

To a beautiful place
TOWADA-HACHIMANTAI
NATIONAL PARK

The Charm of Towada-Hachimantai

Towada-Hachimantai National Park is a splendid park that showcases mountains, ravines, and wetland sceneries that extend over the three prefectures of Aomori, Iwate, and Akita.

Aomori Pref.

Akita Pref.

Lake Towada

On the shore of Lake Towada, the hot-spring resorts of the Yasumiya district extend over Aomori and Akita prefectures. The south coast of Lake Towada is an area with many observation decks, especially the "Shimeitei Observatory." It is a little-known spot where you can see Lake Towada in peace with few people around. The view from here makes the lake look like it's in the shape of a heart.



Akita Pref.

Nyuto Onsenkyo

The hot spring resort is a popular spot for both well-known and secret hot springs. There are seven hot spring baths dotted near the foot of Mt. Nyuto, each with its own water source. Enjoy going round all seven baths.



Iwate Pref.

The Lone Sakura Tree at Uwabo Bokuya

With the majestic view of Mt. Iwate as the background, the scenery of a lone Sakura tree standing with dignity in the blue fields gives off a beautiful picture.

You can see cows grazing and the calming atmosphere heals your heart.

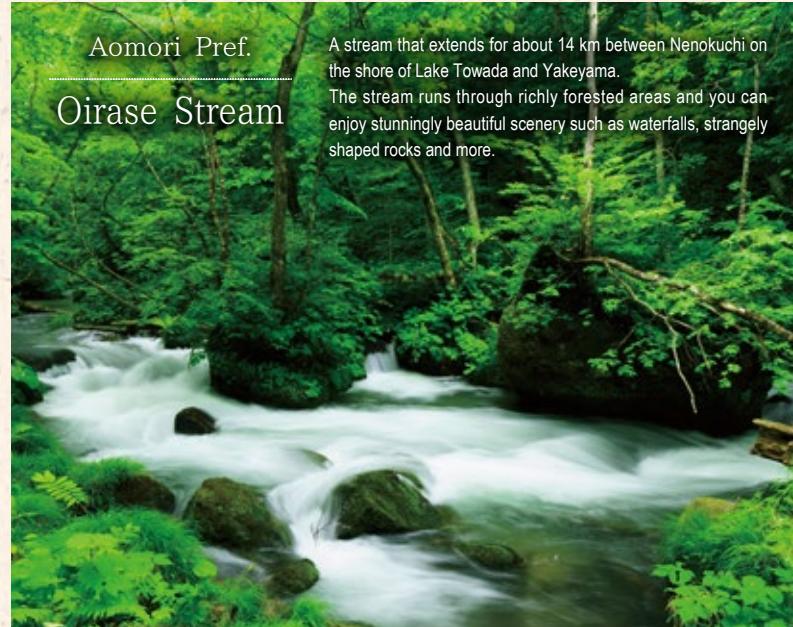
Best time to view: Early to mid-May



Aomori Pref.

Oirase Stream

A stream that extends for about 14 km between Nenokuchi on the shore of Lake Towada and Yakeyama. The stream runs through richly forested areas and you can enjoy stunningly beautiful scenery such as waterfalls, strangely shaped rocks and more.



Akita Pref.

Kiritanpo Nabe

Akita is home to snow and rice. Kiritanpo Nabe is thus a local signature dish of this region. Cooked rice is rolled into cakes and skewered on rods, then grilled and boiled in a soup consisting of free-range chicken, scallions, mushrooms, gourd, and parsley. Enjoy this fine cuisine of Akita, which makes use of local produce and famous name-brand rice (Akita Komachi) and name-brand chicken (free-range Hina chicken).

Iwate Pref.

Hachimantai's Soft Rime

Hachimantai is home to some of the thickest vegetation of the Maries fir (*Abies mariesii*) in the world and is also known for the thick rime that forms on the trees in the marsh. Backcountry skiing and snowshoe tours make it possible to see these frost-covered trees in person.

Please give yourself the experience and be moved by the greatness of Tohoku that can only be seen this season.



10 Experiences to Enjoy in Towada-Hachimantai Area

Strolling around Kakunodate's Little Kyoto in a traditional kimono



1

A walk around the Bukeyashiki (Samurai residence) in a traditional kimono will make for an unforgettable experience.

Enjoy the experience of wearing a traditional kimono at the Old Tatetsu House and then take a walk around Kakunodate's Little Kyoto. Strolling around Kakunodate must be more enjoyable experience when you wear Kimono.

WA RASSE Studio



2

A dream-like place where you will discover the history, charm and everything else about the Nebuta Festival.

Experience the Aomori's Nebuta Festival by participating in the special class where you can see, hear and feel the real thing first-hand. Parents and children are welcome to participate.

Papering experience:

- Goldfish Nebuta ● Nebuta Japanese Fan
- Mini-goldfish Nebuta ● Small bells ● Nebuta coloring
- Creating the Nebuta's face (Shibaraku)

Snow Shoe Hiking at Hakkoda



3

Be amazed at the winter scenery of Mt. Hakkoda turning into a white land with monsters (snow monsters) and the view from Mt. Hakkoda mountain range.

