

## **What to Do at Tokachi Millennium Forest**

### **A Vast Garden Full of Adventures**

Tokachi Millennium Forest offers countless hours of hiking, exploration, and adventures. It encompasses several ecosystems, including a farm, meadows, rolling hills, and a forest. The grounds of the Meadow Garden and Earth Garden are both extensive.

At 400 hectares, it is impossible to walk the entire expanse in a single day, or perhaps even a week. As its name implies, this garden is designed with the hope that such abundant nature will last for a thousand years.

#### *Into the Forest*

Tokachi Millennium Forest offers a range of activities for the adventurous. Two of the most popular are the off-road Segway tour and horseback riding in the forest. The guided Segway tour takes participants far into the hills.

The Segways are equipped with large, off-road tires to handle the terrain. Once riders are accustomed to maneuvering, it will become easier to go up and down the bumpy meadowlands, allowing them to concentrate completely on the wild and rugged environment.

#### *On Horseback*

Horseback riding here is an immersive experience. The horses are a native Hokkaido breed known as *dosanko*. After a brief explanation of the activity and safety issues, the experience starts with participants trying to catch the horses they will ride. This can take some time. Riders must put the bridle on their mounts, brush them, give them water, and then saddle them. Only then is it time to ride, led by a local guide.

#### *Terrain and Wildlife*

The forest has some reasonably difficult terrain. The tour guide will provide appropriate cautions. Weather and climate can present a challenge as well, and there are wild animals about. That includes bears, so talking loudly and occasionally giving a shout will alert them to your presence in time to leave the area.

### *Indoor Activities*

Many activities are designed for everyone to enjoy, such as the cheese-making workshop. Participants learn about dairy farming in Tokachi, the ecology of livestock, and different cheese-making techniques. After making mozzarella cheese, it is melted on your own hand-thrown pizza.

### *Goats at Play*

A herd of goats here supply milk used to make cheese, which has won national awards. Another source of entertainment is observing the goats, which are playful beasts and full of energy. The ones here scamper around and often climb atop the wooden posts and the gym-like apparatus in their play area. Visitors can pet the goats and sheep and feed them as well.

The food and drink at the garden café incorporate many of the fruits, vegetables, herbs, and edible flowers that are picked fresh from the farm's garden.

### *Universal Access*

Although Tokachi Millennium Forest is a prime example of naturalistic gardening, most of the central areas have wooden and gravel paths, without steps. In spite of the diverse terrain, the garden is designed with universal access in mind, and many parts of this garden environment are wheelchair accessible. Wheelchair users and people who have mobility issues can access an area far greater than many people generally walk in a single day.

Please follow this link [\[link to What to Do page\]](#) to read the story behind Tokachi Millennium Forest.