

BEHIND THE GOOD TASTE

Hokkaido Tokachi

Tour Program Catalog

For details and reservations, visit the Slow Travel HOKKAIDO website.



Business hours: Weekdays 8:30-17:00

※Tours are held on a per request basis, and may not be available on certain dates depending on the circumstances.



Discover the stories
behind the authentic
and exquisite flavors of Tokachi,
Japan's largest food base

BEHIND THE GOOD TASTE Hokkaido Tokachi

Introduction

The greatest charm of Tokachi lies in its food. With a calorie-based food self-sufficiency ratio of over 1,000%, it is one of Japan's largest food production areas, supporting the lives of millions. Tokachi is truly the source of good food, producing plenty of delicious vegetables, meat, dairy, and other food products.

This journey takes you inside the stories of the farmers and producers who work hard to produce the exquisite food of Tokachi. Pay a visit to their farms and production areas and learn about their ideas, hopes, and dreams. Only then will you discover what lies behind the good taste of Tokachi.

The experiences will surely change how you see food, and will remain in your heart even after the journey ends.

So turn these pages to begin your journey into the source of food that is Tokachi. It is our hope that what you read will make you want to come and visit Tokachi for yourself, to meet the producers and enjoy the food they offer. What awaits you is a vast land filled with magnificent scenery and the rich lives of the people who call it home.

はじめに
十勝の魅力といえば、やはり「食」。食料自給率は1000%以上と言われ、日本を代表する食料生産基地として多くの人々の暮らしを支えてきました。ここ十勝が、おいしい野菜、肉、乳製品などが生まれる食の源流であると、私たちは思います。この旅を通して伝えたいのは、食材一つひとつの背景にある作り手の物語。産地を訪ね、作り手の思いに触れ、「おいしさの裏側」を知ってほしい。きっとそこで得た価値観は、旅を終えた後もあなたの心に残るはずだから。食の源流・十勝と繋がる旅への入り口として、作り手の物語をお届けします。会ってみたい、行ってみたい、そして食べてみたいと感じたら、ぜひ十勝へ。雄大な自然風景、そしてそこで営まれる心豊かな暮らしが、あなたを待っています。



Matsuhashi Beef Farm Tour
and Barbecue

Period: June to August
Fee: From ¥14,300/pax (tax incl)
Pax: 4 to 100
URL:
<https://slow-life-hokkaido.com/tour/matsuhashi-beef-farm-tour-and-barbecue/>



Visit a cattle farm and learn about the work they do,
then enjoy a barbecue with their own brand of beef

Matsuhashi Farm is a livestock farm with a history of over 90 years. They conduct everything from cattle breeding to fattening and beef sales, while also growing crops such as wheat and soybeans. The farm produces their own brand of beef called Matsuhashi Beef which features little marbling to highlight the meat's natural flavor. In this tour program, you will take a tour of the cattle farm while learning about the farm's initiatives, then enjoy a barbecue on a scenic wooden terrace beside the farm's fields.



Farm owner Yasuhiro Matsuhashi will guide you around the farm and show you their cattle. You can also learn about his cattle breeding initiatives.



You may also get to see cattle from the Takenotani-tsuru line, Japan's oldest purebred Wagyu beef and currently one of the rarest breeds.



Enjoy a barbecue with a choice from 3 different courses: Vegetable Course, Standard Course, Premium Course

Schedule

- 11:30 Meetup at Matsuhashi Farm
- 11:35 Farm and cattle barn tour
- 12:00 Barbecue lunch at wooden terrace
- 13:30 Photo taking in the farm fields
- 14:00 Tour finish



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Tofu Making and Bean Rice
Cooking in Honbetsu

Period: July to October
Fee: ¥16,500/pax (tax incl)
Pax: 3 to 12
URL:
<https://slow-life-hokkaido.com/tour/tofu-making-and-bean-rice-cooking-in-honbetsu/>



Experience making tofu with farmer's wives and
enjoy it for lunch with bean rice and other dishes

Honbetsu Town is the largest producer of beans in Japan. It is here where a group of farmer's wives known as "Mame de Harikiru Kaasan no Kai" (Mothers Full of Energy with Beans) produce and sell various food products made with Honbetsu beans, such as tofu and abura-age. In this tour program, you will try making tofu in the traditional way together with the farmer's wives, then enjoy it for lunch with bean rice and okara (soy pulp) salad.



Visit the home of Tomie Yamada, the head of the Mame de Harikiru Kaasan no Kai, and see the soybean field in her vegetable garden.



The tour takes places in Honbetsu, known as a "town of beans". Enjoy various dishes made with the town's high quality beans.



Make miso soup using the fresh tofu you made, and make okara salad from the soy pulp, then enjoy it with rice cooked with beans.

Schedule

- 10:00 Meetup with Mame de Harikiru Kaasan no Kai
- 10:05 Introduction and soybean garden viewing
- 10:30 Tofu-making experience
- 12:00 Bean rice, miso soup, okara salad cooking
- 12:30 Lunch
- 13:30 Tour finish



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Rikubetsu Herb Harvesting and Herbal Tea Making

Period: June to September
 Fee: From ¥18,700/pax (tax incl)
 Pax: 2 to 12
 URL:
<https://slow-life-hokkaido.com/tour/rikubetsu-herb-harvesting-and-herbal-tea-making/>



Experience harvesting various herbs, then make your own original blend of herbal tea and enjoy it for tea time

Visit Rikubetsu, known as the coldest town in Japan, and meet Yu and Mikie Hinata, a couple who runs a company called Tane Lab, growing various herbs and medicinal plants. Together with the Hinata couple, you will experience harvesting herbs and other field work. You can also try making your own original blend of herbal tea and enjoy it for a relaxing tea time.