In this course, you will be walking from the mountaintop station's ropeway through a group of snow monsters that are found all over Hakkoda Mountains. And if the weather permits it, you can witness a snowdrift. This is a rare winter experience exclusive only in Hakkoda.

Towada Lake Canoe Tour



4

Tour around the lake surrounded by beech trees in a Canadian canoe!

Enjoy the view of Lake Towada together with aquatic birds. The vast skies and the lake give the feel of the ocean. The still surface of the lake, undisturbed by winds and waves, reflects the sky perfectly upon it like a mirror. After the lecture, let the canoe drift slowly from the shore into the lake, where you can touch the water's surface, gaze at the sky, and just relax.

100-year old cedar forest tour via tractor train



5

Experience the charm of Koiwai Farm, your way!

Go around a private forest area on a hand-crafted car pulled by a tractor. This tour is recommended for those who want to experience nature without walking long distances.

Waterfall viewing course with a guide



6

The beautiful nature scenery of Towada Hachimantai with different colors for each season

Enjoy the beautiful contrast of the landscape scenery and its reflection on the water's surface as well as the alpine flora.

Tour period: From June until snowfall (around November)
Pre-reservation period: 2 weeks beforehand

Gaze at the Galactic Railroad across the Sky



7

Look up at the starry skies as you lounge on a ski slope!
Let's countdown together! 3, 2, 1!

"Shirakaba Lodge" is located on the slopes of a ski resort and is accessible by minibus. A large sign with "Shirakaba Lodge" on it will welcome you as you arrive.

Let's stretch, relax, and lay down. As soon as the sky turns dark, a sea of stars will unfold in the night sky before your very eyes. We also have warm drinks to add to your relaxation.

Alluvial gold panning



8

Gold panning in a modern "Kanayamashu" style

Gold dust was discovered in Osarizawa mine in the past.

And the people from before used a tool called a "Pan (bowl)" to separate and pick out gold dusts of specific gravity.

You can experience gold panning here and take home the gold you find in a special bottle as a souvenir.

Strolling Down the Streets of Aomori



9

A relaxing stroll around Aomori city. Learn interesting stories and discover amazing things as you explore the city!

An volunteer will guide you through the everyday Aomori. Let's take a walk together!

A: Scenery course — About 2 hours
B: History and Culture Course — About 2 hours 15 minutes
C: Food trip and Shopping mall excursion — About 1 hour 30 minutes

Shizukuishi Ginga Ropeway



10

It's stargazing time! The only ropeway star-gazing tour in Northern Tohoku.

Bask in the stars scattered across the night sky, as stargazing guides tell us all about them.

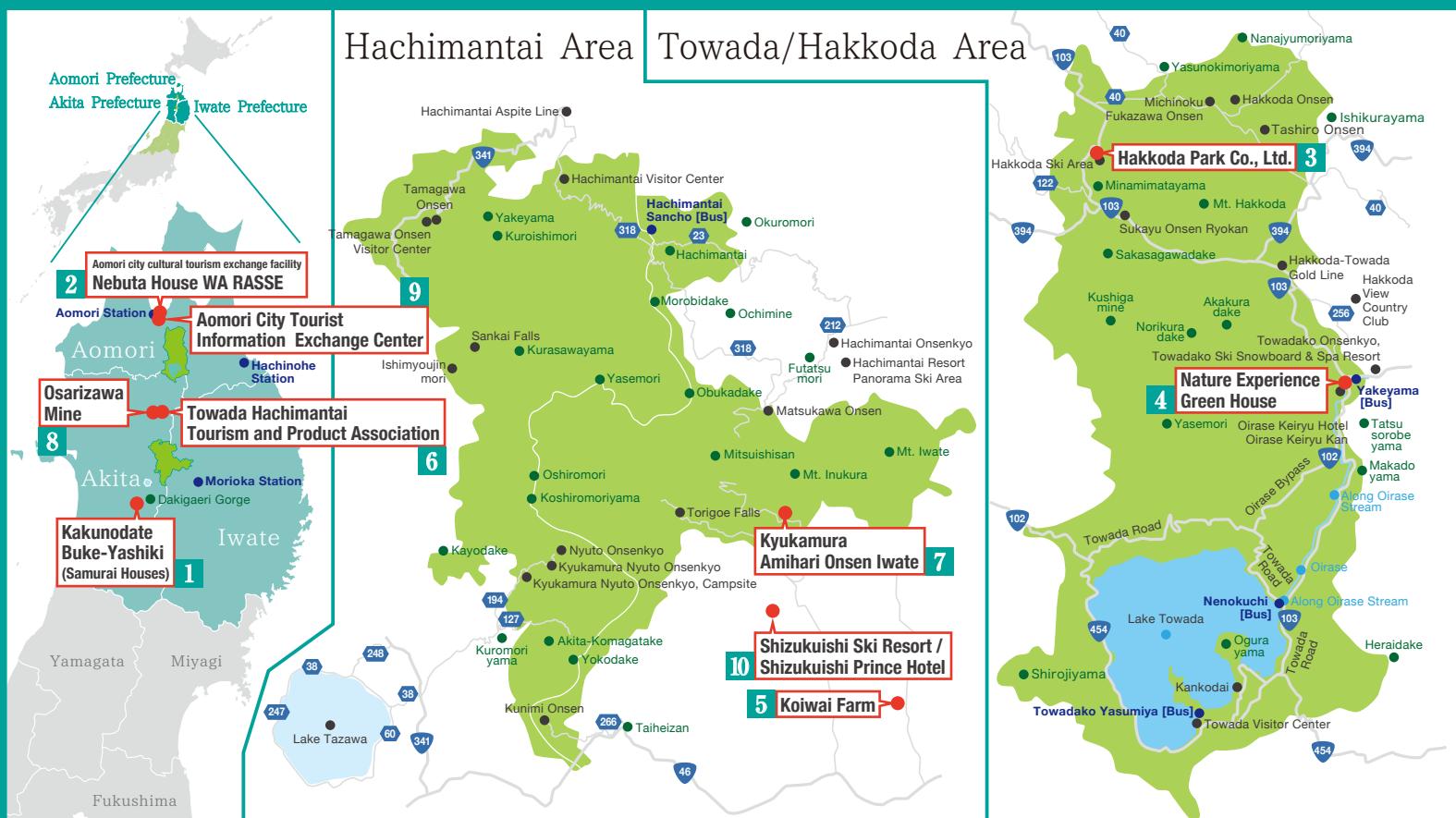
A sky full of stars at night makes for a spectacular view— a breathtaking scenery never seen before from the height of 730m, where the light pollution from the city will not reach.

