

1. Activities in Tokachi district

Tokachi district including Shintoku, Shimizu and Shikaoi town is surrounded by the beauties of great nature. So, you will have a great opportunity to enjoy various outdoor activities such as fishing, canoeing, hiking and skiing through a whole year.

However, it is true that many people have gotten lost or injured from these activities and some of them unfortunately went missing or died for them. That is why we would like to warn you about the activities which you should pay enough attention to.



2. Hiking

In our jurisdiction, there is a mountain named *Mt.Tomuraushi* (elevation: 2,141 meters); which is well-known for having been chosen as one of *hyaku-meizan*, the greatest 100 mountains in Japan. Recently, hiking or trekking has a high popularity especially among elderly people as a method of hygiene in our country and many people visit mountains.

But, the more this activity gets its popularity, the more accidents or tragedies occur. In July 2009, eight hikers to *Mt.Tomuraushi* died for hypothermia on the mountain even in summer season after having been blown in strong wind and hard rain. Our rescue team of Shintoku police has been sent to the mountain several times in every year to respond to police emergency calls from hikers who got lost or injured on the mountain.

To avoid being involved in these accidents on *Mt.Tomuraushi*, you are definitely required to be an experienced hiker or accompanied by experts in any season. Besides, you must be well-equipped with weather-appropriate gears such as a waterproof jacket, trail map, food

and basic medical kit. You should avoid hike on the mountain in snowy season from November to April.



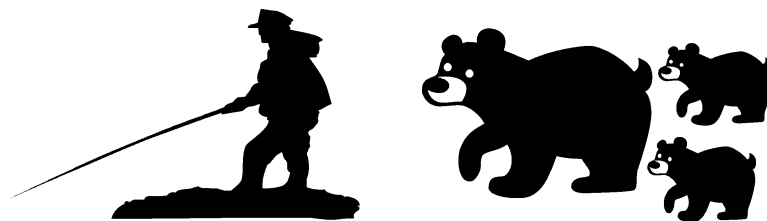
3. Backcountry skiing

We have some ski resorts in our jurisdiction and it is our pleasure that many foreigners from various countries visit those sites to enjoy skiing or snowboarding in winter season.

When it comes to skiing, it seems backcountry skiing or snowboarding is getting popular in our country. But we must make it clear that backcountry skiing or snowboarding is NOT recommendable thing to do if you want to spend a wonderful time on your vacation. Many ski resorts actually prohibit their customers from doing backcountry activities on either inside or outside its boundaries.

According to our statistics in 2016, there were 65 cases in Hokkaido prefecture that backcountry skiers or snowboarders were involved in accidents resulting from the activity. In February, a backcountry skier collided with trees in Niseko area and unfortunately bled to death.

4. Fishing



There are many good rivers for sport fishing in Shintoku, Shimizu and Shikaoi town like Sahoro river, Tokachi river and Shikaoi river. You will have a chance to catch various and big fish like rainbow trout, white spotted char and *yamame* trout by flyfishing, lure fishing or bait fishing.

It is said that rivers in our country are faster and rougher than those of other countries because of its topographic reason. Although there is no

accident to be reported recently to Shintoku police in which anglers were involved, you are required to pay enough attention to the danger in playing in or by the river.

The important thing we would like to warn you for enjoying fishing in this area is that any place can be habitat for brown bears that may attack or kill you. In Hokkaido, many people have been killed near rivers or on mountains by brown bears while enjoying fishing or gathering edible wild plants. Therefore, bear bells and bear sprays are the must for those people to bring.