Visit their herb field and try harvesting various herbs while helping with other tasks such as weeding.



Try making your own blend of herbal tea using dried herbs. Learn about each herb and its efficacy while checking its color and aroma.



Enjoy your herbal tea along with some snacks for a relaxing tea time together. You can also take home the remaining tea blend you made.

Schedule

13:00 Meetup at Kamitomamu Community Center
 13:10 Orientation, herb harvesting and field work
 14:20 Original herbal tea blend making
 14:50 Tea and snack time
 15:30 Tour finish



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Endo Livestock Tour and Wagyu Pizza Lunch

Period: All year round
 Fee: From ¥20,900/pax (tax incl)
 Pax: 2 to 6
 URL:
<https://slow-life-hokkaido.com/tour/endo-livestock-tour-and-wagyu-pizza-lunch/>



Learn about the "Beloved Wagyu" and experience work in a cattle barn to reflect on the value of life

Endo Livestock is a Wagyu cattle farm owned by Ryohei and Kyoko Endo. Kyoko, who also works as a livestock veterinarian, compiled the story of a certain Wagyu steer into a video and booklet titled "Aisare Wagyu" (Beloved Wagyu) in the hopes of making people realize the preciousness of life. In this tour program, you will visit Endo Livestock to learn about the Beloved Wagyu while experiencing work in a cattle barn. You can also try making pizza topped with the farm's Wagyu beef.



Ryohei and Kyoko Endo of Endo Livestock will guide you through their farm and tell you about their Beloved Wagyu project.



Visit the barn and try brushing the cattle and helping with other tasks. You will be impressed at the size of the adult cattle.



Try making your own pizza using beef from Endo Livestock's Beloved Wagyu as well as local cheese and vegetables.

Schedule

10:00 Meetup at Endo Livestock
 10:05 Preparation, Beloved Wagyu video watching
 10:35 Cattle barn tour and work experience
 11:35 Wagyu pizza making and lunch
 13:00 Tour finish



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Strawberry Picking and Jam Making in Shikaoi

Period: Late June to October
 Fee: From ¥17,600/pax (tax incl)
 Pax: 2 to 12
 URL:
<https://slow-life-hokkaido.com/tour/strawberry-picking-and-jam-making-in-shikaoi/>



Visit a strawberry farm and experience harvesting strawberries then make strawberry jam and pancakes

Run by a husband-and-wife team, Farm BellVeggy cultivates and sells strawberries while also operating a food truck that sells strawberry smoothies and other snacks. In this tour, you will visit the greenhouse of Farm BellVeggy and experience harvesting strawberries. You can use these strawberries to make a strawberry jam and strawberry pancakes. It's a must-try for sweets and strawberry lovers!



At the strawberry greenhouse, learn how to choose and pick the strawberries, then pick and eat them to your heart's content.



Using the fresh strawberries you picked, try making your own strawberry jam. You can take home a jar of the jam you made.



For even more strawberry goodness, try making pancakes topped with strawberries and whipped cream.

Schedule

- 13:30 Meetup at Farm BellVeggy
- 13:35 Orientation, strawberry picking
- 14:00 Strawberry jam making
- 15:00 Strawberry pancakes making and snack time
- 16:30 Tour finish



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Cycling Tour in the Pastoral Landscape of Toyokoro

Period: July to October
 Fee: ¥26,400/pax (tax incl)
 Pax: 2 to 10
 URL:
<https://slow-life-hokkaido.com/tour/cycling-tour-in-the-pastoral-landscape-of-toyokoro/>



Go on guided cycling tour across nature and scenic sites in Toyokoro Town

Toyokoro Town in Tokachi is a place of rich nature and pastoral landscapes. In this cycling tour, you will go with a local cycling guide on a 40-kilometer course through the town's nature and scenic sites, going through both paved and gravel roads (course can be adjusted according to your preferences). You can also enjoy lunch with soba noodles you make on your own while interacting with the locals.



You can choose from a cross bike or an electrically-assisted mountain bike. The guide will make any necessary adjustments.



Enjoy magnificent views from the top of a hill, and pass through forest roads with rich verdure that changes with the seasons.



After the fun cycling, visit a community center and try making soba noodles, then enjoy it for lunch.

Schedule

- 9:00 Meetup at Cocoloco Terrace
- 9:05 Bicycle preparation, course orientation
- 9:30 Guided cycling tour in Toyokoro
- 12:30 Soba noodles making and lunch
- 14:00 Tour finish



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Okamoto Farm Harvesting and Jingsukan Lunch

Period: Mid August to September
 Fee: From ¥17,600/pax (tax incl)
 Pax: 2 to 12
 URL:
<https://slow-life-hokkaido.com/tour/okamoto-farm-harvesting-and-jingsukan-lunch/>



Experience harvesting crops with your hands in an eco-farm, then enjoy a Jingsukan mutton lunch

Okamoto Farm is a crop farm that has received eco-farmer certification from their efforts to reduce their environmental impact while providing safe agricultural products. In this tour, you can experience digging for potatoes and onions by hand, before riding on an actual harvester in the fields. You can then enjoy the vegetables you harvested together with Jingsukan (grilled mutton and lamb). You can also visit the farm's factory and try out their original tomato berry cream puff.



