

# Kushiro

Thorough Guidebook of Lively Experience in Kushiro





# Map of East Hokkaido



**Simplified table of distances between major cities and towns**  
 Estimated travel times listed below are calculated based on the average speed.

	釧路 Kushiro	厚岸 Akkeshi	根室 Nemuro	中標津 Nakashibetsu	標茶 Shibecha	弟子屈 Teshikaga	鶴居 Tsurui	阿寒湖温泉 Akanko Onsen	羅臼 Rausu
厚岸 Akkeshi	49km 1hr								
根室 Nemuro	124km 2hr.30min	79km 1hr.35min							
中標津 Nakashibetsu	91km 1hr.50min	76km 1hr.30min	78km 1hr.35min						
標茶 Shibecha	50km 1hr	38km 45min	117km 2hr.20min	46km 55min					
弟子屈 Teshikaga	75km 1hr.30min	63km 1hr.15min	118km 2hr.20min	45km 55min	25km 30min				
鶴居 Tsurui	35km 40min	72km 1hr.25min	151km 3hr	80km 1hr.35min	34km 40min	37km 45min			
阿寒湖温泉 Akanko Onsen	74km 1hr.30min	103km 2hr	158km 3hr.10min	85km 1hr.40min	65km 1hr.20min	40km 50min	77km 1hr.30min		
羅臼 Rausu	154km 3hr.5min	140km 2hr.50min	133km 2hr.45min	67km 1hr.20min	110km 2hr.10min	105km 2hr.5min	154km 3hr.5min	125km 2h.30min	

# Kushiro Shitsugen National Park

The Kushiro Marsh is a wetland registered under the Ramsar Convention and Japan's largest wetland with an area of 28,000 ha. Blessed with diverse ecosystems, the park is particularly renowned as a habitat for the Japanese crane (Red-crowned Crane), a Special Natural Monument.

## Kushiro City Marsh Observatory

This building, reminiscent of an old European castle, is full of information on the wetland and is surrounded by a boardwalk 2.5 km in circumference. The "satellite square," located in the middle section of the boardwalk, offers the best overlooking view west of the Kushiro Marsh. (The boardwalk is partially closed in winter.)

Hours: 8:30-18:00 in summer (May – Oct.)

9:00-17:00 in winter (Nov. – Apr.)

Closed: Dec. 31 – Jan. 3

Admission fee: 470 yen (adult), 250 yen (high school), 120 yen (junior high and elementary school)

Access: Take Akan Bus, Tsurui & Hororo Route, from JR Kushiro Station Bus Terminal (approx. 40 min.) to

Marsh Observatory Bus Stop; 680 yen (adult)

TEL/FAX: 0154-56-2424

## Hosooka Viewpoint

This observatory is representative of the eastern portion of the wetland. It offers a spectacular view of the Kushiro River meandering through the wetland and the sun as it sets over the wetland with Mt. Oakan and Mt. Meakan in the distance.

Access: Take Senmo Line from JR Kushiro Station (approx. 15 min.) to Kushiro Shitsugen Station, and walk for 10 min.; 360 yen (adult)

## Hosooka Visitor's Lounge

Located near Hosooka Viewpoint, Hosooka Visitor's Lounge is a rest facility where materials regarding the wetland are exhibited. The Lounge also has a coffee shop and a store.

Hours: 9:00-17:00 (Apr. – May)

9:00-18:00 (June – Sep.)

9:00-16:00 (Oct. – Nov.)

10:00-16:00 (Dec. – Mar.)

Closed: Dec. 31 – Jan. 5

Admission fee: free

TEL/FAX: 0154-40-4455

## Hokuto Viewpoint

Hokuto Viewpoint commands a panoramic view of the wetland from the west. You can feel the sheer size of the Kushiro Marsh from here with nothing to obstruct your view.

Access: Approx. 300 m from the Kushiro City Marsh Observatory

## Kottaro Marsh Viewpoints

From the Kottaro Marsh Viewpoints, you can witness the most primeval images of the wetland.

Access: Approx. 50 min. by car from Kushiro City

# Fully Playing in the Wetland

## Walking along the boardwalk

Taking a stroll on the boardwalk is the most suitable way to observe the wild birds and plants. Let's roam along the boardwalk while enjoying fresh air.

## Onnenai Boardwalk

A wooden walkway with courses ranging from 500 m to 3 km in length. Choose one that best suits your needs and enjoy observing the wild birds and vegetation. What's more, the 2 km-course is wheelchair accessible. Since snow is not removed in winter, visitors can enjoy cross-country skiing here.

### Onnenai Visitor Center

The Onnenai Visitor Center offers a lot of information on flora and fauna that can be observed along the boardwalk. Complementary skis and snowshoes are available in winter.

Hours: 10:00 – 17:00 (Apr. – Oct.) / 10:00 – 16:00 (Nov. – Mar.)

Closed: Tue., and Dec. 29 – Jan. 3

Admission fee: free

Access: Take Akan Bus, Tsurui & Hororo Route, from JR Kushiro Station Bus Terminal (approx. 50 min.) to

Onnenai Visitor Center Bus Stop; 720 yen (adult)

TEL/FAX: 0154-65-2323/0154-65-2185



Kushiro Shitsugen National Park



Kushiro City Marsh Observatory



Kushiro Marsh at dusk



Hosooka Viewpoint



Marsh Jacob's Ladder in full bloom



Hokuto Viewpoint



Kottaro Marsh Viewpoints



Walking along the boardwalk



Daylily



## Canoeing & Rafting

Traveling down the Kushiro River, which meanders through the marsh, you can experience the marsh in the same way as flora and fauna in the marsh do.

### Experience-based tourist agencies

- ・R (アール)
- ・East Hokkaido Outdoor Center (ひがし北海道アウトドアセンター)
- ・Canoe Pro (カヌープロ)
- ・Lakeside Toro (レイクサイドとろ)
- ・Toro Nature Center (塘路ネイチャーセンター)
- ・Canoe Shop Hiraiwa (カヌーショップヒライワ)
- ・Kushiro Marsh & River (釧路マーシュ&リバー)
- ・Northeast Canoe Center (ノースイーストカヌーセンター)
- ・Lodge Shirarutoro (ロッジシラルトロ)
- ・ReRa (レラ)
- ・Mintara (ミンタラ)
- ・Kushiro Bird Watching Support Group (釧路バードウォッチングサポートの会)
- ・Shien net Kushiro (支援NET釧路)
- ・Shitsugen Guide Hanashinobu (湿原ガイドはなしのぶ)
- ・Family Canoe Toro(ファミリーカヌーとろ)
- ・Taito Nature Club(TAITO ネイチャー 倶楽部)
- ・NPO Yachinokai(NPO法人 やちの会)
- ・B&B Come Home(湿原の宿 B&B かむほーむ)
- ・Kusuri DEKOBOKO Guide Company(クスリ凸凹旅行舎)

TEL/FAX

0154-65-4100/0154-65-4100  
 015-487-3111/015-487-3110  
 0154-91-9838/0154-91-9837  
 015-487-2172/015-487-2220  
 015-487-3100/015-487-3101  
 0154-91-6185/0154-91-8829  
 0154-23-7116/0154-22-2864  
 015-482-5131/015-482-5150  
 015-487-2325/015-487-2388  
 0154-36-5431/0154-36-5431  
 0154-91-5763/0154-91-5763  
 090-4878-7663/0154-91-6292  
 0154-36-2842  
 0154-64-5151/0154-42-7230  
 015-487-2888/015-487-2888  
 0154-64-3111/0154-64-3333  
 090-5220-9779/0154-91-1644  
 015-487-3360/015-487-3360  
 0154-37-6513/0154-37-6513

## Horseback riding

Let's trek through the surrounding area and deep in the wetland on horseback. With easy lessons, even beginners will feel comfortable with horseback riding.

