

WILD HOKKAIDO by Hanny Allston

QUICK FACTS

Tour Duration: 8 nights & 9 days

Departs: New Chitose International Airport

Returns: New Chitose International Airport

Maximum Group Size: 10 guests

Accommodation: Traditional Japanese ryokans & mountain lodgings

Meals: All breakfasts and 7 dinners included

Transport: All on-ground transport provided ex. New Chitose International Airport (excludes local gondolas if required)

RUN DETAILS*

Minimum Run Duration: 7km/75min

Maximum Run Duration: 24km/4hrs

Technical Difficulty: Moderate (trail experience required). Trails vary from smooth to rough volcanic mountain scree (although when the trails are this rough we will be hiking!)

Steepness: Flat to very steep volcanic mountain slopes.

** This is an educational retreat and holiday involving trail running. Our itineraries are not locked in as we will craft each days' runs to individual needs and the weather which can change quickly in this mountainous region. En route we will frequently stop for photos, soaking up the ambience of wild Hokkaido.*

TOUR HIGHLIGHTS

- Run and hike through bamboo groves & exquisite autumnal colours to the jingling chorus of our group's 'bear bells'
- Hike and run to the summit of active volcanic peaks
- Explore steaming fumaroles on the side of Hokkaido's most beautiful volcanos.
- Rest in traditional Japanese mountain inns and lodgings, nestled into the side of active volcanos
- Indulge in the best of Japanese culture - delicious meals, outdoor hot springs and indoor steaming onsens
- Enjoy fine Japanese cuisine in the company of your new trail running friends
- Learn the art of being wilder and playing wilder from Hanny Allston, returning home ready to perform wilder

ITINERARY

Upon Arrival

You will fly directly to New Chitose International Airport at your leisure and check in to your room at the hotel within the airport precinct. If you have time, checkout the Airport's local food markets and traditional onsen whilst watching the planes land and take-off! Then it will be important to get a great rest before all the exploring ahead! The tour will formally start the next morning over breakfast. Please note, dinner is not included on this evening as our guests will all arrive at different times.

Day 1

This is the official start of our tour! After a delicious buffet breakfast together we will travel by private vehicle towards the mountains and Tokachi Dake, a remote volcanic region. This will be an approximate 3hr drive from New Chitose International Airport. After checking into our mountain lodgings we will gently explore some trails, easing into the tour, before heading to a sneaky outdoor onsen that only the locals know about! In the evening we can soak our legs in even more hot onsens before enjoying a Japanese dinner prepared by our hosts.

Day 2

Today we will aim to climb one of the local peaks in the Tokachi Dake mountains. Higher on the slopes of these volcanos we hope to see the autumn leaves beginning to turn. On a fine day these mountains also have extraordinary views! The afternoon will be a time for relaxation and chatting about the art of trail running & playing wilder, following which we will spend another night recuperating in our mountain lodging, soaking in the outdoor baths and dining on traditional Japanese delicacies.

Day 3

After packing up our belongings we will set off for Asahi Dake via a run up Mt Tokachi Dake, an active volcano in the heart of Hokkaido. On this mountain you will see active fumaroles steaming from the rocky slopes. You are well off the tourist trail in this region of Japan and carrying bells to ward off bears is a novelty! The evening will be spent soaking in the atmosphere of one of Asahi Dake's most traditional ryokans, dining on local cuisine and bathing in the hot baths.

Day 4

Today we will either ride the gondola or embrace a large climb up onto the volcanic slopes of Asahi Dake. Here the fumaroles vent their fury and the low waist-deep bamboo waves madly in the wind. If the weather remains kind we will either attempt to climb to the summit or head across the plateau to some remote, lesser known hot springs. After the run we will again take an opportunity for rest & relaxation, with another very traditional evening in our ryokan accommodation.

Day 5

Early this morning we will play wildly and learn the secrets of trail running on some seriously fun trails close to our accommodation. Following breakfast we will travel to Sounkyo, an onsen town over the ridge from Asahi Dake. Today will be a quieter day, exploring the cultural side of Japan and hopping from onsen to onsen.

Day 6

After breakfast we will either ride another gondola or lean into the hilly trails from Sounkyo, travelling high up into the mountains once again. From here we will catch vast vistas down into the valleys below us and hopefully experience more of the autumn splendour. After the run we will picnic (Japanese-style!) before travelling to our last accommodation, a very, very traditional ryokan in a rural region of Hokkaido. This will certainly take us off the main tourist trail and will be the launching base for our final mountain endeavours.

Day 7

After a leisurely start and breakfast we will head back to the mountains, exploring some new trails that even we haven't run before. We expect these trails to feel very wild and we will certainly need our bear bells! The goal will be to get high onto the volcanic mountain slopes one last time. After the run we will enjoy a well-earned rest before sitting down to answer any last questions you have about trail running, playing wilder and living a life filled with health & vitality.

Day 8

After an early dawn run and breakfast we will travel back to New Chitose International Airport (sadly!) for evening flights home (or our onwards journeys).

COST: \$4595 (incl. GST)

Tour inclusions: Traditional Japanese mountain lodgings & ryokans; all on-ground vehicle transport excluding small local gondolas if required; expert coaching, guiding and mentoring; all breakfasts and dinners; discounts to premium brands at Find Your Feet.

Tour exclusions: Airfares; travel insurance; lunches, snacks and beverages. Please note, this retreat is strictly limited to 10 guests and will book quickly