Get your hands dirty by digging for crops, then experience the power of mechanized farming by riding on a large harvester



Using the vegetables you harvested, cook them together with Jingsukan, a local dish consisting of grilled mutton and lamb.



Try out the farm's their original tomato berry cream puff and see the factory where they make their products.

Schedule

- 10:00 Meetup at Okamoto Farm
- 10:05 Harvesting experience, harvester ride
- 11:30 Jingsukan lunch
- 13:00 Tomato berry cream puff tasting, factory tour
- 13:30 Tour finish



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Ogasawara Farm Agricultural Experience and Organic Lunch



Period: Aug to Mid Oct
 Fee: Adult ¥18,000/Child ¥5,500
 Pax: 2 to 10
 URL:
<https://slow-life-hokkaido.com/tour/ogasawara-farm-agricultural-experience-organic-lunch/>

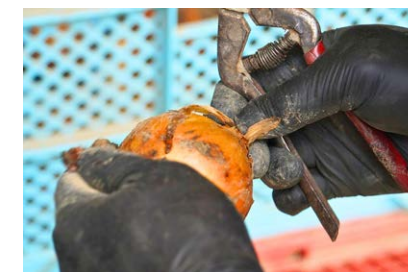


Visit an organic vegetable farm in Tokachi and experience real farm work and delicious farm food

Ogasawara Farm is an organic farm in Makubetsu Town that produces over 30 different kinds of vegetables. In this tour, you will visit the farm and try doing real farm work while learning about their farming methods. You can also enjoy a delicious but healthy lunch made with organic vegetables in the farm's cafe. It's an experience that takes you into a unique story from farm to table.



Try harvesting the farm's seasonal vegetables such as lettuce, corn, asparagus, or leeks.



You can also try onion cutting and sorting, another important job in the farm.



Visit the cafe beside the farm and enjoy a delicious and healthy meal made with the farm's fresh vegetables.

Schedule

- 9:20 Meetup at Ogasawara Farm
- 9:30 Farm introduction and tour
- 9:50 Farm work experience
- 11:30 Change of clothes
- 12:00 Lunch at the farm's cafe
- 13:30 Tour finish



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Arigatou Farm Cheesemaking and Cow Herding Experience



Period: Late May to Late September
Fee: ¥15,000/pax (tax incl)
Pax: 2 to 8
URL:
<https://slow-life-hokkaido.com/tour/arigatou-farm-tour-and-cheesemaking-experience/>



Visit a cheese factory and a free-range dairy farm and experience making cheese and cattle herding

In this tour, you will visit the Shiawase Cheese Factory and Arigatou Farm, a free-range dairy farm located in Ashoro Town. You can learn about cheesemaking, try your hand at making mozzarella cheese, take a walk across hilly pastures, and experience the herding of the cattle for their milking. It's a great way to experience daily life in a dairy farm.



Learn about cheesemaking from Sachio Honma then savor a cheese sandwich while enjoying the view of vast pastures.



Visit the family house of Arigatou Farm and try your hand at making mozzarella cheese from cheese curds.



Take a walk across the farm's scenic pastures, then join the staff as they herd the cows for their afternoon milking

Schedule

- 13:00 Meetup at Shiawase Cheese Factory
- 13:05 Shiawase Cheese Factory tour
Snack time with cheese sandwich
- 13:25 Move to Arigatou Farm by car
- 13:30 Mozzarella cheesemaking experience, tasting
- 14:30 Pasture walk, cow herding experience
- 16:00 Tour finish



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Lake Shikaribetsu Canoeing and Nature Trekking



Period: Early Jun to late Oct
Fee: ¥25,000/pax (tax incl)
Pax: 2 to 8
URL:
<https://slow-life-hokkaido.com/tour/lake-shikaribetsu-canoeing-and-nature-trekking/>

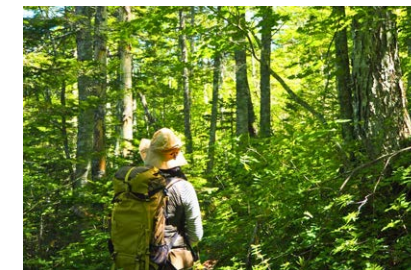


Go on a canoe ride in the lake with the highest altitude in Hokkaido and experience the nature of its virgin forests

At an elevation of 800 meters, Lake Shikaribetsu is the highest lake in Hokkaido, and is a place full of primeval nature. In this tour, you will paddle a Canadian canoe across the tranquil lake, then go on a trek through the forest on the lakeshore together with an experienced nature guide. After enjoying the nature activities, you will visit a cafe to enjoy a lunch buffet with dishes made from local ingredients.



See the symbolic Mt. Tenbo also known as Kuchibiruyama (lips mountain) reflected on the lake's surface.



Learn about the diverse flora and fauna of the virgin forest beside the lake. You might even see or hear wild animals such as pika.



Re-energize yourself with a lunch buffet featuring dishes made with local ingredients (menu may vary).