### Tsurui Dosanko Pasture

Access: 45 min. by car from Kushiro Airport.  
 TEL/FAX:0154-64-2931 / 0154-64-7468

### Kushiro Fureai Horse Park

Access: 10 min. by car from Kushiro Airport.

Take Akan Bus, Yamahana Onsen Refre Route or Akan-cho Route, from JR Kushiro Station Bus Terminal to Yamahana Onsen Refre Bus Stop, and walk 5 min.; 870 yen (adult)

TEL/FAX: 0154-56-2566

★Both facilities require reservations.

## “Kushiro Shitsugen Norokko-Train” and “SL Fuyu-no-Shitsugen-Train”

Kushiro Shitsugen Norokko-go, a train slowly running through the green wetland in summer, and the smoke emitting steam locomotive, traveling through white snowfields in winter, have become typical sights of the Kushiro Marsh.

Kushiro Shitsugen Norokko-go: one or two round trips per day between Kushiro Sta. and Toro Sta.

SL Fuyu-no-Shitsugen-go: one round trip per day between Kushiro Sta. and Shibecha Sta.

Hokkaido Railway Company Kushiro Branch Site: <http://www.jrkushiro.jp/>

Hokkaido Railway Company Global Site:<http://www2.jrhokkaido.co.jp/global/index.html>

## Japanese Crane, the Symbolic Bird

Reduced to a population of over a dozen, the Japanese crane became endangered as a result of indiscriminate hunting. Thanks to the conservation efforts of neighboring residents, however, the population has increased and the Japanese crane was designated as a Special Natural Monument in 1952. Currently, approximately 1,000 Japanese cranes live in East Hokkaido throughout the year. The largest bird in Japan, Japanese cranes are regarded as birds of love since, once they have found a mate, they remain in pairs for the rest of their lives and cooperate in bringing up their offspring.

### Japanese cranes can be seen throughout the year.

#### ・Kushiro Japanese Crane Reserve

Currently (2016), 14 Japanese cranes live in this park.

Hours: 9:00-18:00 (Apr. 10 – 2nd Mon. of Oct.)

9:00-16:00 (2nd Tue. of Oct. – Apr. 9)

Closed: Dec. 31 – Jan. 3

Admission fee: 470 yen (adult), 110 yen (child)

Access: Take Akan Bus, Lake Akan Route, from JR Kushiro Station Bus Terminal (approx. 55 min.) to Tsuru Koen Bus Stop; 910 yen (adult)

TEL/FAX: 0154-56-2219 / 0154-56-2216

#### ・Kushiro Zoo

The Kushiro Zoo has the Tancho Protection and Propagation Center. In addition, Blakiston's fish owls, Steller's sea eagles and white-tailed sea eagles, which are all natural monuments, can also be seen here.

Hours: 9:30-16:30 (Apr. 10 – 2nd Mon. of Oct.) / 10:00-15:30 (2nd Tue. of Oct. – Apr. 9)

Closed: Dec. 29 to Jan. 2, and every Wednesday Dec. through Feb.

Admission fee: 570 yen (adult), free (junior high & younger)

Access: Take Akan Bus, Refre Route or Akan-cho Route, from JR Kushiro Station Bus Terminal (approx. 1hr.) to Dobutsuen (Zoo) Bus Stop; 870 yen (adult)

TEL/FAX: 0154-56-2121 / 0154-56-2140

### Wild Japanese cranes gather in several hundreds in the following feeding grounds from late October to late March:



Canoeing & Rafting



Horseback riding



Kushiro Shitsugen Norokko-go



SL Fuyu-no-Shitsugen-go



Japanese Crane, the Symbolic Bird



Photo by K.K.Lam (HongKong)  
 Japanese cranes fighting with white-tailed sea eagles



•Japanese Crane Observation Center (Akan International Crane Center Branch)

Located adjacent to the Tancho no Sato Roadside Station, the Japanese Crane Observation Center offers visitors a chance to take in the action at afternoon feeding time as the Japanese cranes sometimes compete with white-tailed eagles and Steller's sea eagles.

Hours: 8:30-16:00(Nov. – Jan.) / 8:30-16:30(Feb. – Mar.)

Admission fee: 470 yen (adult), 240 yen (junior high & younger) (common ticket with Akan International Crane Center)

Access: Take Akan Bus, Lake Akan Route, from JR Kushiro Station Bus Terminal (approx. 1 hr.) to Tancho no Sato Bus Stop; 1,450 yen (adult)

Feeding time: early morning and around 14:00

TEL/FAX:0154-66-4011/0154-66-4022

•Tsurumidai Plain

Access: Take Akan Bus, bound for Tsurui, from JR Kushiro Station Bus Terminal (approx. 1 hr.) to Tsurumidai Bus Stop; 1,000 yen (adult)

Feeding time: around 14:30

•Tsurui/Itoh Tancho Sanctuary

Access: Take Akan Bus, bound for Tsurui, from JR Kushiro Station Bus Terminal (approx. 1 hr.) to Tsurui Mura Yakuba mae Bus Stop, and walk 15 min.; 1,250 yen (adult)

Feeding time: around 9:00

TEL/FAX:0154-64-2620/0154-64-2239

Shitsugen Marshland 55 Pass

Enjoy 5 local sightseeing spots for 5 days at one special low price with the Shitsugen Marshland 55 Pass!



Pass Valid At:

- Kushiro Marsh Observatory
- Kushiro Zoo
- Kushiro City Museum
- Kushiro Japanese Crane Reserve
- Akan International Crane Center

Cost: 1,020 yen

Learn about wetlands at Kushiro City Museum, enjoy a stroll and marvel at the view from Kushiro Marsh Observatory, meet the inhabitants of the wetlands such as Blakiston's Fish Owl at the Kushiro Zoo, and experience the grace of the spirit of the wetlands, the Japanese Crane, at the Crane Park and Crane Center.

Map of Kushiro Marsh and Places Where Japanese Cranes Can be Seen



# Strolling in Kushiro City

## Nusamai Bridge

Nusamai Bridge is one of the top three bridges in Hokkaido, along with Toyohira Bridge in Sapporo and Asahi Bridge in Asahikawa. It is enveloped with white sea fogs in summer and colored red by the setting sun in autumn.

10-min. walk from JR Kushiro Station

### Statues of the Four Seasons

Bronze statues symbolizing the four seasons of East Hokkaido, made by a sculptor representative of modern Japan, are standing on the rails of Nusamai Bridge.

