Discover the hidden treasure in far north of main island, nestled in deep forests, mountains and rustic onsen.

Towada-Hachimantai National Park is a park of mountains, a lake, and gorges located in Tohoku, the mountainous region of northern Honshu, the main island of Japan. It consists of the northernmost Towada-Hakkoda region, where you will find Hakkoda Mountains, Lake Towada, and Oirase Gorge, and the Hachimantai region to the south, which boasts Mt. Hachimantai, Mt. Akita-Komagatake, and Mt. Iwate.

The park encompasses extensive cool temperate deciduous beech tree forests, a diverse environment including Lake Towada, and Oirase Gorge, and is home to a wide variety of animals and plants. The park is a habitat to many species of animals, including mammals such as the Asiatic black bear, Japanese serow, Japanese marten, and Japanese giant flying squirrel, amphibians such as the Japanese black salamander, and rare species of birds such as mountain hawk eagle.

Recently, this nature-rich area is attracting an increasing number of people who come to enjoy hiking and other activities. Boasting a more than 300-year-old toji (therapeutic hot spring) culture, the Tohoku region attracts onsen lovers from all over the world for its high-quality onsen hot springs. Toji culture is about staying at an onsen for long periods of time, a style in contrast to that of busy travelers always moving from one place to another. Many people hoping to refresh mentally and physically come here to experience the healing benefits of toji culture.

Access routes are given as examples. Times indicated for each route section are approximate only. For more details, please visit the counters or websites of the transportation providers.

■ Access

Access routes are given as examples. Times indicated for each route section are approximate only. For more details, please visit the counters or websites of the transportation providers.

■ Information counter

Please contact each provider directly.
Activity 01

Ski amongst snow-covered Maries’ fir trees, known as snow monsters.
Enjoy a fun day spent deep in nature and powder snow on a backcountry ski tour.

Backcountry skiing tour of Hakkoda

Hit the backcountry with an experienced guide for an incredible skiing experience on Hakkoda Mountain, one of the 100 Famous Mountains of Japan. Ski through powder snow on hills dotted with snow-covered Maries. Powder snow is plentiful in January and February, and the ski season runs until early May. Full-day programs and half-day afternoon programs are available.

Season: Late December–mid-May
Time required: 1-day course approx. 360 min, half-day course approx. 180 min
Price: Adults: 6,600 yen (full-day program), 4,000 yen (half-day program) *Participants must be at least 10 years old and have skiing experience *Please contact to discuss maximum group size
Inquiries: H: Hakkoda Guide Club
Phone: 017-728-1511
E-mail: hakkoda.gc.info@gmail.com
URL: http://www.hakkoda-gc.com

Activity 02

Explore one of Hakkoda Mountains many routes with a guide. The mountain, where alpine plants bloom in abundance offers an incredible array of scenery to enjoy, from spectacular views from the ridge line and the vast Konatachi Marshland to the dense forest of Japanese beech covering the foot of the mountain and the hot springs situated at the mountain’s base.

Hakkoda trekking tour

Hakkoda Mountains boasts many hiking trails and diverse areas of natural beauty. Choose a route that matches your abilities, including the six-hour main route, the nine-hour traverse route or the three-hour route that descends the mountain. For details, visit the website: http://www.hakkoda-gc.com.

Season: Early June–late October
Time required: 180–600 min
Price: Adults and children: 10,000 yen *Guide fee is separate
Inquiries: H: Hakkoda Guide Club
Phone: 017-728-1511
E-mail: hakkoda.gc.info@gmail.com
URL: http://www.hakkoda-gc.com

Activity 03

Set off for adventure amongst the majestic nature of Lake Towada on a canoe tour. An expert guide provides easy-to-understand explanations of Lake Towada’s natural beauty.

Glide through still waters bound to local spiritual tradition on a canoe tour of Lake Towada

Explore Lake Towada by canoe, paddling through waters surrounded by a much-admired and mysterious forest of Japanese beach. Unravel the spiritual history of Lake Towada with the help of an expert guide who will unlock Lake Towada’s majestic natural world, one formed over countless millennia.

