

## **Trekking in Rausu: Bokyo no Mori Trail & Kumagoe no Taki Trail**

Visitors to Rausu can choose to explore ancient forests, walk in woodlands populated by songbirds, and trek trails that criss-cross rivers and marshland.

### *The Bokyo no Mori Trail*

Bokyo no Mori is the collective name for two trekking courses. Wander through forests, traverse marshlands and rivers, and view seasonal blooms and local wildlife. Trekkers can choose to walk a single trail or follow a loop course that connects both trails. A colorful illustrated map with simple English explanations of the courses and local culture is available at the tourist information counter.

The trailhead of the Iyashi no Mori course (3 km) is adjacent to the Rausu ski field. The route passes by the Rausu Kunashiri Observation Tower, a hillside spot for observing Kunashiri Island across the Nemuro Strait. The Manabi no Mori course (5.2 km) begins at Shiretoko Rausu Michi no Eki. The course runs across marshland and through grassland areas frequented by deer.

### *The Kumagoe no Taki Trail*

This trek leads to the Kumagoe Falls, a 15-meter high waterfall deep in the Shiretoko forest. A path winds through the forest among trees over 300 years old. It takes around 20 minutes from the trailhead to reach the observation area in front of the falls. The trailhead is around a ten-minute walk from the Kuma no Yu outdoor hot spring. Bears frequent the area, so preparation is advisable; visit the Shiretoko Rausu Visitor Center before setting off to confirm sightings, purchase a bear bell, and rent bear spray.

Trekkers should avoid straying off marked routes and pathways. Bears are common in the area and the Shiretoko terrain can be steep and hazardous.