



**SWS Mountain Guides**  
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## **Niseko Backcountry Ski Tour**

### **8 Day Ski Tour Hokkaido, Japan**

The Niseko region of Japan is ideally located so that it receives a unique mixture of cold Siberian air and warm moisture from the Sea of Japan. The result is the best powder snow on Earth. The goal of the Niseko Backcountry Ski Tour is to balance the incredible cultural experience of Japan's northern island, with providing the best possible skiing the area has to offer. With this combination of quality snow in a fantastic place, this tour promises to be a ski trip of a lifetime.

**What to Expect:** This trip is lodge-based backcountry ski trip. As such we will be staying each night in a traditional Japanese Ryokan. Be prepared to sleep in traditional Tatami matted rooms and visit open spas most evenings. Each day the group will travel from the lodge to another area to ski. While some days may be solely accessed by ski touring most days will have at least some element of mechanized access via chair lift or other means. The group may move lodges multiple times in the course of the trip to experience the best terrain and conditions available.



**Dates & Prices:** Check on our website at: [Dates & Prices](#)

**Includes:** Information support, professional guides, Local Transportation from and to Sapporo, Japan, all lodging, simple breakfasts and dinners, entrance fees to parks, permits, radios, group technical equipment, and

**Food & Beverages:** Additional food and beverage (including soda\* and alcohol\*) not included.

**Not included:** Airfare to and from Sapporo Japan\*, lunches, snack food and beverages as noted above\*, laundry, and personal skiing and touring equipment.

**Group size:** Limited to 8 skiers and two guides

**Route:** Each day the guides will pick a side country or mechanized objective that may include some ski touring. Route decisions are subject to change throughout the trip due to weather, skier ability, and avalanche/snow conditions.

**The level of Experience Needed:** **Skiers**, for this trip should be experienced in backcountry ski touring and should be able to skin for at least one hour at a time in moderate terrain. For the downhill skiers should be experienced in a variety of conditions including powder skiing.



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**Physical Conditioning: Skiers** – This trip includes both downhill and ski touring. To ensure you have the best possible experience we recommend some physical training for 6-8 weeks before departure. Should include cardio workouts such as running, swimming, versa climbing, and of course backcountry skiing for at least one continuous hour for three days a week.

**Acclimatization:** Unlike most of our international trips skiing in Japan is at or near sea level. The average altitude on this trip is below 4,000ft, so an acclimatization schedule is not necessary.

**Equipment:** Please follow the enclosed equipment list. It is vital you bring everything on the list. If you have any questions or would like to know about a possible substitution, please give our office a call.

**General Precautions for International Travel:** Japan does not require you to get a visa for stays less than 90 days. If you plan on staying longer than that before or after the trip, please check with the Japanese embassy before departure.

**Immunizations:** Immunization recommendations are constantly changing, so we recommend checking with the Center for Disease Control and Prevention before departure. Below is the CDC's travel information for Japan: [Japan Travel Information, Visa, Immunizations, Covid requirements](#)

**Passports and other Documentation:** You are **required** to have a **passport with six months before expiration with at least two blank page for Visa / Exit & Entry stamps** for travel in Japan and entrance back into the United States.

**Not included in the cost of the trip:** Airport Exit Taxes may not be included in your airline ticket, check with your airline.

**Baggage Restrictions:** Please check with your airline and point of departure for luggage restrictions. Departures from the US allow you to check two bags (not exceeding 50 lbs per bag) with one additional carry on not to exceed 40 pounds. The equipment on our list is under the weight and size restrictions for domestic airlines are leaving from the U.S. However, please check with your airline or travel agent when making your airline reservations, to avoid excess baggage charges, which can be expensive.

**Meeting Location:** We will be contacting you at least **14 days** before your departure with the name and phone number of the hotel in Sapporo, Japan, where you will be meeting your guides with instruction on how to get from the airport to the hotel. Depending on the arrival times of your flights, we may meet you at the airport; we will be in contact to discuss the options.

**International Expeditions & Treks:** A 25% deposit is required to book International Expedition or Trek; an additional 25% deposit is required 90 days before departure, with the balance due 60 days prior to departure. If you cancel your reservation 90 days before your expedition or trek, a \$1,000.00 cancellation fee is required, and



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your expedition or trek fee balance will be refunded. Between 90-60 days before the course, a 50% cancellation fee is required, with the balance refunded. We are sorry, but NO REFUNDS are made within 60 days before the course starting date. **Travel Insurance Highly Recommended:** [Global Rescue & Travel Insurance](#)

**Travel Insurance:** SWS Mountain Guides strongly recommends that all participants purchase travel insurance to protect themselves from unforeseen circumstances. In addition, travel insurance can protect your investment in a trip if you must cancel at the last minute. SWS Mountain Guides recommends [Global Rescue & Travel Insurance](#) for your adventure travel & rescue insurance choice; they have many options & work with you to get you the best coverage.

## ITINERARY FOR NISEKO JAPAN

**Travel Day:** Leave the US - Arrive in Sapporo the next day



**Day 1:** - Arrive at Chitose Airport in Sapporo and transfer to Hotel in Niseko - Relax and Recover from long flights

**Day 2:** – Lift access skiing Annupuri Peak Area. Apres at a local outdoor thermal hot spring called the Pool of Five Colors, Hotel for the evening.

**Day 3:** - Rusutsu Resort side country ski access in Mt Yotei area, Hotel for the evening

**Day 4:** – Backcountry ski access from Kiroro Resort - Hotel for the evening.

**Day 5:** - Mount Yotei 1,900m ski tour and descent - Hotel for the evening.

**Day 6:** Chisenupuri offers skiing in the center of the Niseko volcano group - Hotel for the evening.



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**Day 7:** Moiwa Resort is an excellent location to can access the Moiwa bowl and north facing slopes down the backside of the mountains. Hotel for the evening.

**Day 8:** Transportation back to Sapporo to allow everybody time to start their journey home or continue onto other venues!

**Note:** This is a general itinerary, and we will attempt to follow this approximate schedule. But due to the nature of international travel, please remember to be flexible. The goal of this trip is to balance an amazing cultural experience of Japan's Northern Island with providing the best possible skiing and to mitigate natural hazards when able. As a result, the guides will adjust the itinerary during the trip to provide the best balance and experience possible for the group.

**Notes:**