## Kushiro Fisherman's Wharf MOO

Representing the waterfront of Kushiro, Fisherman's Wharf MOO consists of restaurants and shops. The wharf accommodates numerous souvenir shops and eateries ranging from large-scale restaurants and food stalls at the port. (Minato no Yatai)

10-min. walk from JR Kushiro Station

## EGG

Adjoining MOO, EGG is a dome-shaped greenhouse. Why don't you enjoy briefly basking in the woods when you become tired from shopping or walking along the wharf.

## Kushiro City Museum

Located at the edge of Lake Harutori, the Kushiro City Museum building is featured by its shape as a Japanese crane spreading its wings. The museum offers information on the geography, history and climate of Kushiro.

Hours: 9:30~17:00 (admission until 16:30)

Admission fee: 470 yen (adult), 250 yen (high school), 110 yen (elementary and junior high school)

Closed: Mon., national holidays (open on national holidays between Apr. and Nov. 3) and Dec. 31 – Jan. 5

Access: Take Kushiro Bus, Route No. 2, 12, 17, 30 or 55, from JR Kushiro Station Bus Terminal (approx. 10 min.) to Nusamai Chugakko (Junior High School) mae Bus Stop, and walk 5 min.; 220 yen (adult)

TEL/FAX: 0154-41-5809/0154-42-6000

## Kushiro City Lifelong Education Center (Manabotto Nusamai)

The Center's appearance is based on the image of a lighthouse. From the restaurant and the observation room on the 9th floor, you can enjoy not only a panoramic view of Kushiro City, but also the mountains in Akan and Cape Erimo in the distance.

Hours: 9:00-22:00

Closed: Mon., and Dec. 31 – Jan. 5

Access: 20 minute-walk from JR Kushiro Station

TEL/FAX: 0154-41-8181/0154-41-8182

## Yonemachi Park

The Yonemachi Park area, overlooking the Port of Kushiro, is the birthplace of Kushiro City. On the opposite side of the park is Yonemachi Heritage Museum, the oldest wooden house in Kushiro City.

### Yonemachi Heritage Museum

Yonemachi Heritage Museum has an archive dedicated to Takuboku Ishikawa, a poet associated with Kushiro.

Closed: Mon., and Dec. 31 – Mar. 31

Access: Take Kushiro Bus Route No. 1 from JR Kushiro Station Bus Terminal (10 min.) to Yonemachi Koen (Park) mae Bus Stop; 210 yen (adult)

## Golf Courses in the Suburbs of Kushiro City

There are a number of first-class courses in Kushiro Subprefecture. It is exceptional to play golf in the midst of magnificent nature and in the refreshing air.

**Kushiro Country Club** 36 holes, 14,044 yards, par 144  
Shimohororo, Tsurui Village, Akan-gun TEL/FAX: 0154-65-2331 / 0154-65-2078  
Period open to the public: throughout mid Apr. – late Nov.

**Akan Country Club** 27 holes, 10,594 yards, par 108  
14, Shitakara, Akan Town TEL/FAX: 0154-66-3833 / 0154-66-3835  
Period open to the public: throughout mid Apr. – late Nov.

**Kushiro Furin Country Club** 27 holes  
TEL/FAX: 0154-65-2121 / 0154-65-2445

**Kushiro Airport Golf Club** 27 holes  
TEL/FAX: 01547-5-3131 / 01547-5-3133

**Shin Kushiro Golf Club** 18holes  
TEL/FAX: 0153-56-2141 / 0153-56-2332



Nusamai Bridge enveloped in fog



Nusamai Bridge



Statues of the Four Seasons  
Spring



Summer



Autumn



Winter



Kushiro Fisherman's Wharf MOO•EGG



EGG



Kushiro City Museum



Kushiro City Lifelong Education Center (Manabotto Nusamai)



Yonemachi Park



Yonemachi Heritage Museum



Golf course in Kushiro suburbs





# Enjoying Shopping in Kushiro

## Showa District

There is a large-scale shopping mall, and surrounding it are drug stores, toy stores and electric appliance shops.

Access: Take Kushiro Bus Route No.28,66 or 77 from JR Kushiro Station Bus Terminal (approx. 30 min.) to AEON Kushiro Showa Shopping Center Bus Stop; 370 yen



Showa District

## Kushiro-cho District

Featuring a shopping center with stores that carry brand names popular among young women, men's tailors and sporting goods retailers.

Access: Take Kushiro Bus Route No.10.26.32.35.55 or 101 from JR Kushiro Station Bus Terminal (approx. 30 min.) to AEON Kushiro Bus Stop; 270 yen



Kushiro-cho District

## Harutori District

With a shopping complex dealing in stationery, CDs, videotapes and publications on a vast one floor as the core, there are also drug stores, fashion volume retailers and revolving sushi bars, and other restaurants. Adjoining the shopping complex is the Harutori Ice Arena, where you can enjoy ice skating.

Access: Take Kushiro Bus Route No. 17 or 30 from JR Kushiro Station Bus Terminal (approx. 20 min.) to Coach & Four Bus Stop; 260 yen (adult)



Harutori District

## Harutori Ice Arena

Hours: 10:00 – 16:00

Closed: Dec. 31, Jan. 1, and June 1 – July 31

Fees: 490 yen (adult), 370 yen (high school), 250 yen (junior high school), 170 yen (elementary school & younger)

Skates for rent: 300 yen

TEL/FAX: 0154-46-5115



Downtown (from in front of JR Kushiro Station to Kita-Odori)

## Downtown (from in front of JR Kushiro Station to Kita-Odori)

This is the center of Kushiro City, which also serves as the starting point for transportation systems. Seafood and souvenirs from Hokkaido can be found primarily at the Washo Market, one of the top three markets in Hokkaido located in front of JR Kushiro Station, and Kushiro Fisherman's Wharf MOO at the foot of Nusamai Bridge.

**Washo Market** – Accommodating approximately 60 shops, Washo Market is considered to be the kitchen of the residents of Kushiro City. Crabs, salmon and other fresh seafood landed in Kushiro as well as processed seafood can be bought here. In recent years, "Katte-Don (Donburi Rice Bowl)" has been very popular among tourists.

**Katte-Don** – Top your boiled rice, available at a delicatessen, with your choice of sashimi (slices of raw fish) from a variety of stores.

