



Obihiro Pioneer

Tourism and Goodwill Exchange Section Newsletter

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Winter Sports in Tokachi 十勝でのウィンタースポーツ

Tokachi fans of playing in the snow and flying down mountains, you're in luck! While Niseko is the most well known ski resort in Hokkaido with foreign visitors, pre-Covid trends have been showing a trend in visitors moving East towards the slopes of Tokachi! While cities like Obihiro receive less annual snowfall than the western and central parts of Hokkaido, the mountains of Tokachi and neighboring Tomamu offer both beginner and advanced slopes that will sate the appetite of any winter sports enthusiast! **Note: I use the term "skiing" in this article to refer to both skiing and snowboarding!**



Getting Suited Up

You can rent ski and snowboard gear from the rental shops at ski resorts, including boards, boots, ski poles, and helmets. Some of the bigger resorts may offer gear rental as well (jackets, pants, etc.) However, if you plan on skiing more than a few times at all, you're best off buying your own gear. You can save quite a bit from buying gear at recycle shops! You can



typically get away with buying a full set of equipment at rock bottom prices, saving you lots of money in the long run. A word of warning; be sure to buy boots before you buy skis/snowboards and make sure that the ski/board fits your boots, lest you end up like a certain someone whose boots are too big for his skis...

You should also buy your own ski wear. Recommended items include a hat/beanie, goggles, neck warmer/ski mask/scarf, thermal undershirt and underpants, waterproof ski pants, and a ski jacket. Gear can get quite expensive, however you only need to buy everything once in order to keep skiing for the whole season. However, if you are not sure if skiing or snowboarding are for you, you can try renting the gear from a large ski resort.

Getting On the Slopes

If you have never been to a Japanese ski resort, you will be given a number of options for riding the lift. If you only plan to spend a short amount of time at a resort or are a beginner, you may decide to purchase a 4-hour ticket called a **yojikanken** (4時間券). This ticket is valid 4 hours from when you first use it. Depending on how fast you are going down the slopes and how long you plan on staying, you may prefer a more expensive yet flexible option. You can buy individual

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lift tickets called **kaisūken** (回数券) that allow you to ride lifts at ski resorts a certain number of times, regardless of the time of day! These are cheaper than all day passes, called **ichinichiken** (一日券).

Some resorts also have special discount days, so check online or local brochures offering information on individual ski resorts. Some towns in Tokachi also have small hills that can be used without charge by residents, so be sure to look out for those.

Enjoying the Slopes...At Night

While skiing in the daytime is the typical way to enjoy the mountains, night skiing is a whole new experience! Ski resorts that offer night skiing, called **naitā** (ナイター), light up at night and sell special after-hours lift tickets. The temperature drops and gets colder, so be sure to wear warm clothes, pack some heater packs (**kairo**, カイロ), and have a warm bowl of noodles before heading up the slopes! Since it gets colder, the snow gets icier, making it more difficult for beginners to get into night skiing. The benefit of trekking out to the mountains in the night is a less crowded mountain, a cool lit-up mountain ski experience, and no snow blindness! Not every ski resort offers night skiing, so be sure to check the resort's home page to see what they offer.



Here is some info on local ski resorts in Tokachi. Be sure to check their website for updated info! Have fun out there!

Resort	Location	Full-day ticket	Time-based ticket	Single Ticket	☎
Shintoku Mountain 新得山スキー場	Shintoku 新得	¥2000	¥1200/3 hrs	¥260	0156-64-5546
Sahoro Resort サホロリゾート	Shintoku 新得	¥5800 ¥3800 afternoon	¥4800/4 hrs	¥490	0155-64-4121
Memuro Shin Arashiyama Sky Park 芽室新嵐山スカイパーク	Memuro 芽室	¥3100	¥2080/4 hrs	¥230	0155-65-2121
Nukabira Onsen ぬかびら温泉スキー場	Kamishihoro 上士幌	¥3100	¥2600/4 hrs	--	0156-44-2201
Hakugindai 白銀台スキー場	Makubetsu 幕別	--	¥1600/5 hrs	¥200	0155-88-2021
Tomamu トマム	Shimukappu 占冠	¥5900 at the gate ¥5400 online ¥2500 nighter	¥5000/4 hrs	¥1000	0167-58-1111

Tips For Surviving the Cold

防寒対策法

Winter in the frigid north is no joke! Here, preparing for winter covers everything from changing tires to changing the way you walk for icy conditions. Here is some information that may help you to better survive the cold winter!