Schedule

- 8:20 Meetup at Lake Shikaribetsu Nature Center
- 8:30 Canadian canoe experience
- 10:30 Lakeside forest trekking
- 12:00 Move to local cafe by car
- 12:30 Lunch at local cafe
- 13:30 Tour finish



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Tokachi Beans and Vegetable Farms Gastronomy Tour

Date: June to early August
 Fee: From ¥137,500/person
 Pax: Min 2, max 8 persons
<https://slow-life-hokkaido.com/tour/tokachi-beans-and-vegetable-farms-gastronomy-tour/>



Experience the richness of Tokachi agriculture in this one-day tour that brings you to farms and delicious food

Tokachi is an agricultural kingdom that is a major producer of various crops. In this one-day gastronomy tour, you will visit several farms and food producers in the towns of Kamishihoro and Memuro to experience the local farm life and discover the stories behind the excellent quality of their food. Highlights include a visit to a bean field, a spice blending activity, vegetable harvesting, and a delicious hamburger dinner.

Includes lunch and dinner

Includes transportation

Start/Finish at Obihiro Station

Farm and food experiences



Your first stop is Sekiguchi Farm in Kamishihoro Town. The farm is known for its Oribe Beans brand started by Yoshiko Sekiguchi.

1 Enter a world of beans at Sekiguchi Farm



Visit their bean fields and learn about bean cultivation while experiencing actual farm work.



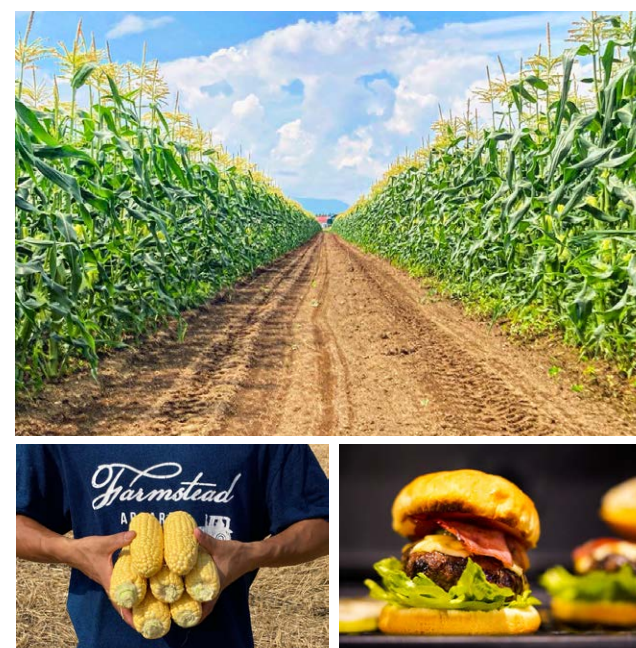
You can also try eating some of their beans and bean-based products.

2 Spice blending and bean dishes lunch



Visit Craft Kitchen, a spice maker in Kamishihoro Town, and try making your own blend of spices. You can also enjoy a lunch featuring camarones al ajillo made with plenty of beans from Sekiguchi farm.

3 Farm experience and dinner at Takano Farm



At Takano Farm in Memuro Town, take a walk along their corn fields and learn about its cultivation. You can also savor a delicious dinner in the middle of a corn field by making your own hamburger with buns made from Tokachi wheat, a patty made from Memuro Ushi beef, and various local vegetables.

Schedule

- 9:00 Meetup at JR Obihiro Station
- 10:00 Sekiguchi Farm
Bean field visit, farm work experience, bean tasting
- 11:40 Craft Kitchen
Spice blending activity, lunch with bean dishes
- 14:45 Shin-Arashiyama Sky Park Observatory
- 15:20 Takano Farm
Corn field walk and harvesting experience
- 17:00 Hamburger dinner in a corn field
- 19:30 Tour finish at JR Obihiro Station

[Meals: Lunch/Dinner]

Tour Details

Period: June to early August
 Pax: Min 2, max 8 persons
 Fee: 2 persons: ¥198,000 per pax
 3-8 persons: ¥137,500 per pax
 Child (under 13): ¥20,000 per pax

Included in fee:
 Transportation by taxi, meals (lunch, dinner), activity fees, English guide, tour conductor, tour insurance, consumption tax

- Notes:
- Preferred tour date may not be available depending on local circumstances.
 - Rubber boots will be provided for the farm visits.
 - Tour may be changed or cancelled due to weather or other circumstances.



Dairy Farms & Cheese Factory Tour in Shintoku & Shimizu

Date: All year round
Fee: From ¥72,600/person
Pax: Min 2, max 10 persons
<https://slow-life-hokkaido.com/tour/dairy-farms-and-cheese-factory-tour-in-shintoku-and-shimizu/>



Experience the rich dairy industry of Tokachi with visits to dairy farms and a cheesemaker

The towns of Shintoku and Shimizu are surrounded by the Hidaka mountain range to the west and the Daisetsuzan mountains to the north. They are home to many dairy farms that also produce their own dairy products. In this one-day tour, you will visit Hokkoh Farm, a megafarm that raises over 900 cattle in Shintoku Town, followed by Kyodogakusha Shintoku Farm, an award-winning cheesemaker that also operates a restaurant. You will also visit Miyaji Farm, a rare free range dairy farm in Shimizu Town.

Dairy farm
visit

Cheesemaking
activity

Farm and food
experiences

Pizza-making
and lunch



Formed from the merger of four dairy farms, Hokkoh Farm has grown to a megafarm that currently raises over 900 cattle.

1 Hokkoh Farm: A dairy megafarm in Shintoku Town



Take a tour of the farm, then try making mozzarella cheese using the farm's milk curds.



Try out the farm's original brand of dairy products such as yogurt and soft serve.