Access: 2 min.-walk from JR Kushiro Station



Washo Market



Katte-Don

# Model Routes

## Summertime: Kushiro Marsh One Day Course (using public transportation systems)

Norokko-go from JR Kushiro Station (morning)→Toro Station (bicycle rental at Toro Station Norokko & 8001; 2,400 yen for 4 hrs.)→1.5 km →Sarubo Observatory →1.7 km →Strolling by Lake Toro, Eco Museum, hands-on experience in canoeing → 1 km → Toro Station →Norokko-go (evening) → Kushiro Station

Charges: 1,080 yen for a round trip between Kushiro Sta. and Toro Sta. by Kushiro Shitsugen Norokko-go (half price for children); additional 520 yen each way for reserved seats



JR Kushiro Station

## Winter model route

Lake Akan One Night Plan (mid-January – late March)

① Board a morning bus bound for Lake Akan at the Akan Bus Terminal in front of Kushiro Station → Alight at "Tancho-no-Sato" → Have lunch cooked from local ingredients at "Akai Bere" → Observe Japanese cranes, a special natural monument, at the Japanese Crane Observation Center → Board an evening bus bound for Lake Akan → Arrive at Lake Akan → Check in at a Lake Akan hotel → Enjoy "Ice Land Akan" and "Ice Akan Fuyuhanabi (Winter Fireworks)" → Stay at the hotel (Please enjoy hot springs and fine food and drinks)

② Take a stroll in an Ainu kotan (village) and enjoy many winter activities, including snowmobiling, fishing on ice and ice skating at "Ice Land Akan"

Board an afternoon Akan bus bound for Kushiro → Arrive in Kushiro in the evening

Kushiro – Tancho-no-Sato ¥1,450

Tancho-no-Sato – Lake Akan ¥1,620

Lake Akan – Kushiro ¥2,700



Lake Akan Fireworks



## Sightseeing Buses

Various sightseeing buses are in operation according to seasons.

**Summer:** “Pirika-go” – One-day course covering the Kushiro Marsh, Lake Mashu, Lake Kussharo and Lake Akan

**Winter:** “White Pirika-go” – Course aiming to enjoy East Hokkaido in winter by making a tour to Lake Akan, Lake Mashu, etc.  
“The Tancho Tour Bus featuring the Shitsugen 55 Pass”  
The Tancho (Japanese crane) tour bus, takes riders on a wintertime voyage to enjoy the sights of Japanese crane and the Kushiro wetland areas.

◆Akan Bus: TEL/FAX: 0154-37-2221 / 0154-37-9083  
<http://www.akanbus.co.jp/>

## Kushiro’s Flavors and Dishes

**Hearthside barbecue Robata:** Kushiro is believed to be the cradle land of hearthside barbecue. Fresh seafood grilled over charcoal is delicious beyond expression.

**Sushi:** Sushi that uses fresh ingredients from Kushiro’s port is exceptional. Sushi in Kushiro is touted as the best in Japan whether you eat it at an exclusive sushi restaurant or a casual revolving sushi bar.

**Ramen:** Kushiro ramen features thin noodles and light soup. It is one of the four major types of ramen noodles, along with Sapporo, Asahikawa and Hakodate ramen.

**Soba or buckwheat noodles:** Yabu soba (dark, sweet noodles made from the whole buckwheat grain) is the mainstay soba in Kushiro and is characterized by its unique strong taste and sweet dip. Dishes unique to Kushiro, such as egg-mixed buckwheat noodles and soba zushi (buckwheat noodle rolls), are also available.

**Zangi:** Deep-fried chicken is called “zangi” in Hokkaido. The people of Kushiro dip zangi into sauce, which is so simple in taste so that they can eat a lot.

**Sweets:** Kushiro has a wide variety of sweets, ranging from ice cream abundant in high-quality locally produced raw milk and other dairy products to Japanese bean and pea based confectionaries.

**Local sake:** Locally-brewed sake “Fukutsukasa” was born out of the tasty waters in Kushiro and rice produced in the famous paddies of Tohoku.



Lake Mashu



Lake Kussharo



Sushi



Hearthside barbecue Robata



Soba



Ramen



Zangi



Soft serve ice cream



Local sake



# List of Restaurants

Japanese & Local Cuisine			Buckwheat Soba Noodles		
① 駒形家	Komagataya	10P	① 竹老園 東家総本店	Chikuroen Azumaya	12P
② ふく亭榎梯楼	Fukutei kaiteirou	12P	② そば処 日本橋	Sobadokoro Nihonbashi	11P-12P
③ 醍醐	Daigo	10P	③ 寿庵	Juan	11P
④ ちく半	Chikuhan	10P	Other		
⑤ とん崙	Tonki	10P	① 鳥善	Toriyoshi (Zangi-Fried Chicken Kushiro Style)	10P
⑥ 八千代本店	Yachiyohonten	10P	② 北斗	Hokuto	4P
⑦ ふく亭とと檣	Fukutei Totoro	11P	③ 焼肉菜包朴然	Yakinikusaihou Bokuzen (Korean Barbecue)	11P
⑧ 瓢	Fukube	10P	④ レストラン 北ふく楼	Restaurant Kitafukuro	10P
⑨ ふく亭	Fukutei	4-10P	⑤ 釧路霧のビール園	Kirinobiruen (Mongolian Barbecue and Beer)	10P
⑩ かつ善	Katsuzen	11P	⑥ たんちょう	Tancho	4P
⑪ 釧里	Senri (Reservation-only)	12P	⑦ Yakiniku Dining 弦	Gen (Korean Barbeque)	12P
⑫ 六園荘	Rokuenso (Reservation-only)	12P	⑧ オルディネール	Ordinaire (French)	10P
Hearthside barbecue / Japanese-style Pub			⑨ 七人の小人	Shichininnokobito (Western)	10P
① いろはにほへと	Irohanihoheto	10P	⑩ 花ばんや	Hanabanya (Local and Western)	10P
② あぶり家	Aburiya	10P	⑪ メリーさんのひつじ	Meriisan no hitsuji (Western)	4P
③ 案山子	Kakashi	10P	⑫ レストラン 泉屋	Restaurant Izumiya (Western)	10P-12P
④ ちゃりんこ	Charinko	10P	⑬ たかつな	Takatsuna (Local Cuisine)	10P
⑤ 鳥政	Torimasa	10P	⑭ どれみふぁ空	Doremifa Sora (Cafe Restaurant)	4P
⑥ 魚政	Uomasa	10P	⑮ イタリアンピッツアポロネ	Italian Pizza Porone	10P
⑦ 番小屋	Bangoya	10P	⑯ 味よし	Miyoshi	10P
⑧ 居酒屋 あけぼの	Izakaya Akebono	10P	⑰ レストラン 憩っと	Restaurant Ikotto	4P
⑨ 炬燵 たらかば	Robata Shirakaba	10P	⑱ イオマンテ	Iomante (Kushiro style French)	10P
⑩ 炬燵 煉瓦	Robata Renga	10P	⑲ 釧ちゃん食堂	Senchan Shokudo	11P
⑪ 酒楽	Shuraku	10P	⑳ ステーキ宮	Steak Miya	12P
⑫ 鮭番屋	Sakebanya	11P	㉑ アールベルアンジェ貴賓館	Art bell Ange (Group Reservation only)	11P
⑬ ろばた 鱗	Robata Uroko	10P	Fast Food		
⑭ 炬燵 釧路しつげん	Robata Kushiro shitsugen	10P	① ケンタッキーフライドチキン	Kentucky Fried Chicken	11P-12P
⑮ 岸壁炬燵	Ganpekirobata	10P	② ミスタードーナツ	Mister Donut	11P-12P
⑯ ちくぜん	Chikuzen	10P	③ ピザハット	Pizza Hut	11P-12P
⑰ はたご家	Hatagoya	10P	④ マクドナルド	McDonald's	11P-12P
⑱ 和創会席ゆらり	Wasoukaiseki Yurari	10P	Bars / Clubs / Snack bars		
⑲ 海へ	Umie	10P	① スナック メモリー	Snack Memory	10P
⑳ 炬燵 たらかじか	Robata kajika	10P	② パブスナック あけぼの	Snack Akebono	10P
㉑ 王将	Ousho	10P	③ ナイトイン稀々	Night in Mama	10P
㉒ 旬鮮炬燵 たりや	Shunsen Robata Moriya	10P	④ スナック 芽森you	Snack Memori you	10P
㉓ 虎や	Toraya	10P	⑤ スナック あい	Snack Ai	10P
㉔ 旨いんだもん	Umaindamon	10P	⑥ ニューカメロード	New Camerade	10P
㉕ とりの介	Torinosuke	11P	⑦ BAR YOKOHAMA		10P
㉖ 山の猿	Yamanosaru	12P	⑧ Bar 麗光	Bar Reiko	10P
㉗ 旬菜酒房参久	Shunsaishubo Sankyu	10P	⑨ カクテル・スナック 笑の館	Cocktail・Snack Warai no Yakata	10P
Ramen			⑩ HANANOYA		10P
① 河むら	Kawamura	10P	⑪ スナック Ba・Chi・Gu	Snack Ba・Chi・Gu	10P
② かど屋	Kadoya	10P	⑫ ラウンジ プラチナ	Lounge Platinum	10P
③ 魚一らーめん工房	Uocchi Ramen Koubou	10P	⑬ リード	LEAD	10P
④ ラーメン純水	Ramen Junsui	10P-12P	⑭ アマテラス	Sky Lounge Amateras	10P
Sushi			⑮ プロスパー	Prosper	10P
① なごやか亭	Nagoyakatei	11P-12P			
② くしろ都寿司 本店	Kushiro Miyakozushihonten	10P			
③ やちよ寿司 本店	Yachiyozushihonten	10P			
④ 鮨茶寮 四季彩	Sushisaryo Shikisai (Reservation-only)	10P			