The Towada-Hachimantai Area offers a full menu of many other attractive experiences.

For more information,
please check out the website! >>>



TOWADA-HACHIMANTAI NATIONAL PARK MAP



Access to 10 Experiences to Enjoy in the Areas

1 Strolling around Kakunodate's Little Kyoto in a traditional kimono [Kakunodate Buke-Yashiki(Samurai Houses)]

Access point: A 10-minute walk from JR Kakunodate Station

Nakamachi 25, Kakunodate-cho, Senboku-shi, Akita Prefecture.

2 WA RASSE Studio

[Aomori city cultural tourism exchange facility Nebuta House WA RASSE]

Access point: 1-minute walk from the JR Aomori Station.

A 40-minute bus ride from the Aomori airport.

Yasukata 1-1-1, Aomori-shi, Aomori Prefecture.

3 Snow Shoe Hiking at Hakkoda [Hakkoda Park Co., Ltd.]

Access point: Ride a train at the JR Aomori Station going to Sukayu onsen and alight at Hakkoda Ropeway Station. This will take around 60 minutes

Kansuisawa 1-34, Arakawa, Aomori-shi, Aomori Prefecture.

4 Towada Lake Canoe Tour [Nature Experience Green House]

Access points: 1 hour 10 minutes from Tohoku Expressway Towada IC

Oirase Yusuikan 2F, Okuse Tochigubo 182, Towada-shi, Aomori Prefecture.

5 100-year old cedar forest tour via tractor train [Koiwai Farm]

Access points: Ride a bus going to Koiwai Nojo Makiba-en or Amihari Onsen from Morioka Station bus stop No.10 (about 30 minutes)

Maruyachi 36-1, Shizukuishi-chō, Iwate-gun, Iwate Prefecture.

6 Waterfall viewing course with a guide [Towada Hachimantai Tourism and Product Association]

Shindenmachi 11-4, Hanawa, Kazuno-shi, Akita Prefecture.

7 Gaze at the Galactic Railroad across the Sky [Kyukamura Amihari Onsen Iwate]

Access points: Take a bus from JR Morioka station to Amihari Onsen, pass by the Koiwai farm and get off at the last stop, Amihari Onsen.

This will take about 60 minutes, plus a 2 minute walk from the bus stop.

Amihari Onsen, Shizukuishi-cho, Iwate-gun, Iwate Prefecture.

8 Alluvial gold panning [Historic Site Osarizawa Mine]

Access point: A 10-minute taxi ride from JR Hanawa Line Kazunohanawa Station

Shishizawa 1-3-5, Osarizawa, Kazuno-shi, Akita Prefecture.

9 Strolling Down the Streets of Aomori

[Aomori City Toursim Information Exchange Center]

Access points: 15 minutes via Aomori Expressway Aomori IC by car (public highway), 1 minute walk from Ouhonsen JR Aomori station.

1-1-25, Shinmachi, Aomori-shi, Aomori Prefecture.

10 Shizukuishi Ginga Ropeway

[Shizukuishi Ski Resort / Shizukuishi Prince Hotel]

Access points: 40 minutes by taxi from Tohoku Shinkansen Morioka Station

Takakura Onsen, Shizukuishi-cho, Iwate-gun, Iwate Prefecture.