Season: Late April–early November
Time required: 150 min
Price: Adults: 6,840 yen, children/infants (ages 4 to 14): 3,420 yen *Individual participants: 11,000 yen *An additional 1,100 yen is required for each of the fees in the period from July 20 to August 31
Inquiries: Lake Towada Guide House Kai
Phone: 0176-1461-1056
E-mail: info@tkgkai.jp
URL: http://tkgkai.jp

Activity 04

Discover the appeal of moss up-close on this small-group guided walking tour. Admire the beauty and diversity of patterns of various mosses, and develop a new perspective on moss with a passionate guide.

Moss walk

The tour begins with instruction on how to use a loupe for taking close-up photos of moss, followed by a guided walk in the tour area. The guide will explain the different moss species found in the tour area and help you take close-up photos of the moss.

Season: Mid-April–early November
Time required: 3 hours
Price: Adults: 6,000 yen, children: 3,000 yen
Inquiries: E: info@towada-city.jp
URL: https://towadacity.jp/

Activity 05

Leisurely explore the popular Oirase area with a specialist guide. By exploring the area from various perspectives, you’ll be better able to fully appreciate its vibrant ecosystem.

Oirase nature walk

Experience the mid-summers of the Oirase Gorge, from Uvage to Komagoin Watashi (2 kilometers) - A popular photo spot with Venus sights, impressive views of trees covered in lace and a Staircase. From here, you can enjoy the views of the Oirase Gorge and the various geology of the area, including the Oirase Gorge’s unique winter scenery of the Oirase Gorge. The tour is perfect for those looking to discover the Oirase area for a distance that could be walked in one hour (approximately three kilometres) in three hours.

Price: Adults: 6,000 yen, children: 3,000 yen
Inquiries: E: info@towada-city.jp
URL: https://towada-city.jp/

Activity 06

Admire illuminated frozen waterfalls and icicles on a tour that shows off the Oirase Gorge’s spectacular winter scenery. Listen to commentary on the region’s nature from a local guide on a night-time bus tour.

Winter in Oirase: frozen waterfalls night tour

A private night-time illumination tour that casts a new light on the unique winter scenery of the Oirase Gorge such as towering frozen waterfalls and snow-covered hangicles. Enjoy commentary on the Oirase Gorge’s nature from a local nature guide as you visit five famous locations beautifully illuminated just for you, including Makado-iwa Rocks and Kumoi-no-taki waterfall. When not admiring the lit-up scenery at each location,选手 will remain on the bus and out of the cold.

Season: Late December–mid-May
Time required: approx. 180 min
Price: Adults: 8,800 yen, children (ages 6 to 14): 4,400 yen *Individual participants: 11,000 yen *Guide fee is separate
Inquiries: E: info@towada-city.jp
URL: https://towada-city.jp/
Winter in Oirase is just like an ink wash painting. Strap on snowshoes and explore the snow-covered landscape at your leisure.

Wander Oirase’s winter wonderland.

Board the Hachimantai Nature Exploration Bus, which travels from Morioka Station to the Hachimantai summit. Complimentary guides provide commentary on Hachimantai’s four seasons.

**Activity 08**

*Hachimantai Nature Exploration Bus tour*

**Activity 09**

Create a one-of-a-kind dyed scarf with geothermal steam at Japan’s oldest geothermal power plant. Craft a personal masterpiece that reflects the nature and seasons of Hachimantai.

A Hachimantai original: dyeing using geothermal steam.

**Activity 10**

Admire ice-blue frozen waterfalls from the mineral composition of the hot-spring water frozen in the ice. Even beginners can enjoy the journey to admire the waterfall owing to the use of the high-speed lift. Enjoy snowshoeing through a forest of Japanese beech, which isn’t accessible during the summer months. As you explore, your guide, certified by the Japan Mountain Guides Association, will provide commentary on the surroundings.

**Activity 11**

Experience the thrill of cycling through the spectacular nature of the national park. Journey beneath Japanese beech, konara oak and other broadleaf trees that grow in the forest that covers the gently sloping plain.