- Glass windows and doors tend to allow heat to escape. Try taping clear vinyl sheets to the window frames/homemade plywood frames. This creates a dead air space which helps insulate your home.
- You may have to drain your pipes regularly. When the temperature plunges below zero in late December and doesn't return for the entire day, you have arrived at Hokkaido's "intense winter season". If you plan on traveling for a long time, consult your landlord before leaving as your home's pipes may freeze while you're gone. Frozen pipes can mean an expensive visit from the plumber and no water.
- Since ice on sidewalks can be a big problem, I suggest investing in some waterproof snowboots and put adhesive gripper soles on your shoes.
- Keep your snow shovel inside or very close to the entrance to your house incase snowfall in the night requires shoveling in the morning.
- To prevent your car's windshield from freezing, you can put a towel over it and take it off in the morning.
- Winterize your car. Change to winter windshield wipers, use special winter antifreeze, and change your tires!
- Be sure to use winter "studless" tires. These tires should be changed with your normal tires during the spring. This will help preserve the grip of the winter tires so that you can use them for longer.
- Consider buying a kotatsu to keep you warm throughout the winter, It's a coffee table with a heater that will keep your body warm while helping you save money instead of heating the entire house.



Movies @ Cinema Taiyo, Obihiro

Not all movies are listed. Times and movies are subject to change. To confirm, call or check online at: www.taiyogroup.jp/movie/obihiro			
Title	Genre	Lang	Dates
Eternals <i>Etānaruzu</i>	action	EN/JP	Until 16 th
Dune <i>Dūn Suna no Wakusei</i>	sci-fi	EN	Until 16 th
Encanto <i>Miraberu to Mahōdarake no Ie</i>	musical/ comedy	JP	Until 30 th
Venom: Let There Be Carnage <i>Venomu: Retto Zea Bī Kāneiji</i>	action	EN/JP	From 3 rd
The Matrix Resurrections <i>Matorikkusu Rezarekushonzu</i>	sci-fi/ action	n/a	From 17 th
The Boss Baby: Family Business <i>Bosu Beibī Famiī Misshon</i>	comedy	JP	From 17 th

Obihiro Nishi 3 Minami 11
Tel: (0155) 20-1525

Venom: Let There
Be Carnage

KEY: JP = Japanese voice EN = English voice with Japanese subtitles

Events in Tokachi

Please be aware that these and other events may be affected by COVID-19. To find out if these events are still running, please contact the respective organizers or check out their webpages online.

When	What	Where/Contact
12/11 (Sat) 16:00-17:30	Japanese Conversation and Learning Table 日本語講座 Improve your Japanese language skills in a friendly environment. Fee: Free of charge	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
12/8 (Wed) 19:00-21:00	International Sports Night 国際スポーツ・ナイト Meet new friends from around the world while enjoying a variety of fun and easy sports. Organized by the Tokachi International Association. Fee: Free (no registration required) Notes: Bring a pair of indoor shoes and clothes that are easy to move in.	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
12/18 (Sat) 11:00-12:00 14:30-16:00	Obihiro Foreign Resident Food Support 在住外国人向け食料支援 Working together with the Hokkaido International Exchange and Cooperation Center (HIECC), we are supporting foreign local residents by distributing food for those in need. Location: Two food distribution locations 1) Ikeda Village, Taen Hall 2F, Free Room 2) Obihiro City, Tokachi Plaza 3F, Room 306 Participants: Foreign residents living in Tokachi Notes: Register through the QR code on the right	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp 
12/18 (Sat) 10:00-12:00	Let's Craft a Kadomatsu! 可と松づくりに挑戦しよう Come and build your very own New Year's kadomatsu using white birch instead of bamboo! Participants: 10 group limit. Elementary school age and below require a guardian to accompany them Fee: 1000 yen/group	Tokachi Ecology Park 十勝エコロジーパーク財団 0155-32-6780 http://www.tokachi-ecopark.jp/
12/19 (Sun) 16:00~	YOSAKOI Soran Hokkaido Caravan YOSAKOIソーランHOKKAIDOキャラバン Come watch the exciting winter performance of the YOSAKOI performance group! Performances are planned in Tokachi and Kushiro areas. Fee: 1000 yen/person	Otofuke Culture Center 音更町文化センター 大ホール 011-231-4351 https://www.yosakoi-soran.jp/news/2021w_caravan.html

Obihiro Pioneer can be found at the following locations: Obihiro City Hall, Tokachi International Relations Center, Obihiro University International Center, Obihiro Tourism and Convention Center inside the Obihiro JR Station, Obihiro Public Library, Tokachi Plaza, Cinema Taiyo, Joy English Academy and online at www.city.obihiro.hokkaido.jp (search for "Obihiro Pioneer").

Obihiro Pioneer is a newsletter published monthly by the Obihiro City Tourism and Goodwill Exchange Section for residents of the Tokachi District and related parties. The contents of this newsletter do not necessarily represent the official views or opinions of the Tourism and Goodwill Exchange Section or the City of Obihiro. Questions? Contact the Editing Team at:
Tel: (0155) 65-4133 Email: international@city.obihiro.hokkaido.jp