# List of Accommodation Facilities

<b>A</b> w/ breakfast	<b>B</b> w/ Western-style breakfast	<b>C</b> w/ 2 meals
<b>D</b> Hot spring facilities	<b>E</b> Rental PC available	<b>F</b> Area code: 015
<b>G</b> Guest rooms with Internet connection	<b>H</b> LAN connection available	<b>I</b> PC are
		<b>J</b> Hot Spot (wireless LAN access point)

The charges, telephone numbers, fax numbers, etc. listed in this leaflet are as of April 2016. The charges listed in this leaflet include taxes and are for accommodations without meal services unless otherwise stated.

Area code (0154)

Name	Tel	Fax	No. of guest rooms	Prices per person (incl. tax)	Note	Internet facility	Map (page)
ホテル Hotel							
① 駅前ホテルパルデー釧路 Ekimae Hotel Palude Kushiro	22-3111	22-3116	98	3,900~		G・I・J	10P
② 釧路センチュリーキャッスルホテル Kushiro Century Castle Hotel	43-2111	42-0318	48	5,500~		G・I・J	10P
③ ANAクラウンプラザホテル釧路 ANA CROWNE PLAZA KUSHIRO	31-4111	24-8640	180	6,500~		G・I・J	10P
④ 釧路ロイヤルイン Kushiro Royal Inn	31-2121	31-2122	153	5,400~	A	E・G・H・I・J	10P
⑤ ホテルクラウンヒルズ釧路 Hotel Crown Hills Kushiro	22-0109	24-5498	150	5,000~		E・G・I	10P
⑥ ラビスタ釧路川 La Vista Kushirogawa	31-5489	31-5335	245	7,800~	D	E・G・I・J	10P
⑦ 釧路プリンスホテル Kushiro Prince Hotel	31-1111	31-1202	400	4,600~		E・G・H・I・J	10P
⑧ ホテルラッソ釧路 Hotel Rasso Kushiro	23-3311	23-6433	111	4,500~	A	E・G・I・J	10P
⑨ スーパーホテル釧路駅前 Super Hotel Kushiro Ekimae	25-9000	25-9001	84	4,600~	A・D	E・G・H・I・J	10P
⑩ スーパーホテル釧路 Super Hotel Kushiro	24-9000	24-9100	101	4,600~	A・D	E・G・H・I・J	10P
⑪ ホテルフロンティア Hotel Frontier	24-3557	24-3563	24	4,860~		E・G・I・J	12P
⑫ ホテルエリアワン釧路 Hotel Area One Kushiro	31-0946	31-1946	41	2,150~		E・G・H・I・J	10P
⑬ ホテルパコ釧路 Hotel Paco Kushiro	23-8585	31-0085	221	7,700~	D	E・G・I・J	10P
⑭ 東横イン釧路十字街 Toyoko Inn Kushiro Juji-gai	23-1045	23-1046	208	4,644~	A	E・G・I・J	10P
⑮ ラスティングホテル Lasting Hotel	21-9111	21-9133	84	5,700~	A	E・G・I・J	10P
⑯ コンフォートホテル釧路 Comfort Hotel Kushiro	21-5711	21-5712	126	8,900~	A	E・G・I・J	10P
⑰ ホテルマーシュランド Hotel Marshland	51-5557	52-4087	66	5,700~	A	E・G・J	11P
⑱ ホテルアクシアイン釧路 Hotel AXIA in Kushiro	24-5000	24-5200	74	3,400~	A	G・H・I・J	10P
⑲ ラビスタ阿寒川 La Vista Akangawa	67-5600	67-2266	64	11,000~	D	G・J	1P
⑳ ホテル千友館 Hotel Senyukan	51-5867	51-6252	31	4,200~	A	G・H・J	11P
㉑ ビジネスホテル中園第一 Business Hotel Nakazono Daiichi	23-1764	23-1900	13	3,600~		E・G・H・J	12P
㉒ ホテルTAITO Hotel Taito	64-3111	64-3333	16	7,710~	D	G・H・J	4P
㉓ 丹頂の里温泉 美肌の湯 赤いベレー Akai Bere	66-2330	66-2331	15	4,920~	A・D	J	4P
㉔ 山花温泉リフレ Yamahana Onsen Refre	56-2233	56-2277	16	8,710~	C・D	J	4P
㉕ ホテルルートイン釧路駅前 Hotel Route Inn Kushiro Ekimae	32-1112	32-0090	220	6,000~	A	E・G・I・J	10P
㉖ ホテルマーシュランド別館 Hotel Marshland Annex	51-6791	52-4087	41	3,180~		E・J	11P

## 旅館・民宿 Japanese-style hotel(Ryokan・Minshuku)

㉗ 旅館大喜館 Ryokan Taikikan	25-1934	25-2709	62	4,200~	A・D	G・J	10P
㉘ つたや旅館 Tsutaya Ryokan	41-8730	41-8730	14	4,200~			10P
㉙ 民宿 銀鱗荘 Minshuku Ginrinso	23-8512	25-6133	10	2,400~			11P
㉚ 栄屋旅館 Sakaeya Ryokan	23-0241	23-0242	11	3,240~		J	10P
㉛ すみれ旅館 Sumire Ryokan	23-1285	23-1286	13	3,800~			10P