2 Pizza-making lunch and cheese factory visit



Make your own pizza using the mozzarella cheese you made and enjoy it for lunch. Afterwards, visit Kyodogakusha Shintoku Farm, a dairy farm and cheesemaker that has been recognized at the Japan Cheese Awards. You can sample their cheese and buy their products at their shop.

3 Miyaji Farm, a free range dairy farm in Shimizu Town



Miyaji Farm in Shimizu Town is a free range dairy farm situated at the foot of the Hidaka mountains. You can see the cows grazing freely in the farm's scenic hilly pastures. You can also sample the fresh milk from their grass-fed cows.

Schedule

10:00 Meetup at Hokkoh Farm
10:05 Hokkoh Farm tour, mozzarella cheese making experience
11:30 Pizza making, lunch, cheese sampling
13:00 Depart from Hokkoh Farm
13:15 Kyodogakusha Shintoku Farm cheese factory tour, sampling
14:15 Depart from Kyodogakusha
15:00 Miyaji Farm tour, milk tasting
16:30 Tour finish

[Meals: Lunch]

Tour Details

Period: All year round
Pax: Min 2, max 10 persons
Fee: 2 persons: ¥110,000 per pax
3-8 persons: ¥72,600 per pax
Child (under 13): ¥14,300 per pax
Included in fee:
Activity fee, cheese and milk sampling, lunch, English guide, tour insurance, consumption tax

Notes:

- Preferred tour date may not be available depending on local circumstances.
- You must have been in Japan for at least 7 days prior to the tour to enter the livestock area of the farms.
- Based on government guidelines for the prevention of livestock diseases, you may not be able to join the tour depending on your country of residence.
- Tour may be changed or cancelled due to weather or other circumstances.



Tokachi Cattle Farms and Deer Leather Gastronomy Tour

Date: All year round
 Fee: ¥99,000/person
 Pax: Min 4, max 8 persons
<https://slow-life-hokkaido.com/tour/tokachi-cattle-farms-and-deer-leather-gastronomy-tour/>



A one-day tour to experience cattle farms and leather crafts, with a dinner of exquisite local beef and venison

Tokachi has a flourishing livestock industry, producing many local brands of beef, pork, and chicken. Its proximity to nature that is rich in wildlife such as Ezo deer has also led to a growing venison and deer leather industry. In this tour, you will visit beef cattle farms and a deer leather crafts shop to learn about the work they do and the products they make. You can also enjoy lunch and dinner featuring delicious Tokachi meat and other local ingredients.

Includes lunch and dinner

Includes transportation

Pick-up from station or airport

Farm and food experiences



Obara Farm in Ikeda Town raises brown Wagyu cattle. Its beef is marketed as Ikeda-gyu, and has little marbling, making it lean and healthy. You can learn about the farm's sustainable approach.

1 Obara Farm, a cattle farm that produces Ikeda-gyu beef



Meet the 4th-generation and current farm owner Hideki Obara. You might also get to see the cats on the farm.



Ikeda-gyu cattle are fed wine lees, a byproduct of winemaking. Ikeda Town is known for having a municipal winery.

2 Leather crafts and venison from Ezo Leather Works



Visit Ezo Leather Works, a business owned by Kohei Hase that conducts everything from deer hunting and butchering, venison sales, and leather crafts. You can learn about the work he does while checking out the leather products at his shop.

3 Ashoro Unkai Wagyu in Kaneko Farm



Walk the pastures and enjoy the scenery at Kaneko Farm, a free range farm that raises black Ashoro Unkai Wagyu cattle. For the finale of the tour, enjoy a luxurious dinner featuring Ikeda-gyu beef, Ashoro Unkai Wagyu beef, and venison from Ezo Leather Works.

Schedule

10:00 Pick-up from JR Obihiro Station or hotel
 10:30 Obara Farm Ikeda-gyu cattle tour
 11:15 Ezo Leather Works shop visit
 12:00 Lunch at restaurant in Ikeda Town
 15:15 Kaneko Farm pasture walk
 17:00 Dinner at Kobis Kitchen
 20:30 Drop-off at JR Obihiro Station or hotel

[Meals: Lunch/Dinner]

Tour Details

Period: All year round
 Pax: Min 4, max 8 persons
 Fee: 2 persons: ¥198,000 per pax
 3-8 persons: ¥137,500 per pax
 Child (under 13): ¥20,000 per pax
 Included in fee:
 Transportation by taxi, meals (lunch, dinner), activity fees, English guide, tour conductor, tour insurance, consumption tax

Notes:

- Preferred tour date may not be available depending on local circumstances.
- You must have been in Japan for at least 7 days prior to the tour to enter the livestock area of the farms.
- Based on government guidelines for the prevention of livestock diseases, you may not be able to join the tour depending on your country of residence.
- Rubber boots will be provided for the farm visits.
- Tour may be changed or cancelled due to weather or other circumstances.



Whole Salmon Cutting and Ikura Making in Taiki

Date: September to November
 Fee: From ¥35,200/person
 Pax: Min 2, max 12 persons
<https://slow-life-hokkaido.com/tour/whole-salmon-cutting-and-ikura-making-in-taiki/>



Experience cutting up a whole salmon then enjoy it for a sumptuous seafood lunch together with a fisherman couple

The southeastern edge of Tokachi faces the Pacific Ocean, and its coastal towns are known for its catches of excellent seafood. In this tour program, you will visit Marumi Kobo in Taiki Town to savor one of its autumn delicacies: the Akiagi salmon. Go on a fishing boat ride, learn how to cut up a whole salmon, try making ikura from the salmon roe, then enjoy a succulent seafood lunch prepared by a fisherman.

