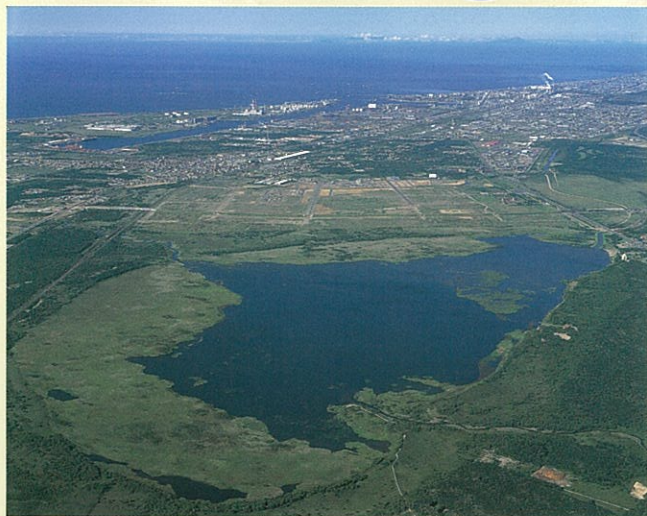


# Viewing Lake Utonai



The lake region is often referred to as a treasure of plants and animals, and a wild bird paradise. You can enjoy seeing Nature go through her seasonal changes, study the wild birds on bird watching tours, and hike in a natural setting.

## The Nature Center at Lake Utonai Sanctuary

The Nature Center not only conducts environmental preservation and research activities, but also holds meetings on natural observation and offers opportunities for experimental study. It is your introduction to the range of natural environments in the region.



■Address: 150-3, Aza Uenae, Tomakomai City  
 ■TEL: 0144-58-2505  
 25 minutes by car from JR Tomakomai Station.  
 Bus transportation is available

## Lake Utonai Bird and Animal Preservation Center

Exhibitions reveal aspects of the local natural environment and wild birds, and there is a corner where people can sit indoors while watching the wild birds outdoors. There is a nature trail where you can commune with Nature, watch freely flying birds, and examine the native grasses and flowers.



■Address: 156-26, Aza Uenae, Tomakomai City  
 ■TEL: 0144-58-2231  
 20 minutes by car from JR Tomakomai Station.  
 Bus transportation is available.



Gray heron



Kingfisher



Great spotted woodpecker



Narcissus flycatcher

## Swan Arena

This is the speed skating kingdom, where lots of Olympics athletes got their start. Please give skating a try there, yourself.

■Address: 2-4-1, Wakakusa Cho, Tomakomai City  
 ■TEL: 0144-37-7100  
 10 minutes on foot from JR Tomakomai Station



## Takaoka Forest Park

There is an observatory in the park, from which you can see a panoramic view of the city. At Kintaro Pond there are rowboats for rent, and also a walking path.

■Address: Aza Takaoka, Tomakomai City  
 ■TEL: (Midorigaoka Observatory) 0144-33-6933  
 30 minutes on foot from JR Tomakomai Station

## Municipal Culture Park

Path-side rest spots, artificial waterfalls, a water spout, path along a dammed stream pond, a sculpture-viewing path, library, sun garden, and general gymnasium are there to be discovered and enjoyed.

■Address: 3-9-7, Suehiro Cho, Tomakomai City  
 ■TEL: (Museum) 0144-35-2550 (Sun Garden) 0144-33-4411  
 20 minutes on foot from JR Tomakomai Station



## Road station "Lake Utonai"

From this station, you can enjoy a full panoramic view of Lake Utonai. You can also enjoy local foods purchased at the agricultural produce and seafood direct sales shops, restaurants, bread bakery, and food shops.

■Address: 156-30, Aza Uenae, Tomakomai City ■TEL: 0144-58-4137  
 20 minutes by car from JR Tomakomai Station.  
 Bus transportation is available.

## Northern Horse Park

A natural park where you can actually pet the horses. There are opportunities for rides in a horse-drawn carriage, a coach, and so forth, and a garden restaurant where you can dine amidst the changing seasons' colorful flowers.



■Address: 114-7, Misawa, Tomakomai City  
 ■TEL: 0144-58-2116  
 40 minutes by car from JR Tomakomai Station  
 A shuttle bus service is available from Chitose Airport.

■Open periods:  
 Summer season: From the middle of April until the end of October 9:00-18:00 (entrance free after 16:00)  
 Winter season: From the beginning of November until the middle of April, except closed from the end of December to the middle of January 10:00-17:00 (Entrance free)

## Ikoro Forest

Northern country gardens presenting 11 themes based on the types of plants that make up the varied natural ecology of Hokkaido, for your enjoyment.



■Address: 565-1, Uenae, Tomakomai City  
 ■TEL: 0144-84-4156  
 30 minutes by car from JR Tomakomai Station

■Open (summer season: Middle of April until the end of October) 9:00 to 17:00  
 Winter season: Please inquire by contacting the garden.  
 ■Fee: Entrance fee for the gardens only. ■No days closed.



## Tomakomai Municipal Science Center Mir Exhibition Hall

The hall contains exhibits about Mir, the space station, and Kvant, an experimental Russian space module.

■Address: 3-1-12, Asahi Machi, Tomakomai City  
 ■TEL: 0144-33-9158  
 15 minutes on foot from JR Tomakomai Station



# Dining



## Sea Station, Platto Minato Market

A market near the Tomakomai fisherman's seaport. The Yakata Port has an array of fresh fish, shellfish, vegetables, and fruits from Hokkaido. Yakata Flavors offers a menu that includes fresh seafood cuisine.

■Address: 2-2-5, Minato Machi, Tomakomai City  
 ■TEL: 0144-33-3462  
 ■Open from 6:00 to 16:00  
 ■Close on Wednesday (Only Yakata Flavors open lunch time)  
 30 minutes on foot from JR Tomakomai Station.  
 Bus transportation is available.



## Auto Resort Tomakomai Arten

This is a five-star automobile campsite set in great natural surroundings. Please relax and soothe your fatigue by soaking in the Yonomi no Yu natural spa on the site.



■Address: 421-4, Aza Tatumae, Tomakomai City  
 ■TEL: 0144-67-2222  
 30 minutes by car from JR Tomakomai Station.  
 Bus transportation is available.