Feel the wind against your face while mountain biking Hachimantai.

**Activity 12**

Enjoy mixed bathing in the dark of night at an outdoor bath located deep in the forest midway up Mt. Iwate. Marvel at the stars above you, the sound of the nearby waterfall and stream, and the healing warmth of the hot springs.

**Activity 13**

Towada-Hachimantai National Park: Mt. Iwate is an active volcano that you can actually follow up the mountain. Hikers will come across Ashi-ri Hot Spring’s “Yamabori Car” and the spring area with five baths. One of them, Sennyo-no-Yu, is a wood greater open-air bath located along the Yamabori Stream. The 300-meter forest path that links the hot to the hot springs, just seven minutes to walk. Normally, the hot spring open between 12:00 and 18:00, but on this special guided tour, you’ll have the chance to soak after dark. Before heading out, enjoy fresh sake made with tomato grown in Oirase and apple grown in West Iwate.

**Activity 14**

Discover the changing seasons of Hachimantai with a mountain biking tour through Appi. Cycle across a gently sloping plain covered in a broadleaf forest of Japanese beech, Erman’s birch and konara oak. Admire the picturesque scenery of Hachimantai and Appi, characteristic of the Tohoku region. Enjoy the fresh greenery and refreshing winds of spring, the dappled sunlight filtering through leaves in summer, and the incredible colours of fall.

**Activity 15**

Experience the thrill of cycling through the spectacular nature of the national park. Journey beneath Japanese beech, konara oak and other broadleaf trees that grow in the forest that covers the gently sloping plain.

Feel the wind against your face while mountain biking Hachimantai.

**Activity 16**

Enjoy mixed bathing in the dark of night at an outdoor bath located deep in the forest midway up Mt. Iwate. Marvel at the stars above you, the sound of the nearby waterfall and stream, and the healing warmth of the hot springs.

**Activity 17**

Towada-Hachimantai National Park: Mt. Iwate is an active volcano that you can actually follow up the mountain. Hikers will come across Ashi-ri Hot Spring’s “Yamabori Car” and the spring area with five baths. One of them, Sennyo-no-Yu, is a wood greater open-air bath located along the Yamabori Stream. The 300-meter forest path that links the hot to the hot springs, just seven minutes to walk. Normally, the hot spring open between 12:00 and 18:00, but on this special guided tour, you’ll have the chance to soak after dark. Before heading out, enjoy fresh sake made with tomato grown in Oirase and apple grown in West Iwate.

**Activity 18**

Discover the changing seasons of Hachimantai with a mountain biking tour through Appi. Cycle across a gently sloping plain covered in a broadleaf forest of Japanese beech, Erman’s birch and konara oak. Admire the picturesque scenery of Hachimantai and Appi, characteristic of the Tohoku region. Enjoy the fresh greenery and refreshing winds of spring, the dappled sunlight filtering through leaves in summer, and the incredible colours of fall.

**Activity 19**

Experience the thrill of cycling through the spectacular nature of the national park. Journey beneath Japanese beech, konara oak and other broadleaf trees that grow in the forest that covers the gently sloping plain.

Feel the wind against your face while mountain biking Hachimantai.

**Activity 20**

Enjoy mixed bathing in the dark of night at an outdoor bath located deep in the forest midway up Mt. Iwate. Marvel at the stars above you, the sound of the nearby waterfall and stream, and the healing warmth of the hot springs.

**Activity 21**

Towada-Hachimantai National Park: Mt. Iwate is an active volcano that you can actually follow up the mountain. Hikers will come across Ashi-ri Hot Spring’s “Yamabori Car” and the spring area with five baths. One of them, Sennyo-no-Yu, is a wood greater open-air bath located along the Yamabori Stream. The 300-meter forest path that links the hot to the hot springs, just seven minutes to walk. Normally, the hot spring open between 12:00 and 18:00, but on this special guided tour, you’ll have the chance to soak after dark. Before heading out, enjoy fresh sake made with tomato grown in Oirase and apple grown in West Iwate.

