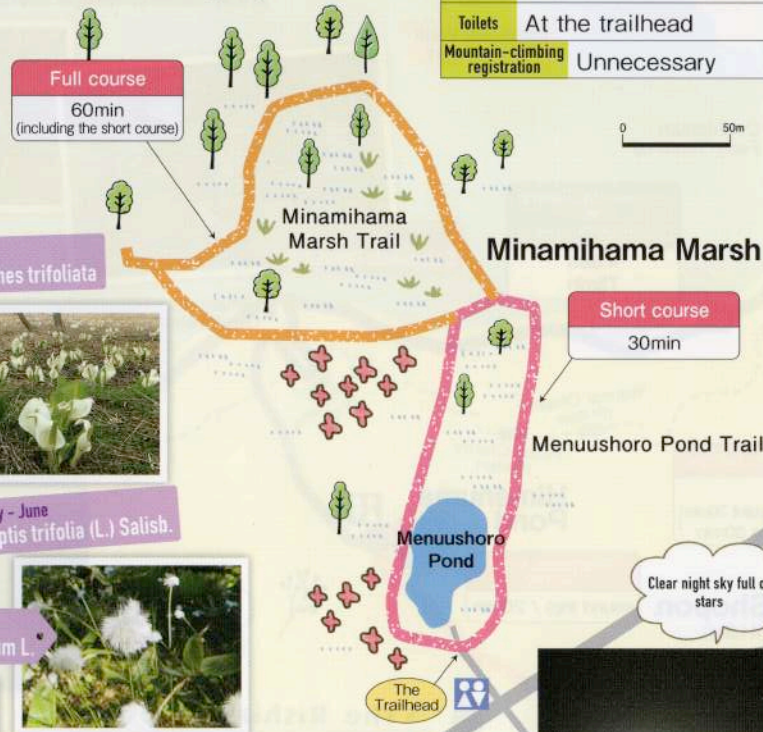


Minamihama Marsh Trekking Course

The 1km-long trail which includes the Menuushoro Pond takes you to a place with an abundance of plants. If the weather is favorable, you can see a reflection of Mt. Rishiri in the Pond. From the entrance, a unique northern wetland scene stretches out! This is a rare high moor with developed sphagnum moss. It is easy to appreciate the hardiness and the life force of the plants which you can see along the trail, from the skunk cabbage in spring (end of April) to the autumn grass leaves of autumn (September). Also, this is a locally famous viewpoint for stargazing.

Elevation	5m	Time	1hour
Length	1km		
Route	The trailhead		
	↓		
	Menuushoro Pond Trail		
	↓		
	Minamihama Marsh Trail		
	↓		
	Menuushoro Pond Trail		
	↓		
	The trailhead		
Toilets	At the trailhead		
Mountain-climbing registration	Unnecessary		



Apr.
Menyanthes trifoliata



Apr.-May
Lysichiton camtschaticensis Schott



May - June
Coptis trifolia (L.) Salisb.



June
Eriophorum vaginatum L.



June - July
Vaccinium oxycoccos L.



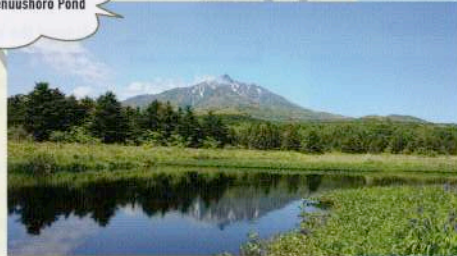
July - Aug.
Hosta sieboldii var. rectifolia



Aug. - Sept.
Lobelia sessilifolia Lamb.

Mt. Rishiri reflected in Menuushoro Pond

Clear night sky full of stars



Weather information

Rishiri Island is located at a latitude of 45 degrees. Since this area experiences sudden and significant changes in temperature and weather, take a long-sleeved waterproof jacket or windbreaker when heading out.

	Max(°C)	Min(°C)	
April	14.5°C	-2.2°C	Snow continues to melt and in the middle of the month, early spring flowers start to bloom on the plains near the coast. Whatever the temperature, it sometimes snows.
May	21.8°C	-0.3°C	There are some chilly days, and the weather is cool. Snow remains around the base of Mt. Rishiri. You can see early spring flowers on the coastal plains and forest floor. This is the optimal season for birdwatching. Mt. Rishiri opens for climbing from the middle of the month.
June	24.3°C	3.8°C	Summer flowers, known as Ezokanzo, start to bloom, and Rishiri Island becomes even more attractive. The sea urchin season starts from the middle of the month.
July	25.6°C	9.8°C	Rishiri Island becomes more lively. The Rishiri kombu (kelp) season starts. On sunny calm days, you can see majestic views of fishing.
August	31.2°C	12.9°C	Rishiri Island's short summer reaches its peak. At the start of the month, there are multiday festivals. The approach of autumn can be sensed from the middle of the month.
September	27.7°C	7.0°C	Occasional periods of clear and calm weather. In the evening, you can see beautiful scenery stained gold by pampas grass on the flatlands. At the end of the month, the leaves of the trees start to change color. Salmon start to swim upstream. The trail to Mt. Rishiri closes in the middle of the month.
October	20.4°C	-0.3°C	In the cold mornings of early October, the first snow can be seen to crown Mt. Rishiri. In the forest, you start to see reddening leaves and hear the chirping of migratory birds. At the end of the month, snow starts to fall on the flatlands.

Sunrise and Sunset Time Information

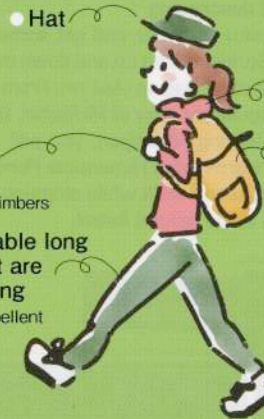
Lighting facilities are not located along the trails. Check the sunset time before heading out and allow yourself enough time to return to your accommodation before it gets dark. Hokkaido is located in the far east of its time zone, so the sunrise and sunset may be earlier than expected.

■ Sunrise / Sunset Times (estimate)

	Sunrise	Sunset
April 1	5:15	18:00
May 1	4:25	18:40
June 1	3:50	19:15
July 1	3:50	19:25
August 1	4:20	19:00
September 1	5:00	18:10
October 1	5:30	17:15

The basic hiking gear

- Hat
- Hooded jacket for strong winds
- Rucksack (Water bottle/Lunch/Trail snacks: chocolate,candy, etc./ Portable toilet bag/ Rain wear: jacket and pants/Map/Towel/ Garbage bags/ Stationary set)
- Mobile phone
- Sturdy trekking boots or shoes
- Watch
- Gloves A must for climbers
- Stretchable long pants that are quick drying for insect repellent



Optional items!

Binoculars / Magnifying glass / Insect repellent / Camera / Radio / First aid kit
Prepare sweaters, fleeces, and thermal hiking pants as well.

*Short-sleeved shirts are fine during the mid-summer, but a long-sleeved shirt is recommended. Foggy days are common, and the temperature actually felt drops with strong winds.

Contact Rishirifuji Tourist Information

TEL : 0163-82-2201(English spoken)

Address : Oshidomari Ferry Terminal Ground floor, 235 Minato-machi, Oshidomari, Rishiri-gun, Rishirifuji-town, Hokkaido

Dates Open : April 15 - October 31

Opens 8:00a.m. / Closes 5:00p.m. (6:30p.m. June 1 - september 30)