## ペンション・その他 Pension・The others

㉜ ペンショングリーンパーク Pension Green Park	41-2685	44-3565	14	3,240~			12P
㉝ 民宿ファミリーハウス Minshuku Family House	22-0208	22-0209	10	3,240~		J	11P
㉞ ロッジシラルト口(カヌー専用) Lodge Shiraruto(For canoeist only)	487-2325	487-2388	10	12,500~ (molding canoe fee)	D・F closed Nov1~Jan7.	G・I・J	4P
㉟ B&B かむほーむ B&B Come Home	487-3360	487-3360	3	6,000~	A・F	J	4P
㊱ アスリートイン Athlete Inn	65-5216	65-5216	8	3,000~		G	4P
㊲ バリアフリーホテルメルシー Barrier-free Hotel Merushi	22-3888	22-3388	9	4,000~	A	G	10P

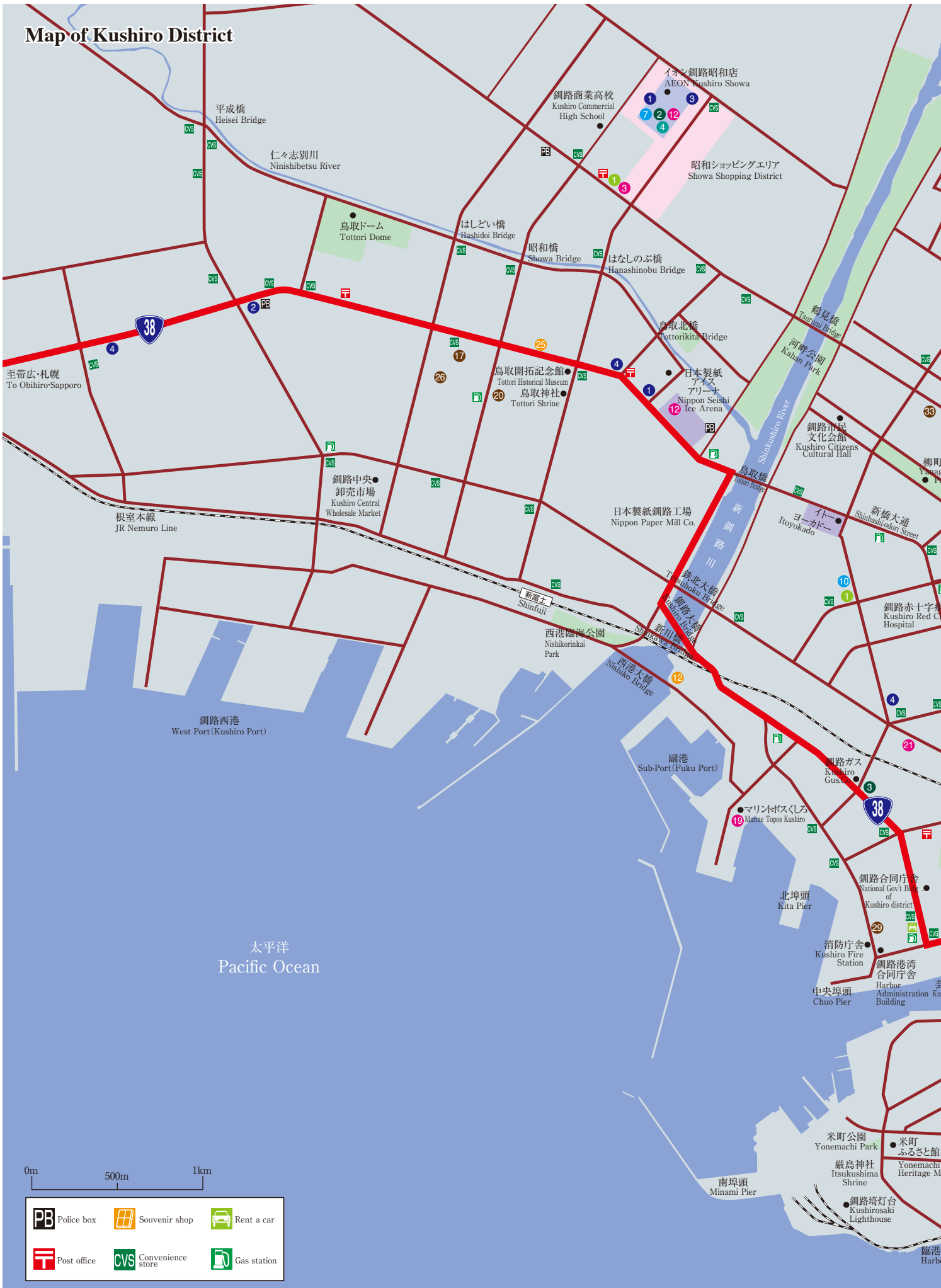


# Enlarged View of Kushiro City (downtown)

	Information		Police box		Souvenir shop		Rent a car
	Bank		Post office		Convenience store		Gas station



