

日期

行程

札幌车站-昭和新山-洞爷湖-登别地狱谷-登别市温泉街-札幌车站

札幌车站前集合

8:40 出发

10:40~11:20 昭和新山【40分】

【昭和新山】昭和新山是日本最年轻的火山，属于支笏洞爷国立公园。在1943年12月到1945年9月期间发生喷发，形成了这座300多米高的火山。在2007年与有珠山被一起选为日本地质百选。现在由于寒冷的气温和侵蚀作用的影响，昭和新山的山体正在逐渐缩小中。



11:50~12:35 洞爷湖【90分】午餐+游览洞爷湖

【洞爷湖】洞爷湖位于北海道西南地区的支笏洞爷国立公园之内，是一座地理意义上的火山湖，与中国的长白山天池属于同一地质类型。湖畔周边是泉量丰富的温泉地，到处都设有可入浴泡汤的设施。



13:35~14:35 登别地狱谷【60分】

【登别地狱谷】

地狱谷是一处常年弥漫着火山气体，四处喷涌着不同种类温泉的活火山喷发遗迹，因当年喷发时过于剧烈，火山口从山脊侧面形成，形成了一片沸腾的山谷。地狱谷周边有很多可供步行的栈道的山路。大汤沼在地狱谷的深处，沿着栈道徒步10几分钟即可到达，大汤沼有可供泡脚的足浴处，走累了可以泡脚放松一下足底神经。



14:40~16:40 登别市温泉街【120分】

【登别市温泉街】

登别市温泉街，或称登别温泉小镇，紧邻登别地狱谷，是北海道最著名的温泉度假胜地。登别温泉街两边分布着大大小小，不同档次的温泉酒店，既可以当日往返自己的所在地，也可选择入住。登别温泉有多达9种不同的类型，分别有硫磺泉、芒硝泉、食盐泉、明矾泉、绿矾泉、铁泉、酸性铁泉、重曹泉和镭泉，对各种皮肤病、外伤疤痕均有着一定疗效，同时有着活血、镇静、放松身心的功能，只需泡上几个钟头，便可洗去一身的疲惫，正能量满满。



19:00 札幌车站

一日

洞爷湖  
登别  
札幌

Date

## Itinerary

Sapporo Station- Showa Shinzan -Lake Toya- Jigokudani (Hell Valley)-Noboribetsu Onsen - Sapporo Station

The Gathering Place:Sapporo Sation

Departure Time: 8:40

10:40~11:20 Showa Shinzan 【40mins】

【Showa Shinzan】 Showa Shinzan is one of Japan's youngest mountains. Accompanied by earthquakes, the mountain suddenly rose from a flat wheat field to its current height of 290 meters between 1943 and 1945. The mountain was named "Showa New Mountain" according to the contemporary reign of Emperor Showa (1926-1989).



11:50~12: 35 Lake Toya 【90mins】 Lunch+Visit

【Lake Toya】 Lake Toya (洞爺湖, Tōyako) is part of the Shikotsu-Toya National Park. In addition to the lake itself, the Toyako region features hot springs and an active volcano, Mount Usu, which last erupted in the year 2000. The area also offers many fishing, hiking, and camping opportunities.



13: 35~14: 35 Jigokudani (Hell Valley) 【60mins】

【Jigokudani (Hell Valley)】Jigokudani or "Hell Valley" is a spectacular, appropriately named valley just above the town of Noboribetsu Onsen, which displays hot steam vents, sulfurous streams and other volcanic activity. It is a main source of Noboribetsu's hot spring waters.



14:40~16:40 Noboribetsu Onsen 【120mins】

【Noboribetsu Onsen】 Gokaruku dori is the main shopping street in Noboribetsu Onsen, within walking distance from most hotels in the area. From the bus terminal to Sengen Park & Daiichi Takimotokan Hotel, shops and restaurants lined up both sides of this street. Don't expect huge departmental stores in this area, the shops here



One Day

Toyako  
Nobori  
betsu  
Sapporo

		sell local produce and souvenirs, targeted mainly at tourists. At night, you can find many people in yukata (after dinner/soak in hot springs) strolling along this street, patronising the shops before calling it a day.
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19:00 Sapporo Station