Fishing boat ride

Salmon cutting experience

Includes seafood lunch

Relax in a hot spring bath



Taiki Town has 2 fishing ports and a flourishing fishing industry that produces a wide variety of seafood.

1 Fishing boat ride and fishing experience



Meet Masao and Michiko Kawamata who operate a company called Marumi Kobo.



Ride on an actual fishing boat and try catching fish with a fishing rod.

2 Whole salmon cutting experience



Visit Marumi Kobo to learn how to cut up a fresh whole salmon with the help of Masao and Michiko Kawamata. You can also make ikura (seasoned salmon roe) from the salmon's egg sac and take it home as a souvenir.

3 Chanchanyaki and seasonal seafood lunch



Using the salmon you cut up, you can help prepare a dish called chanchanyaki made of salmon and mixed vegetables seasoned with miso sauce. You can savor it along with other seasonal seafood in a sumptuous fisherman's lunch. Afterwards, you can refresh yourself in the hot spring bath of Bansei Onsen while admiring a view of the vast Pacific Ocean.

Schedule

9:00 Meetup at Taiki Fishing port
 9:05 Fishing boat ride, fishing experience
 10:30 Whole salmon cutting and ikura making
 12:00 Chanchanyaki and seafood lunch
 14:00 Hot spring bath in Bansei Onsen
 15:00 Tour finish

[Meals: Lunch]

Tour Details

Period: September to mid November
 Pax: Min 2, max 12 persons
 Fee: 2 persons: ¥47,300 per pax
 3-8 persons: ¥35,200 per pax
 No whole salmon cutting (only for groups of 4 persons or more): ¥25,200 per person
 Included in fee:
 Activity fee, cost of seafood and materials, lunch, onsen bathing fee, English guide, tour insurance, consumption tax

Notes:

- Preferred tour date may not be available depending on local circumstances.
- Things to bring: warm outerwear (may get cold during fishing boat ride), clothing that you don't mind getting dirty (may get stained during the salmon cutting)
- Fishing boat ride and fishing experience may be cancelled in case of inclement weather.
- Tour may be changed or cancelled due to weather or other circumstances.



Tokachi Wine - Sake - Beer Gastronomy Tour

Date: June to October
Fee: ¥154,000/person
Pax: Min 3, max 8 persons
<https://slow-life-hokkaido.com/tour/tokachi-wine-sake-beer-gastronomy-tour/>



Visit a winery, a sake brewery, and a craft beer maker, and enjoy dishes that pair well with Tokachi liquor

With its rich nature and flourishing agriculture, Tokachi is blessed with the ideal conditions for making various kinds of liquor. In this one-day gastronomy tour, you will visit a local winery, a sake brewery, and a craft beer maker to try out their unique products while learning about their liquor making process. You can also enjoy lunch and a special dinner with various dishes that pair well with Tokachi liquor.

Includes lunch
and dinner

Includes
transportation

Pick-up from
station or airport

Food and liquor
experiences



Visit Aizawa Nouen, a vineyard and winery in Obihiro that grows grapes naturally without any fertilizer or agrochemicals.

1 Experience the grapevines and wine of Aizawa Nouen



See the grapevines and learn about their cultivation from owner Ichiro Aizawa.



Visit the winery to sample some of their exquisite natural wines.

2 Kamikawa Taisetsu Sake Brewery Hekiungura



Visit a unique brewery situated inside a university and currently the only sake brewery in Tokachi. Their philosophy is to make sake that pairs well with Tokachi food. Learn about their sake-brewing process, then taste some of their fine sake. You can also buy their products at a souvenir shop.

3 Rikka, a new craft beer maker in Urahoro Town



Rikka is a craft beer maker that opened in 2025. See their barley fields and visit their brewery to learn about their beer-making while tasting some of their craft beer. For the finale of the tour, you can enjoy a special dinner featuring various dishes that pair well with the wine, sake, and beer you sampled.

Schedule

- 9:00 Pick-up from JR Obihiro Station, Tokachi Obihiro Airport, or hotel
- 10:00 Aizawa Nouen vineyard and winery tour, wine tasting
- 11:30 Kamikawa Taisetsu Sake Brewery Hekiungura tour and sake tasting
- 12:30 Lunch at Rancho El Paso
- 14:45 Rikka barley fields tour
- 16:45 Rikka brewery tour and craft beer tasting
- 18:00 Special dinner with Kanako Sasaki at Torinome Shoten
- 21:00 Drop-off at JR Obihiro Station, Tokachi Obihiro Airport, or hotel

[Meals: Lunch/Dinner]

Tour Details

Period: June to October
Pax: Min 3, max 8 persons
Fee: ¥154,000 per pax
Included in fee:
Transportation by taxi, meals (lunch, dinner), activity/sampling fees, English guide, tour conductor, tour insurance, consumption tax

Notes:

- Preferred tour date may not be available depending on local circumstances.
- Alcohol consumption by minors (under the age of 20) and driving while under the influence of alcohol is strictly prohibited by law.
- Tour may be changed or cancelled due to weather or other circumstances.



