Lake Toya Nakajima Island
(via Nakatoya Campground)

Lake Toya (洞爺湖) is an expansive caldera lake with a beautiful central island (Nakajima Island 中島) that begs to be explored by canoe. It involves a long and risky 4.5km paddle across open water to get to the island, but the island itself offers birdwatching opportunities and a network of hiking trails. The lake itself is very clear, so paddlers will be treated to some gorgeous shore-side paddling around to the main inlet on the island’s southern side.

LOCATION
The put-in location for this trip is at the Nakatoya Campground on the eastern side of Lake Toya, about 60km southwest of Sapporo City. Canoes are only allowed to be put in from the eastern auto-camp section of the campground east of the 0-River (大川).

GENERAL NOTES
The center island on Lake Toya has about 2-3hrs worth of hiking trails, along with a ferry landing, small shop, toilets, and a nature museum (200yen for entry). Making the trek to the island by paddle-craft is a very rewarding endeavour, and is great for fit, strong paddlers. There are also a few smaller islands just across the main bay. Watch out for ferries in this area, but these islands are well worth canoeing around too.

Like most lakes, the wind generally picks up during the day on Lake Toya as the air temperature rises and creates pressure differences due to the colder surface of the lake. Therefore, even if the forecast is for calm weather all day, if you’re planning to head to the center island, make it a very early start – around or before 8am is best. Most people will be doing this trip in the summer months, so this early start shouldn’t be a problem – the sun will be up at around 4am anyway.

There are a number of campsgrounds on the Lake Toya shoreline: Nakatoya Campground (east), Mizube-no-Sato Campground (north), Akebono Campground (north), Ko-Koen Campground (north), and Greenstay Autocamp (west). If you’re going to make this an overnight trip, staying at one of the campsgrounds, take into consideration the forecasted wind direction when making a choice. The Nakatoya Campground has the most trees, however, so it’s our pick of the bunch, all other things considered.

Launch from the Nakatoya Campground, and head straight for the island. The island looks closer than it is, and you’ll wonder it if isn’t actually moving away from you as you paddle. After about an hour of effort, you’ll arrive in a gorgeous small bay, which is a perfect spot for a break. From this bay it is 3km around the coast to the main settlement on the island where there is a perimeter road around the entire island, where one could hitch back to the landing. This route involves crossing 4.5km of open water, so is preferably attempted in teams of two or more boats, all with flotation bags, with a strong, experienced paddler in each boat. If caught out in windy conditions, play it safe and paddle downwind to the nearest shore. Landing is possible everywhere, and there is a perimeter road around the entire island, where one could hitch back to the put-in location.

SAFETY NOTES
Lake Toya is a very large lake by Hokkaido standards, and very exposed to the wind. If your plans involve visiting the center lake, consult the weather before setting off – even by the shortest route from the Toya township, which happens to be a busy ferry route, it is at least 3.5km across to the island. This route in particular involves crossing 4.5km of open water, so is preferably attempted in teams of two or more boats, all with flotation bags, with a strong, experienced paddler in each boat. If caught out in windy conditions, play it safe and paddle downwind to the nearest shore. Landing is possible everywhere, and there is a perimeter road around the entire island, where one could hitch back to the put-in location.

ONSEN NEARBY
This route starts and finishes at the Nakatoya Campground – there’s the Nakatoya Onsen (洞爺温泉, 420yen) just across the road.

TRANSPORT
By car I There is plenty of free parking around the Nakatoya Campground.
Public transport I The Nakatoya Campground is accessible by bus from Sapporo JR Station, via the Toya Mizu-no-Eki (洞爺水の駅). Your best bet would be to ask at the Sapporo station information center for up to date information, but as of June 2019, there were direct buses to Toya Mizu-no-Eki Bus Stop (洞爺水の駅バス停), leaving at 10:10am, 2:10pm, 4:10pm, and 5:10pm, a trip of about 2.5 hours. From this bus stop, there is a local bus service running to the Hiragi-naka Camp Bus Stop (東仲洞爺バス停) next to the Nakatoya Campground, three times a day. Ask at the Mizu-no-Eki for an up to date timetable, but as of June 2019, there were buses going at 6:55am, 1:32pm, and 5:30pm (the last bus only on weekdays).

EXTRA DETAILS
Lake Details: This route is on Lake Toya (洞爺湖), which is a natural lake, about 10km wide and 10km long. Lake Toya has a shoreline of 36km, a maximum depth of 179m and an average depth of 17m. Water clarity (visibility) is 17m, and surface elevation is 84m.
Campground: Nakatoya Campground - Nakatoya Campground is a large, tree-covered campground located on the eastern side of Lake Toya, on the very opposite side of the lake to the Toya Lake village. There’s an onsen right next to the campground. Canoes and kayaks can only be launched from the shoreline adjacent to the autocamp section of the campground.
**PRINTING INSTRUCTIONS**

**STEP 1**
Load your printer with A4 printer paper (210mm x 297mm). If you’ve only got Letter size (215.9mm x 279.4 mm), just follow the instructions below. You’ll achieve an accurate scale, but the map will be clipped a little at the top and bottom.

**STEP 2**
Open the print window by clicking on File > Print (or hitting Ctrl + P on your keyboard).

**STEP 3**
Make sure “Actual Size” is selected.

**STEP 4**
For double-sided printing, select “Print on both sides of paper”.

**STEP 5**
For best results, select the highest quality print option available on your printer (settings will vary).

**STEP 6**
You won’t need this instructions page, so just select the pages that don’t include this instruction sheet.

**STEP 7**
Click “Print”.

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**ORIGAMI INSTRUCTIONS**

1. **TITLE**
   - MAP

2. **TITLE**
   - MAP

3. **TITLE**
   - MAP

4. **TITLE**

5. **TITLE**

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**PLEASE PRINT AT ‘ACTUAL SIZE’ (NO SCALING)**

The 1:25,000 scale used in the map is accurate if the PDF is printed without scaling (i.e., ACTUAL SIZE). Follow the instructions on this page to ensure an accurate rendering of the scale.

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**Figure 1.** Ensure “Actual Size”, and Pages 1-4 are selected (Windows).