**Activity 22**

Discover the changing seasons of Hachimantai with a mountain biking tour through Appi. Cycle across a gently sloping plain covered in a broadleaf forest of Japanese beech, Erman’s birch and konara oak. Admire the picturesque scenery of Hachimantai and Appi, characteristic of the Tohoku region. Enjoy the fresh greenery and refreshing winds of spring, the dappled sunlight filtering through leaves in summer, and the incredible colours of fall.

**Activity 23**

Experience the thrill of cycling through the spectacular nature of the national park. Journey beneath Japanese beech, konara oak and other broadleaf trees that grow in the forest that covers the gently sloping plain.

Feel the wind against your face while mountain biking Hachimantai.

**Activity 24**

Enjoy mixed bathing in the dark of night at an outdoor bath located deep in the forest midway up Mt. Iwate. Marvel at the stars above you, the sound of the nearby waterfall and stream, and the healing warmth of the hot springs.

**Activity 25**

Towada-Hachimantai National Park: Mt. Iwate is an active volcano that you can actually follow up the mountain. Hikers will come across Ashi-ri Hot Spring’s “Yamabori Car” and the spring area with five baths. One of them, Sennyo-no-Yu, is a wood greater open-air bath located along the Yamabori Stream. The 300-meter forest path that links the hot to the hot springs, just seven minutes to walk. Normally, the hot spring open between 12:00 and 18:00, but on this special guided tour, you’ll have the chance to soak after dark. Before heading out, enjoy fresh sake made with tomato grown in Oirase and apple grown in West Iwate.

**Activity 26**

Discover the changing seasons of Hachimantai with a mountain biking tour through Appi. Cycle across a gently sloping plain covered in a broadleaf forest of Japanese beech, Erman’s birch and konara oak. Admire the picturesque scenery of Hachimantai and Appi, characteristic of the Tohoku region. Enjoy the fresh greenery and refreshing winds of spring, the dappled sunlight filtering through leaves in summer, and the incredible colours of fall.

**Activity 27**

Experience the thrill of cycling through the spectacular nature of the national park. Journey beneath Japanese beech, konara oak and other broadleaf trees that grow in the forest that covers the gently sloping plain.

Feel the wind against your face while mountain biking Hachimantai.

**Activity 28**

Enjoy mixed bathing in the dark of night at an outdoor bath located deep in the forest midway up Mt. Iwate. Marvel at the stars above you, the sound of the nearby waterfall and stream, and the healing warmth of the hot springs.

**Activity 29**

Towada-Hachimantai National Park: Mt. Iwate is an active volcano that you can actually follow up the mountain. Hikers will come across Ashi-ri Hot Spring’s “Yamabori Car” and the spring area with five baths. One of them, Sennyo-no-Yu, is a wood greater open-air bath located along the Yamabori Stream. The 300-meter forest path that links the hot to the hot springs, just seven minutes to walk. Normally, the hot spring open between 12:00 and 18:00, but on this special guided tour, you’ll have the chance to soak after dark. Before heading out, enjoy fresh sake made with tomato grown in Oirase and apple grown in West Iwate.

**Activity 30**

Discover the changing seasons of Hachimantai with a mountain biking tour through Appi. Cycle across a gently sloping plain covered in a broadleaf forest of Japanese beech, Erman’s birch and konara oak. Admire the picturesque scenery of Hachimantai and Appi, characteristic of the Tohoku region. Enjoy the fresh greenery and refreshing winds of spring, the dappled sunlight filtering through leaves in summer, and the incredible colours of fall.

**Activity 31**

Experience the thrill of cycling through the spectacular nature of the national park. Journey beneath Japanese beech, konara oak and other broadleaf trees that grow in the forest that covers the gently sloping plain.

Feel the wind against your face while mountain biking Hachimantai.

**Activity 32**

Enjoy mixed bathing in the dark of night at an outdoor bath located deep in the forest midway up Mt. Iwate. Marvel at the stars above you, the sound of the nearby waterfall and stream, and the healing warmth of the hot springs.
Explore Ibata Prefecture’s famous Mt. Ibata accompanied by a Japan Mountain Guides Association-certified guide. Aim for the Mt. Ibata summit on the trail of your choice, enjoying commentary on the area’s vegetation and other nature along the way. Hike Ibata Prefecture’s iconic Mt. Ibata.

