Primeval forests retain their ancient beauty, while the volcanic landscape continues to change

Bandai-Asahi National Park extends over a wide area, including the Three Mountains of Dewa, Asahi, Iide, Azuma, and Adatera Mountain Ranges. Mt. Bandai, and Lake Inawashiro. It is also the second largest national park in Japan in terms of land area. The Three Mountains of Dewa are famous as places of mountain worship and historical importance. Much of the preinval natural environment of Iide and Asahi Mountain Ranges has also been preserved in their ancient form. The area around the Azuma and Adatera Mountain Ranges, and Mt. Bandai features exciting landscapes created by volcanic activity as well as beautiful, diverse scenery formed by lakes, ponds, and forests of various sizes. Urabandai is known for its various species of wild birds and visitors can enjoy birdwatching all year round. The lush forests covering the foothills and mountainsides of the area around the Three Mountains of Dewa and Asahi are home to various animals and plants. This area is full of exciting features, including deeply forested mountains, impressive volcanic terrains, lakes and ponds abundant with water, and mountain worshipping spiritual traditions. The national park has many mountains suitable for climbers of all levels, making it a popular spot among mountaineers. It is also easily accessible from many urban areas and many visitors come to climb mountains, see beautiful scenery, enjoyosen hot springs, and ski in the winter months, among many other leisure activities.

Access

**Information counter**

Fukushima Prefecture Tourism & Local Products Association
Phone: +81-(0)24-525-4024 [9:30 17:30]
Bandai-Asahi National Park –Recommended Activities–

Activity 01
Discover the sunken forest zone of the peaceful Lake Sohara via kayak
Fully experience the natural beauty of Lake Sohara, the only lake in Urahbandai where power boats are not allowed
Kayaking tour of Lake Sohara in Urahbandai, Fukushima

Activity 02
Canoeing on Lake Hibara while enjoying the magnificent view of Mt. Bandai
Have a jungle-cruise-like experience in the maze-like inlet of Ikarigata
Canoeing at Lake Hibara

Activity 03
The Azuma ‘goyomatsu’ is one of the major three species of Japanese white pine.
Visit Bonsai Abe and experience ‘The Beauty of Space’ with a 3rd generation bonsai artist.
Bonsai Abe Garden Tour and Demonstration in Fukushima City

Activity 04
A snow park where all the family can enjoy playing in powder snow
Slide down a 600-meter-long sled course while admiring Mt. Adataru!
Fun for all ages at this sledding paradise with Mt. Adataru as your backdrop!

Activity 05
You can learn about renewable power at Tsuchiyu Onsen Hot Spring located within the national park.
Enjoy a tour of a binary geothermal power plant utilizing hot spring heat, then have lunch and a bath at a traditional hot spring inn.
Natural energy tour of Tsuchiyu Onsen in Bandai-Asahi National Park

Bandai-Asahi National Park

For individual travelers

For group

Active

Active (beginner)

Tradition/ Culture

Available languages

Available languages

Spring only

Summer only

Autumn only

Winter only

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The “Blessings of Volcanoes” Course

- Visit two volcanoes – Mt. Bandai, which last erupted in 1888; and Mt. Azuma, which is still active – and discover the positive aspects of volcanoes.
- Enjoy a range of activities, such as light trekking, canoeing, hot springs and bonsai.
- Revel in the fiery foliage of fall, the most beautiful season of all.

Season: All seasons except winter  
Duration of stay: 3 nights, 4 days (includes night of arrival)

Day 1
Morning: Inawashiro Town (30min) (Explanation of natural features of the Urabandai area. Taking advantage of being in an area of heavy snowfall, the center employs a natural cooling system that relies on accumulated winter snow. The accumulation of snow can be observed.)

Inawashiro Station (It is possible to stop by Lake Inawashiro en route. You can enjoy views of the slopes of Mt. Bandai.)

Urabandai Visitor Center (30min) (Explain the Urabandai area)

Start: Jodoidaira Visitor Center

Activity 01: Kayak Experience at Lake Sohara

Day 2
Morning: Jodoidaira Visitor Center (30min) (Discover the natural aspects of the Jodoidaira District.)

Start: Jodoidaira

Activity 01: Kayak Experience at Lake Sohara

Activity 02: Canoeing Activity at Lake Hibara (View at Lake Hibara’s stunning sunsets. Enjoy hot spring baths.)

Day 3
Morning: Jodoidaira (30-240min) (Choose one of several courses based on your fitness level, and enjoy a variety of marathons, volcanoes, and volcanoes.)

Start: Jodoidaira Rest House (60 min)

Activity 01: Trekking around Jodoidaira (30-240min) (Choose one of several courses based on your fitness level, and enjoy a variety of marathons, volcanoes, and volcanoes.)

Afternoon: Jodoidaira (Admire the views along the Bandai-Azuma Skyline, one of Japan’s prominent mountain roads. This route boasts fantastic views.)

Takayu Hot Spring (Visit Takayu Hot Spring’s Source) (Learn about the history of hot springs, the mechanics of transporting hot spring water, the methods of clearing hot springs, and the lasting of hot spring efficacy, which will be demonstrated in front of you. After the tour, relax in the nearby public bath that draws its water from the source.)

Hot Springs in Fukushima City "Accommodation" (Choose a variety of hot springs according to your needs, including Takayu Onsen Hot Spring, Tsuchiyu Onsen Hot Spring, and Natori Onsen Hot Spring.)

Start: Jodoidaira Rest House (60 min)

Activity 01: Bonsai Experience at Bonsai Abe (120min) (Behold bonsai cultivated from an Azuma gomyomatsu pine – one of Japan’s three major pine varieties – from Mt. Azuma. Enjoy a bonsai-making demonstration, a visit to a bonsai garden, and refreshments at a Japanese-style residence.)

Noon: Around Fukushima Station (60 min) (Fukushima Station)