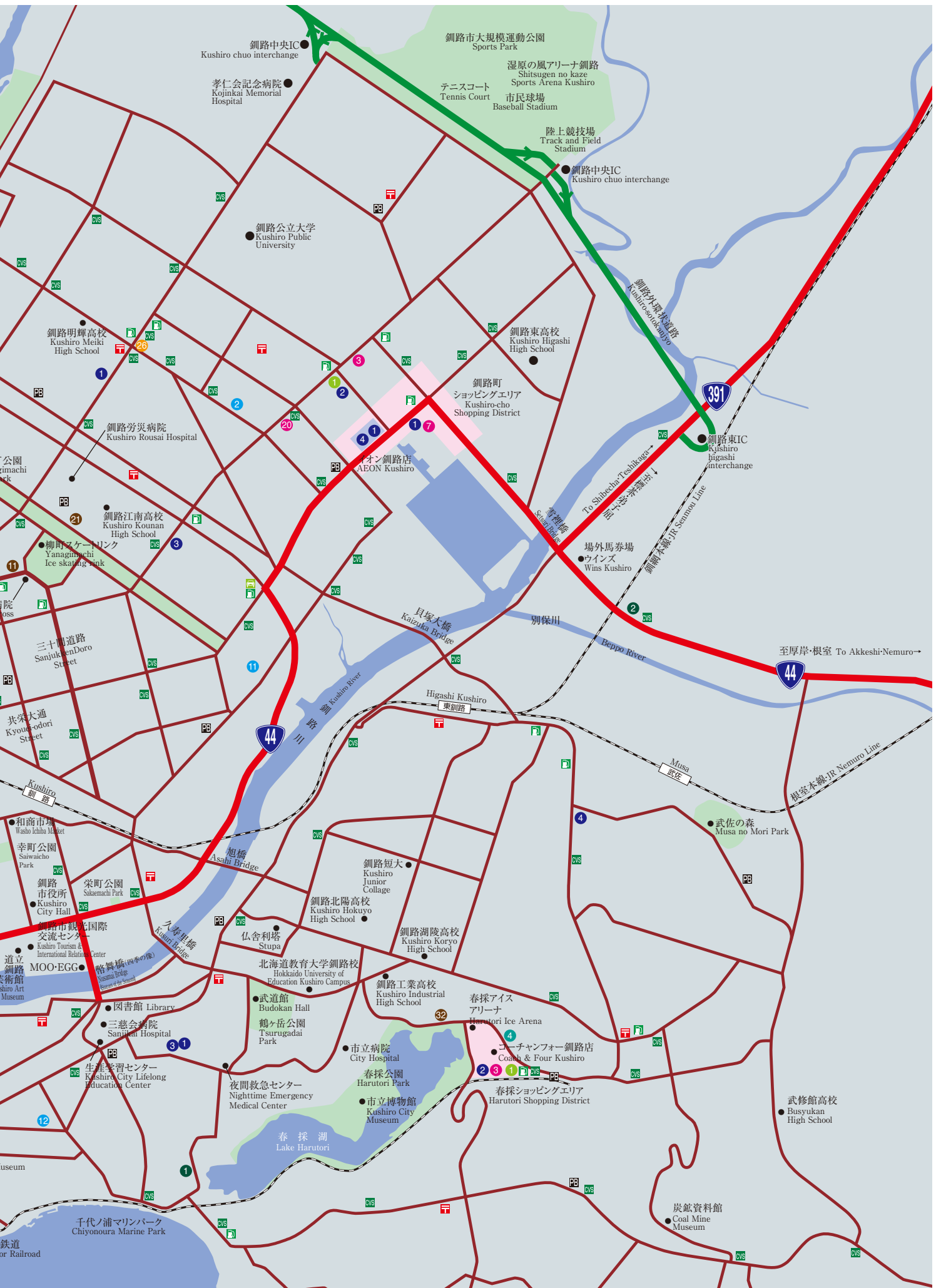
# Map of Kushiro District



0m 500m 1km

Police box	Souvenir shop	Rent a car
Post office	Convenience Store	Gas station





# Akan National Park

Akan National Park features a rich natural landscape of primeval forests surrounding crater lakes that were formed by volcanic activities. This park is also renowned as a hot spring resort.

## Lake Akan

Lake Akan is well known for its Marimo(algae balls), a Special Natural Monument. The lake is enjoyable throughout the year, with ice breaking in spring, mountains covered with verdure and mysterious blue lake surfaces in summer, beautiful crimson foliage in autumn and numerous events on the thick frozen ice in winter.

## Ainu Kotan

In the Ainu language, Ainu and Kotan mean a human being and a village, respectively. There are approximately 30 souvenir shops, standing side by side, where you can come in contact with the Ainu culture here. Approx. 2 hrs. from JR Kushiro Station Bus Terminal to Lake Akan by Akan Bus (Lake Akan Route); 2,700 yen (adult)

## Lake Akan Ainu Theater Ikor

Where traditional Ainu dance, Lake Akan Ainu puppet theater performances, and the Iomante Fire Festival, can be enjoyed at the Akanko Ainu Kotan.  
TEL/FAX: 0154-67-2727 / 0154-67-2657

## Bokke

Bokke derives from the Ainu word Pufuke meaning boil or simmer. Underground gas spurts out to create bubbles as if the water is boiling.

## Akan National Park Akankohan Eco Museum Center

The nature of Lake Akan and Akan National Park explained by means of exhibitions, slides and videos, as well as the introduction of other sights to see in Akan National Park  
Hours: 9:00-17:00  
Closed: Every Tuesday (following day if Tues. is a public holiday), year-end & New Year period  
Admission fee:free  
TEL/FAX: 0154-67-4100 / 0154-67-2568

## For inquiries about tourism in Akan, please contact:

NPO Akan Tourist Association  
TEL/FAX: 0154-67-3200 / 0154-67-3024      <http://www.lake-akan.com/>

## Other Must-See Sights in Akan National Park

### Onneto

Onneto is a lake that looks like it is from a different world. Autumnal leaves there are breathtakingly beautiful.  
Access: Approx. 30 min. by car from Lake Akan

### Lake Mashu

Lake Mashu is mysterious and one of the world's most transparent lakes.  
Access: Take Senmo Line from JR Kushiro Station to Mashu Station (approx. 1 hr. & 30 min.); 1,640 yen (adult); Take Akan Bus bound for Lake Mashu Observatory No.1 (in seasonal operation) from JR Mashu Station(approx. 25 min.); 560 yen (adult)

### Mt. Io

Mt. Io is a live volcano and emits a great deal of smoke.  
Access: Approx. 20 min. by car from JR Mashu Station

### Lake Kussharo

Lake Kussharo is the second largest lake in Hokkaido, where 400 to 500 whooper swans come in winter.  
Access: Approx. 20 min. by car from JR Mashu Station



Marimo (It is said that it takes approximately 150 to 200 years for an algae ball to grow into 6 cm diameter.)



Snowmobile (Enjoying the frozen Lake Akan in winter)



Bokke

Lake Akan Ainu Theater IKor



Akan National Park  
Akankohan Eco Museum Center

Lake Akan Pleasure Boat (The Lake Akan Pleasure Boat is used to transport tourists to the Marimo Exhibition and Observation Center. You will feel that mysterious forests in Akan are at hand.)



Onneto



Lake Mashu

Mt. Io



Lake Kussharo



## HOTELS

	Name	QUOTA	ROOMS	RATE (yen)	TEL	fax
①	ニュー阿寒ホテル New Akan Hotel	1531	370	10,650-15,900	67-2121	67-3339
②	あかん遊久の里鶴雅 Akan Yuku no Sato Tsuruga	1108	280	14,850-52,650	67-4000	67-2754
③	あかん湖鶴雅ウイングス Lake Akan Tsuruga Wings	530	127	13,110~	67-4000	67-2754
④	ホテル阿寒湖荘 Hotel Akankoso	466	98	10,650-21,150	67-2231	67-2593
⑤	阿寒の森鶴雅リゾート花ゆう香 Forest of Akan Tsuruga Resort HANAYUKA	419	95	12,750-15,900	67-2311	67-2330
⑥	ホテル御前水 Hotel Gozensui	700	159	8,550-12,750	67-2031	67-2053
⑦	あかん鶴雅別荘鄙の座 Akan Tsuruga Bessou HINANOZA	164	25	36,750-89,250	67-3050	67-3050
⑯	ラビスタ阿寒川 La Vista Akangawa	150	64	11,000-28,000	67-5600	67-2266

## RYOKAN(JAPANESE STYLE HOTEL)

	Name	QUOTA	ROOMS	PRICE (yen)	TEL	fax
⑧	東邦館 Tohokan	60	22	6,450-8,550	67-2050	67-2945
⑨	山水荘 Sansuiso	70	21	7,500-8,550	67-2101	67-2307
⑩	阿寒湖バスセンターホテル Lake Akan Bus Center Hotel	100	30	6,500	67-2655	67-2281
⑪	鶴雅レイク阿寒ロジツトウラノ Tsuruga Lake Akan Lodge	29	10	5,250~	67-2111	
⑫	八谷旅館 Hachiya Ryokan	30	10	7,000	67-2747	67-2246
⑬	ビジネスホテルまつおか Business Hotel Matsuoka	40	18	6,975	67-2746	67-2734
⑭	芳友荘 Hoyuso	56	15	7,350	67-2728	

## MINSHUKU(TOURIST HOME)

	Name	QUOTA	ROOMS	PRICE (yen)	TEL	fax
⑮	民宿 両国 Minsyuku Ryogoku	30	14	5,925	67-2773	67-2773
⑯	民宿 山口 Minsyuku Yamaguchi	35	12	5,925	67-2555	67-2506
⑰	民宿 桐 Minsyuku Kiri	26	9	3,000 with meal 7,500	67-2755	67-2755
⑱	民宿 ぎんれい Minsyuku Ginrei	30	9	5,925	67-2597	67-2597

※ These rates are per person (not per room).