Activity 13

Mt. Ibata boasts many hiking trails. Give the only trail that makes use of the Mt. Ibata course, a try, take on the challenge of the Omisaka course with its 1,450-meter change in elevation, or hike the traverse—it’s up to you. Along the way, enjoy explanations on the vegetation and other nature of the area.

Season Early July late September
Time Approx. 500 min
Fee Adult 10,000 yen *Fees required for lift required for Archbishop course
Contact DMV Ibata Tourism Association (General Incorporated Associations)
Phone 0194-62-5138
URL http://ibata-shizukuishi-kanko.gr.jp/

Activity 14

Explore Mt. Kamakuramori, an area that can only be entered when covered in deep snow. On the way to the summit, spot animal prints in the snow and vegetation growth pushing through the snow. From the summit, admire excellent views that include Mt. Ibata and Mt. Inukura.

Season November
Time Approx. 800 min
Fee Adults: 10,000 yen, children (6 to 12 and over): 6,000 yen, children (ages 6 to 12): 4,800 yen, children (ages 6 to 12): 4,800 yen (please contact for details)
Contact DMV Kamakura Tourism & Public Co., Ltd.
Phone 0187-46-3044 (Japanese only)
URL http://www.kamakura-uma-japan.or.jp/

Activity 15

Marvel at the incredible panoramic views from Hachimantai, includes virgin forest and Mt. Ibata and Mt. Ibata. Enjoy learning about on the alpine plants that grow in Hachimantai’s largest pond, Onuma Pond, and take the chance to get up close to active volcanoes.

Verdant green panoramas as far as the eye can see on a loop route of the Hachimantai area.

Season May - August
Time Approx. 360 min
Fee Adult 14,000 to 25,000 yen (please contact for details)
Contact DMV Hachimantai Tourism & Public Co., Ltd.
Phone 0187-46-2244 (Japanese only)
URL http://www.kamakura-uma-japan.or.jp/

Activity 16

Fully appreciate the vivid fall colours of the area around the Hachimantai Onuma Pond boardwalk with commentary from your guide. Enjoy seven different baths, including a volcano bath and mud bath, at Goshoake Onsen Hot Spring. Have your fill of seasonal colours with Hachimantai’s magnificent fall foliage landscapes.

Season October - November
Time Approx. 600 min
Fee Adult 9,500 yen *7 to 10 participants: 8,600 yen, 11,300 to 19,700 yen *additional fee for lift required for (Japanese only)
Contact DMV Hachimantai Tourism & Public Co., Ltd.
Phone 0187-46-2244 (Japanese only)
URL http://www.kamakura-uma-japan.or.jp/

Activity 17

Snowshoe through the snowy virgin forest of Japanese beech at Hachimantai Onuma Pond. Savour a soak in the hot springs of Goshoake Onsen Hot Spring, which offers seven different baths, including a volcano bath and mud bath.

Winter trekking in Hachimantai

Season Winter
Time Approx. 360 min
Fee Adult: 11,300 to 19,700 yen (please contact for details)
Contact DMV Hachimantai Tourism & Public Co., Ltd.
Phone 0187-46-2255 (Japanese only)
URL http://www.kamakura-uma-japan.or.jp/

Activity 18

Try your hand at making an itaya-uma wooden horse after exploring Nyuto’s forest on snowshoes. Enjoy a hot soak and yama-no-imo hotpot, a regional dish, at the secluded Tsunou-ya hot spring.

A wintertime tour of Nyuto Onsen Hot Spring Village

Season February 1 March 31 (excluding Saturday, Sunday, and holidays)
Time Approx. 240 min
Fee Adult (ages 13 and over): 6,000 yen, children (ages 6 to 12): 4,800 yen (please contact for details)
Contact DMV Nakira Tourism Association
Phone 0187-46-2244 (Japanese only)
URL http://www.goshoake-onsen.gr.jp/
Mountains, Lakes and Gorges: The Lake Towada, Oirase and Hakkoda Excursion Course

Enjoy virgin forests and forest-bathing along the Oirase Gorge. Explore the Golden Route of Lake Towada, the Oirase Gorge and Hakkoda Mountains by making use of unlimited bus rides with your JR Pass or JR East Pass.

