

OTAKI NORDIC WALKING

Equipment and what to wear You'll be fine as long as you have a pair of flexible shoes that are waterproof, breathable and offer sufficient support. Whatever the weather, breathable fabrics are best if you're out exercising. If it's cold, wear several thin layers, rather than one thick one. Waterproofs, including waterproof trousers are recommended in case of wet weather. As with all exercise, you should bring a drink when you're out Nordic Walking. Sun screen and a hat are also vital during hot weather. A lightweight daypack (not a shoulder bag) is very useful for carrying all these extra little things you might need when you're out walking. On August 3, **bus transportation is available** from Otaki Seminar House to the starting point of the Otaki Nordic Walking course. If you want to use the bus to get to the start point, **meet at the seminar house entrance at 12:40 p.m.** The start point is about 2.5km (5-minute drive) away. You may walk or go by bicycle to the site, which takes about 30 minutes on foot, or we can pick you up at the goal point upon request.

You can enjoy the time after the walking exercise at the following places; both located on Route 453. (See page 2 for Map.)

- a) **Café Aivalley** (See page 3 for Menu.) 1.6km away from the start point and 0.9km away from the seminar house
- b) **Furusato-no-yu** (resting place with hot spring baths) No cost for use. 1.8km away from the start point and 0.7km away from the seminar house

FEES & SAMPLE ROUTE

- FEES free (Rental Nordic walking poles will be available for free of charge.)
- ROUTE MAP
See page 2. (Sorry, it is only in Japanese.)
- SAMPLE ROUTE

ROUTE A: 3km (40 minutes)

START (1 pm) **A--200m--B--200m--E--300m--F--300m--H--800m--I--500m--J--800m--K--300m--A GOAL (1:40 pm)**

ROUTE B: 6km (90 minutes)

START (1 pm) **A--200m--B--1100m--C--900m-- E--300m--F--300m--G--900m--H--800m--I--500m--J--800m--K--300m--A GOAL (2:30 pm)**

ROUTE C: 9km (120 minutes)

START (1 pm) **A--200m--B--1100m--C--1400m--D--1400m--C--900m-- E--300m--F--300m--G--900m--H--800m--I--500m--J--800m--K--300m--A GOAL (3 pm)**

ROUTE D: 12km (150 minutes)

START (12:40 pm) **Otaki Seminar House--2500m--A--200m--B--1100m--C--1400m--D--1400m--C--900m-- E--300m--F--300m--G--900m--H--800m--I--500m--J--800m--K--300m--A GOAL (3:10 pm)**

*The above figures are approximate, provided only as a guide.



大滝ノルディックウォーキングコース

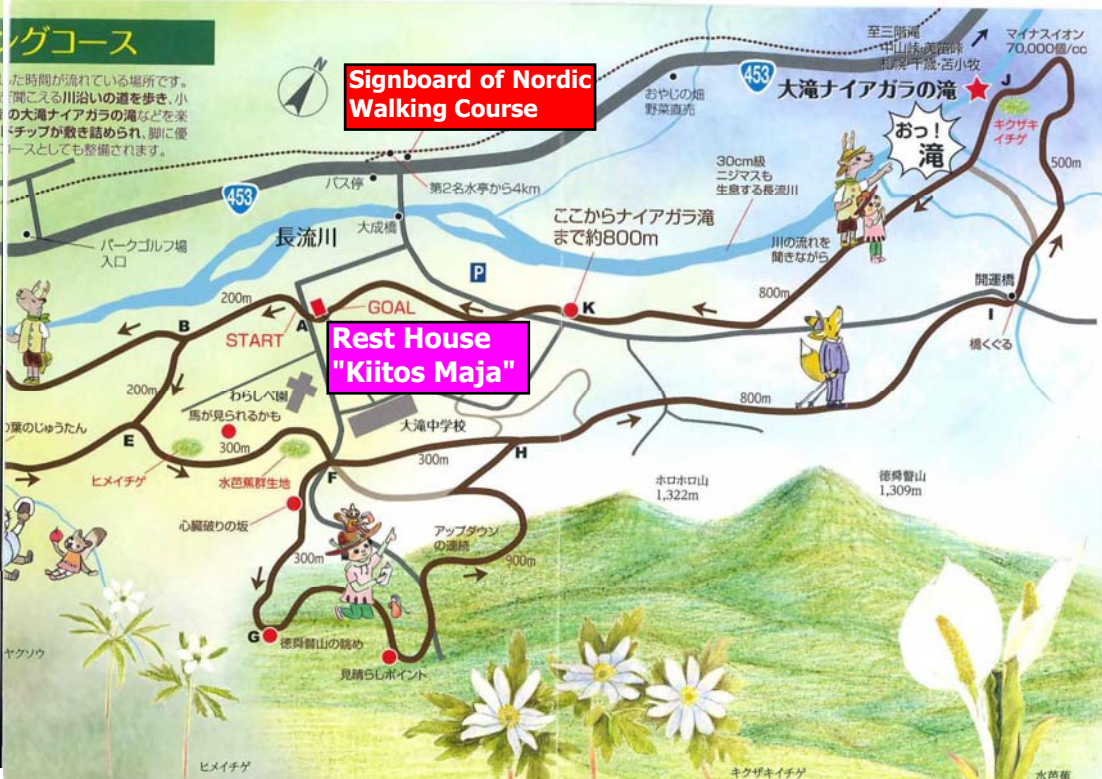
大滝は、支笏洞窟国立公園の中心にある、ムーミン谷のようなゆったりとした時間が流れている場所です。大滝自慢のこのコースは、木々の香りとマイナスイオンに包まれ、せせらぎが聞こえる川沿いの道を歩き、小鳥のさえずり、エリス、季節ごとの山野草、徳舜堂山の眺め、迫力の雄倉の大滝ナイアガラの滝などを楽しみながら、心も体も癒されます。全長9kmのコースには、間伐材のウッドチップが敷き詰められ、脚に優しく、また自由に使える休憩所もあります。冬にはクロスカンリースキーコースとしても整備されます。

Convenience Store "Seicomart"

Furusato-no-yu

Café Aivalley

- 3kmコース ※コース内の区間表示は概算距離です
 A・B・E・F・H・I・J・K・A
 6kmコース
 A・B・C・E・F・G・H・I・J・K・A
 9kmコース
 A・B・C・D・E・F・G・H・I・J・K・A



Signboard of Nordic Walking Course

Rest House "Kiitos Maja"

ヒメイチゲ キクザキイチゲ 水芭蕉



homepage <http://www.aivalley.jp/>

facebook <https://ja-jp.facebook.com/cafe.aivalley/>

090-2077-4295

Address: 03 Yutoku Otaki-ku, Date, Hokkaido On Route 453 (about 30 minutes from Toya Lake)

[Open] 9 a.m.~5 p.m. every day (occasionally closed without notice) from May until the end of October



MENU

All tax included

Chokeberry jelly



¥500

Chokeberry tea



¥500

Chokeberry tea



¥500

Cheese cake



¥500

Earl Grey tea



¥500

Iced coffee



¥500

Curry and rice



¥1000

Pasta



¥1000