※ Price will be changed by season, date, room condition, etc.

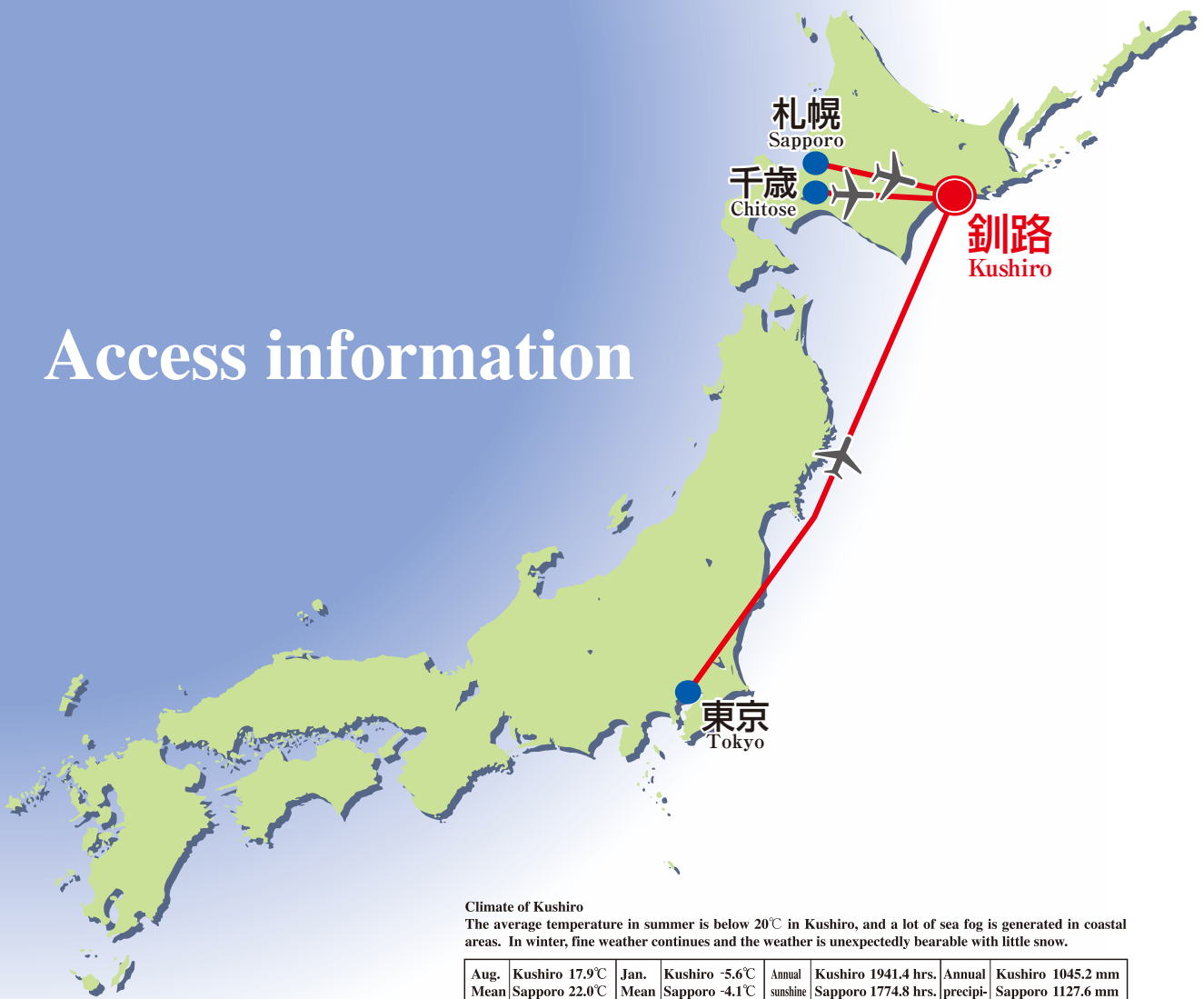
※ These rates are includes 2 meals (dinner, breakfast) except Minsyuku Kiri and Turano.

## Restaurant

①	両国総本店 Ryougoku souhonten
②	食事処 味心 Restraunt Ajishin
③	温泉工房 あかん Onsenkoubou Akan
④	pan de pan Pan de Pan
⑤	食事の店 あずさ Restraunt Azusa
⑥	百味庵 Hyakumian
⑦	仙客 Senkaku
⑧	湖鹿 Kojika
⑨	奈辺久 Nabekyu
⑩	喫茶エルム Coffe Shop Elm
⑪	レストランきせん Restraunt kisen
⑫	海兵 Umihei
⑬	焼肉 あっけ Yakiniku Akke
⑭	ケラアン Keraan
⑮	ぎんれい食堂 Restraunt Ginrei
⑯	奏楽の森カフェ Sora-no-Mori Café
⑰	味のゆりかご Ajino Yurikago
⑱	北国の味 ばんや Kitaguninoaji Bany
⑲	喫茶 ポロンノ Coffe Shop Poronno
⑳	コルアカン Cor Akan



# Access information



### Climate of Kushiro

The average temperature in summer is below 20°C in Kushiro, and a lot of sea fog is generated in coastal areas. In winter, fine weather continues and the weather is unexpectedly bearable with little snow.

Aug. Mean temp.	Kushiro 17.9°C Sapporo 22.0°C Tokyo 27.1°C	Jan. Mean temp.	Kushiro -5.6°C Sapporo -4.1°C Tokyo 5.8°C	Annual sunshine hours	Kushiro 1941.4 hrs. Sapporo 1774.8 hrs. Tokyo 1847.2 hrs.	Annual precipitation	Kushiro 1045.2 mm Sapporo 1127.6 mm Tokyo 1466.7 mm
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For inquiries, please contact : Kushiro Tourism & Convention Association  
 TEL: 0154-31-1993  
 FAX: 0154-31-1994  
 E-mail: mail@kushiro-kankou.or.jp  
 URL: <http://www.kushiro-kankou.or.jp/>

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\* The charges/fares, times and routes of transportation systems included in this leaflet are as of March 2016.