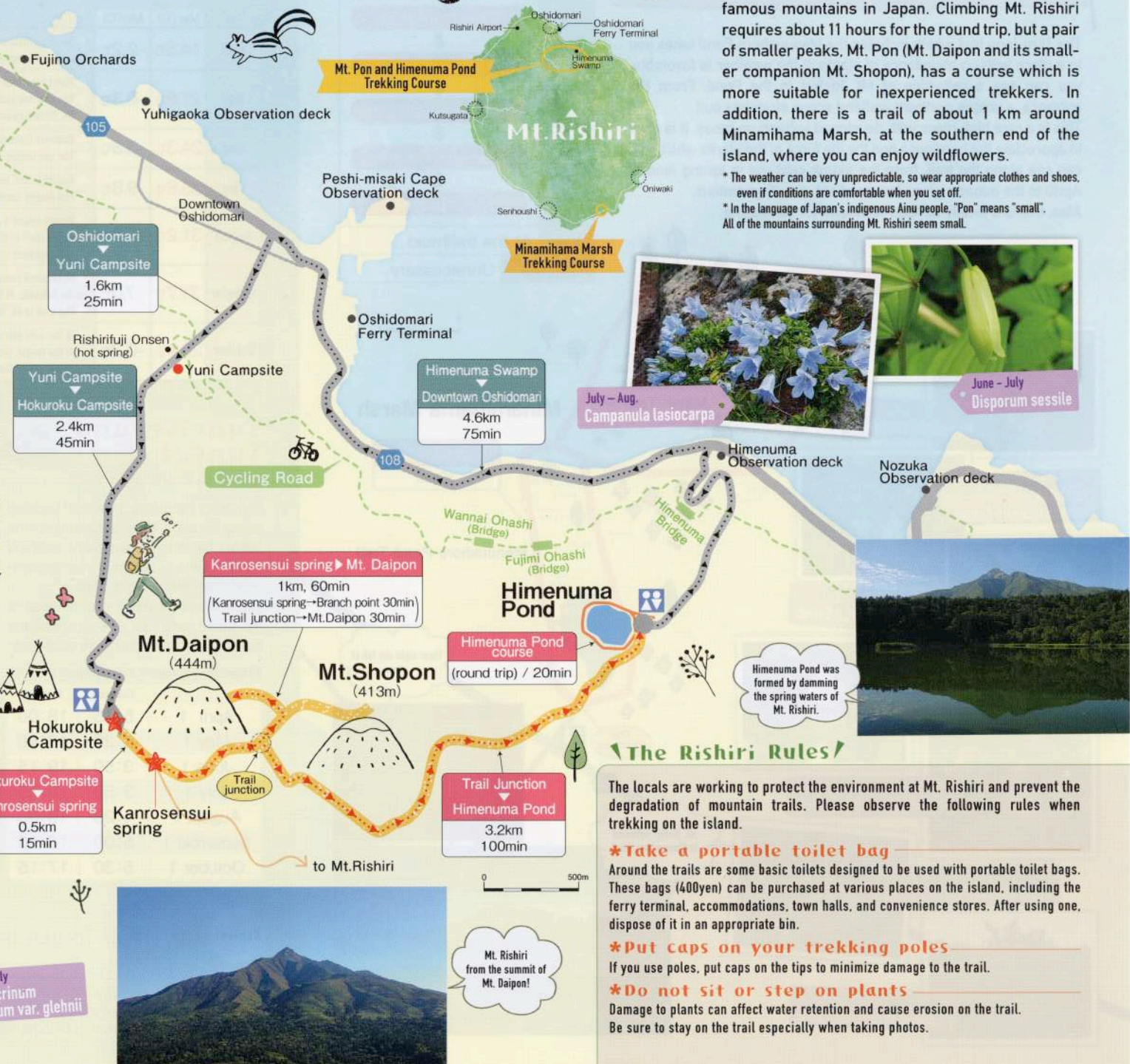
Mt. Rishiri (1,721 m) is a free-standing mountain which is also referred to as Rishiri Fuji. It is one of Hokkaido's majestic peaks and is on the list of 100 famous mountains in Japan. Climbing Mt. Rishiri requires about 11 hours for the round trip, but a pair of smaller peaks, Mt. Pon (Mt. Daipon and its smaller companion Mt. Shopon), has a course which is more suitable for inexperienced trekkers. In addition, there is a trail of about 1 km around Minamihama Marsh, at the southern end of the island, where you can enjoy wildflowers.

* The weather can be very unpredictable, so wear appropriate clothes and shoes, even if conditions are comfortable when you set off.
 * In the language of Japan's indigenous Ainu people, "Pon" means "small". All of the mountains surrounding Mt. Rishiri seem small.

Mt. Pon and Himenuma Pond Trekking Course

Elevation	444m	Length	7km	Time	Approx. 4hours
Route	Hokuroku Campsite → Kanrosensui Spring → Trail junction for Mt. Daipon(444m) and Mt. Shopon(413m) → Mt.Daipon → Himenuma Pond Course → Himenuma Pond				
Toilets	At the Hokuroku campsite and Himenuma Pond * Basic facilities are provided around the trail.				
Mountain-climbing registration	Optional				

This mid-distance hiking route passes through the old-growth forest at the base of Mt.Rishiri. Some physical strength is required because there is constant ascending and descending. Head out from the Hokuroku campsite and get some natural mineral water from Kanrosensui Spring. Hiking up and down the mountain path, you will reach the summit of Mt.Daipon (444 m). From the summit, you might be able to see a magnificent view of Mt.Rishiri, the ferry terminal, and Rebus Island. After leaving Mt.Daipon, you will cross about four ephemeral streams before arriving at Himenuma Pond. You can enjoy a refreshing nature walk while stopping for the wildflowers and calls of wild birds in the natural forest.



Himenuma Pond was formed by damming the spring waters of Mt. Rishiri.

The Rishiri Rules!

The locals are working to protect the environment at Mt. Rishiri and prevent the degradation of mountain trails. Please observe the following rules when trekking on the island.

- *Take a portable toilet bag**
Around the trails are some basic toilets designed to be used with portable toilet bags. These bags (400yen) can be purchased at various places on the island, including the ferry terminal, accommodations, town halls, and convenience stores. After using one, dispose of it in an appropriate bin.
- *Put caps on your trekking poles**
If you use poles, put caps on the tips to minimize damage to the trail.
- *Do not sit or step on plants**
Damage to plants can affect water retention and cause erosion on the trail. Be sure to stay on the trail especially when taking photos.

Mt. Rishiri from the summit of Mt. Daipon!