Tokachi Organic Farms and Glamping Premium Tour

Date: Late July to early August
 Fee: From ¥198,000/person
 Pax: Min 2, max 6 persons
<https://slow-life-hokkaido.com/tour/tokachi-organic-farms-and-glamping-premium-tour/>



Visit organic farms and a vineyard to learn about their practices and enjoy their products in this 2D1N tour

Tokachi is home to many farmers who practice farming without the use of synthetic fertilizers and pesticides. In this 2D1N glamping tour, you will visit an organic vineyard, an organic crop farm, and an organic berry orchard to learn about their farming practices and try out their products. You can also enjoy a special organic dinner and a handicraft activity that makes use of upcycled vegetables.

Farm and food experiences

Community interaction

Overnight glamping stay

Pick-up from station or airport



At Aizawa Nouen, you can see their grapevines and winery, and sample some of their natural wines.

1 Enjoy the natural wine of Aizawa Nouen



Aizawa Nouen grows grapes naturally without any fertilizer or agrochemicals.



Learn about natural wine production from owner Ichiro Aizawa.

2 Farm work and organic lunch at Sawayama Farm



Visit Sawayama Farm, an organic crop farm in Shimizu Town and experience farm work, then make onigiri rice balls using the farm's own rice and beans. For dinner, savor an organic meal prepared by famous culinary specialist, then stay overnight at a glamping facility called Tokachi Wakka-no-Mori.

3 Papercraft activity and organic berry farm visit



On the second day join a papercrafts workshop that makes use of upcycled vegetables. Afterwards, visit Tokihiro Farm, an organic orchard that grows various berries. Try harvesting the berries then enjoy them as a refreshing smoothie.

Schedule

Day 1

- 9:00 Pick-up from JR Obihiro Station
- 9:40 Pick-up from Obihiro Airport
- 10:00 Aizawa Nouen vineyard and winery tour, wine-tasting
- 12:00 Sawayama Farm work experience and onigiri-making, lunch
- 14:30 Check-in at Tokachi Wakka-no-Mori
- 17:00 Organic dinner by Kanako Sasaki at Tokachi Wakka-no-Mori

[Meals: Lunch/Dinner]

Day 2

- 9:30 Depart from Tokachi Wakka-no-Mori
- 10:30 Upcycled vegetables papercraft workshop
- 12:30 Organic lunch at local restaurant
- 14:20 Tokihiro Farm berry harvesting and berry smoothie tasting
- 16:00 Drop-off at Obihiro Airport
- 16:30 Finish at JR Obihiro Station

Meals: Breakfast/Lunch]

Tour Details

Fee: 2 persons: ¥275,000 per pax
 3-8 persons: ¥198,000 per pax

Included in fee:

Transportation during the tour, accommodation (1 night), meals (breakfast × 1, lunch × 2, dinner × 1), activity fees, English guide, tour conductor, tour insurance, consumption tax



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Butajiru Soup-Making Premium Tour in Tokachi

Date: September to October
Fee: From ¥159,500/person
Pax: Min 3, max 8 persons
<https://slow-life-hokkaido.com/tour/butajiru-soup-making-premium-tour-in-tokachi/>



A 3D2N tour with visits to farms and food producers to gather ingredients for an exquisite butajiru soup

Tokachi is the one of the largest food bases of Japan, and is rich in food-related industries such as crop farming, dairy and livestock farming, and fisheries. In this 3D2N premium tour, you can savor every aspect of Tokachi food as you visit crop and livestock farms, fisheries, and other Tokachi producers to gather various ingredients and make an exquisite butajiru soup.

Farm and food
experiences

Community
interaction

Cottage and
onsen stay

Pick-up from
station or airport



The first day features a farm activity and a cycling tour. Ride across the pastoral landscapes of Nakasatsunai Village and enjoy views of the majestic Hidaka mountain range.

DAY 1 Miso-making workshop and cycling tour



At Tokachi Toyama Farm, you will try to make miso soybean paste. You can also take home some of the miso to let it ferment in your own home.

Enjoy a sumptuous farm lunch that includes rice balls, potato dumplings, pumpkin dumplings, and miso soup.

DAY 2 Fishery experience and pig farm visit



Learn all about kombu kelp from a kombu fisherman in Hiroo Town, then experience cutting up a whole salmon with the help of a friendly fisherman couple in Taiki Town. After a succulent seafood lunch, you will visit a free range pig farm and watch the pigs wallow in the fields and mud baths.

DAY 3 Farm experience and butajiru soup making



Visit Tokachi Rokka Field in Ikeda Town to harvest various vegetables. For the finale, you will make use of the ingredients you gathered to create a delicious butajiru soup. The cooking class will be led by Kanako Sasaki, a famous culinary specialist.

Schedule

- Day 1**
- 9:00 Pick-up from JR Obihiro Station
 - 9:40 Pick-up from Obihiro Airport
 - 10:00 Tokachi Toyama Farm miso-making workshop, farm lunch
 - 14:00 Check-in at Glamping Resort Feriendorf
 - 14:30 Nakasatsunai cycling tour
 - 17:30 Barbecue dinner
 - [Meals: Lunch/Dinner]
- Day 2**
- 8:00 Depart from Feriendorf
 - 9:00 Kombu kelp fishery tour in Hiroo Town
 - 11:00 Marumi Kobo whole salmon cutting workshop, seafood lunch
 - 14:40 Yubokusha free range pig farm visit
 - 15:30 Coffee or tea time at local cafe
 - 16:40 Scenic Cafe Churui
 - 18:00 Check-in at Tokachigawa Onsen Daiichi Hotel, dinner
 - [Meals: Breakfast/Lunch/Dinner]
- Day 3**
- 8:30 Depart from Tokachigawa Onsen
 - 9:00 Tokachi Rokka Field farm visit and harvesting experience
 - 11:30 Butajiru soup making with Kanako Sasaki and lunch at Towa-no-Ie
 - 14:30 Drop-off at JR Obihiro Station
 - 15:00 Finish at Obihiro Airport
 - [Meals: Breakfast/Lunch]

