
Trekking Rausu Lake

Rausu Lake is a large lake at the base of Mt. Chinishibetsu (1,317 m), surrounded by a primeval forest of Erman's birch and Sakhalin fir. Visitors can access the lake via a 3 kilometer trekking trail that threads through forest and marshland, and around a series of ponds, before reaching an observation deck overlooking the lake.

Visitors will discover five ponds along the trail and several observation decks to stop and view the surrounding mountains. Wildlife encounters are likely as deer, birds, and squirrels populate the forest that flanks the path. Be aware that bears also frequent the area, so carry a bear bell to avoid any chance encounters. Alpine flowers grow along the route from late May to late September.

The trailhead to the Rausu Lake trekking route begins at the Rausu Lake bus stop (Rausuko-iriguchi). The bus ride from central Rausu takes around 20 minutes. Drivers in private vehicles should park at the Shiretoko Pass parking area and take a five-minute bus ride or walk 40 minutes to the trailhead.