A conference hall nestled among forests and lakes

The natural harmony of the forest

During peaceful moments, the wind through the trees carries with it the voices of small birds, who sing as if waiting to tell you a story. We invite you to listen to the forest’s natural harmony at quiet intervals during your conference!!

A luxurious space for a low price

From research conferences to group and club activities, our facility can be adapted to fit a wide variety of uses. Furthermore, the Seminar House staff will gladly assist in making any preparations for your conference.
We gladly await visitors from around the world!

At present, research groups from around the world are holding international conferences here at Onuma International Seminar House. By escaping the noise of the city and entering into a natural space surrounded by clean air, green forests and pure lakes, you may feel yourself being transformed as you interact with the people and nature around you.
Onuma Seminar House

- Seminar House from Outside
- International Conference Hall
- Conference Room1
- Conference Room2
- Conference Room3
- Japanese-style training room
- Powwow House
- Conference Room4
- Conference Room5
### Equipment Overview

<table>
<thead>
<tr>
<th>Room Name</th>
<th>Area</th>
<th>Seating</th>
<th>Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>International Conference Room</td>
<td>388㎡</td>
<td>80</td>
<td>Simultaneous interpretation facilities in three countries, 170inch screen, Projector</td>
</tr>
<tr>
<td>Hearing Room</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Projection Room</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Conference Room 1</td>
<td>323㎡</td>
<td>150</td>
<td>170inch screen, Projector</td>
</tr>
<tr>
<td>Conference Room 2</td>
<td>61㎡</td>
<td>30</td>
<td>White Board(with Screen)</td>
</tr>
<tr>
<td>Conference Room 3</td>
<td>40㎡</td>
<td>18</td>
<td>White Board(with Screen)</td>
</tr>
<tr>
<td>Conference Room 4</td>
<td>89㎡</td>
<td>40</td>
<td>White Board</td>
</tr>
<tr>
<td>Conference Room 5</td>
<td>34㎡</td>
<td>16</td>
<td>White Board</td>
</tr>
<tr>
<td>Japanese-Style Training Room</td>
<td>63㎡</td>
<td></td>
<td>Japanese Tea Ceremony</td>
</tr>
<tr>
<td>Reception Room</td>
<td>59㎡</td>
<td></td>
<td>2 rooms</td>
</tr>
<tr>
<td>Lounge &amp; Café Forest</td>
<td>179㎡</td>
<td>100</td>
<td>Buffet Party, Cafe</td>
</tr>
<tr>
<td>Gallery</td>
<td>52㎡</td>
<td>50</td>
<td>Public Display</td>
</tr>
</tbody>
</table>

### Transportation

**From Tokyo**

- **[Airplane]** Haneda-Hakodate ..... 80 minutes
- Hakodate Airport – Onuma ..... About 50 minutes by car
- **[JR]** Tokyo – ShinAomori ......About 3 hour 20 minutes (shinkansen)
  - ShinAomori – Hakodate...About 2 hours 10 minutes (limited express)
  - Hakodate – Onuma....About 25 minutes (limited express)

**From Sapporo**

- **[Airplane]** Chitose-Hakodate....About 40 minutes
- **[JR]** Sapporo-Onuma....About 3 hours 20 minutes (limited express)
- **[Car]** Sapporo-Onuma.....About 4 hours 45 minutes
Guideboards
Guideboards are posted at the gate and at key points along the footpaths (1 large and 8 medium-sized guide boards). The guideboards map out the course of the footpaths and all of the on-site facilities, as well as identify various kinds of trees etc. Please refer to them while walking within the park, and be aware that the footpaths’ conditions vary according to season. With 200 identifying nameplates lining the trees throughout the park, anyone can enjoy walking Shinrin Park.

Center Lodge (Sanpokan)
Built using wood from Southern Hokkaido Cedar trees, the center lodge blends seamlessly with the surrounding forest, and has become the symbol of Shinrin Park. This lodge, named Sanpokan, is equipped with tables and chairs both inside and along the terrace, allowing for a capacity of around 100 persons. Please use it a rest point during walks in the park.