Tour Details

Fee: From ¥159,000 per pax
Pax: Min 3, max 8 persons
Included in fee:
Transportation during the tour, accommodation (2 nights), meals (breakfast × 2, lunch × 3, dinner × 2), cost of ingredients, activity fees, bicycle rental, English guide, tour conductor, tour insurance, consumption tax



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Slow Travel
HOKKAIDO
Website



Slow Travel HOKKAIDO Staff



Enjoy the fresh vegetables of summer, the beauty of the harsh winter, and the warm hospitality of the locals. We offer tour programs that let you experience everyday life in Hokkaido firsthand. We are both a travel agency and publisher, and we will take you into and beyond the stories featured in our books and magazines. Contact us for information on the tour programs featured in this booklet. We can also create custom-made tours in Tokachi and all of Hokkaido. Come and discover a deeper, different kind of Hokkaido with us.

採れたての野菜のおいしさ、長く厳しい冬の美しさ、地元の人々の飾らないおもてなし。
北国の「あたりまえ」な日常を肌で感じる、体験型ツアーを提案します。
本冊子で紹介したツアーはもちろん、十勝を巡る旅のことなら何でもお気軽にお問い合わせください。心を込めて、私たちの大好きな十勝の魅力をお伝えします。



Tour Terms and Conditions

Please read the full Tour Terms and Conditions (Subscription Type Organized Tour) before making a reservation.

You can find it in our website at <https://slow-life-hokkaido.com/aboutus/>

1. Subscription Type Organized Tour Contract

(1) This tour is organized and implemented by Kunaw Travel Hokkaido LLC (hereinafter referred to as "Our Company", "We", or "Us"). Customers joining the tour shall conclude a Subscription Type Organized Tour Contract (hereinafter referred to as the "Tour Contract") with our Company.

(2) The content and conditions of the Tour Contract are those set forth in these Terms and Conditions, the pertinent website or brochure, the Confirmation Document issued to the Customer before departure, and the provisions stipulated in our Standard General Conditions of Travel Agency Business (Subscription Type Organized Tour Part).

2. Application for the Tour Contract

(1) Our Company may accept applications for the Tour Contract onsite in our sales location, or by telephone, postage, fax, the Internet, and other means of communication.

(2) The Tour Contract shall become valid upon our Company's issuance of a notice indicating acceptance of the application, and upon receipt of an application fee (which covers part or all of the Tour Fee) by the due date specified in such notice. If the Customer fails to pay the application fee within the due date, the application shall be voided.

3. Cancellation of the Tour

If the minimum number of participants as stipulated in the pertinent website etc. has not been met, our Company may cancel the tour. In such cases, we shall notify the Customer of the cancellation no later than 13th day (or 3rd day for 1-day tours) prior to the day of the start of the tour, and refund any Tour Fee already received.

4. Services Included and Not Included in Tour Fee

Fares and fees charged by any transportation facilities, accommodation costs, meal costs, admission fees for sightseeing facilities as specified in the travel itinerary, plus service fees, consumption tax, and other applicable taxes are included. Charges and expenses other than those specified in the travel itinerary are not included.

5. Cancellation Fees (for Cancellation by the Customer)

(1) The Customer may cancel the Tour Contract at any time by paying our Company the cancellation fee specified below:

Timing of Cancellation/Change	Cancellation Fee	
	Tours with Accommodation	1-Day Tours
21 days or more prior to the tour start date	No charge	No charge
20 days to 8 days prior to the tour start date	20% of Tour Fee	No charge
7 days to 2 days prior to the tour start date	30% of Tour Fee	No charge
1 day prior to the tour start date	40% of Tour Fee	40% of Tour Fee
On the tour start date prior to the start time	50% of Tour Fee	50% of Tour Fee
After the start of the tour or no-show	100% of Tour Fee	100% of Tour Fee

(2) If the Customer wishes to change the tour start date or the tour itinerary (including but not limited to transportation and accommodation facilities), or decrease the number of participants for personal reasons, our Company shall consider it a cancellation and the specified cancellation fees above shall apply.

6. Exemption of Liability

Our Company shall not be liable for compensation of damages incurred by the Customer due to reasons beyond our control, such as natural disasters, war, civil unrest, suspension of Tour Services by transportation and accommodation facilities, etc., orders from government and other public authorities (including quarantines for infectious diseases), accidents during itinerary portions designated as free time, food poisoning, theft, delays and stoppages of transport services, and other such causes.

7. Handling of Personal Information

(1) Our Company shall use personal information submitted at the time of application to the extent necessary to contact the Customer and make arrangements for Tour Services, including providing such information to transportation and accommodation facilities, etc. In addition, we may use the Customer's personal information for the purpose of providing information on our products and services, requesting comments and feedback on the tour, requesting participation in surveys, and compiling statistical data of our services.

(2) For more information regarding our Company's handling of personal information, please refer to our Privacy Policy page (<https://slow-life-hokkaido.com/privacy/>).

8. Validity of Tour Terms and Conditions

The terms and conditions and tour fees specified here are valid as of 1 March 2024.

Travel Planning / Implementation

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