**Season**
"Green Season" (May – October)

**Duration of stay**
2 nights, 3 days

**Notes**
- Junior High School students and younger: Predictable activities of children should be considered.
- The route is subject to change depending on the condition of the road.
- Limited by the weather conditions.

### Day 1

**Start:** 7:00a.m. Shin-Aomori Station
- **Activity 01:** Redistricting tour by bus (180min)

**9:00a.m.** Tsuta Onsen Hot Springs (JR Bus) 40min
- **Activity 02:** Moss walk (180min)

**11:00a.m.** Sukayu Onsen Hot Springs (SHINKANSEN: Hayabusa 42) 30min
- **Activity 03:** Walk along the footpath of Sukayu Onsen (60min)

**12:30p.m.** Ishigedo
- **Activity 04:** Ishigedo made easy (30min)

**1:00p.m.** Lake Towada Early Morning Walk
- 10min
- **Activity 05:** Morning walk (90min)

**3:00p.m.** Hakkoda Area (JR Bus) 45min
- **Activity 06:** Hakkoda trekking tour (90min)

**5:00p.m.** Hakkoda Area (Accommodation)

**Day 2**

**Start:** 7:00a.m. Hakkoda Area (JR Bus) 15min
- **Activity 07:** Hakkoda trekking tour (180min)

**9:00a.m.** Lake Towada (JR Bus) 60min
- **Activity 08:** Traditional tour of Lake Towada (150min)

**12:00p.m.** Lunch (60min) (Towada Hot Spring has a restaurant attached)

**Day 3**

**Start:** 7:30a.m. Hakkoda Area (JR Bus) 30min
- **Activity 09:** Traditional tour of Hakkoda Area (Accommodation)

**9:30a.m.** Hakkoda Area (JR Bus) 20min
- **Activity 10:** Hakkoda trekking tour (180min)

**1:30p.m.** Lunch (60min) (Towada Hot Spring has a restaurant attached)

**Day 4**

**Start:** 9:30a.m. Hakkoda Area (JR Bus) 5min
- **Activity 11:** Traditional tour of Hakkoda Area (Accommodation)

**12:00p.m.** Lunch (60min)

**Day 5**

**Start:** 9:30a.m. Hakkoda Area (JR Bus) 20min
- **Activity 12:** Traditional tour of Hakkoda Area (Accommodation)

**12:00p.m.** Lunch (60min) (Towada Hot Spring has a restaurant attached)
Four Volcanoes! A Hiking and Hot-Spring Appreciation Tour That Lets You Experience the Power of Volcanoes

- Tour the Hachimantai area, which boasts a volcanic belt that’s impressive even for Japan!
- Challenge yourself to serious hiking in the Hachimantai area. Enjoy a post-hike soak in a renowned hot spring each evening.

**Notes**
- *Mt. Obuka*
- *Lake Tazawa lakeside*
- *Shin-Tamagawa Onsen Hot Springs*
- *Matsukawa Onsen Hot Springs*
- *Goshogake Onsen Hot Springs*
- *Nyuto Onsen Hot Springs*
- *Hachimantai Visitor Center*
- *Fukenoyu Onsen Hot Springs*

**Legend for itinerary**
- Trail map
- Activity 11
- Mountain biking through the wilderness of the national park's Hachimantai area, a region of gentle hills and forests of Japanese beech, Mongolian oak and other broad-leaf trees. Enjoy the perks of each season as you cycle through Hachimantai and Appi, and feel peace of mind knowing that you're accompanied by an experienced guide.

**Day1**
- 8:40a.m. Tokyo Station (Shinkansen Yotsuka 1) 117min. Morikka Station 1138min. Morikka Bus Center Station 11 24pm. Matsuura Museum 1142pm. Activity 11 Feels the wind against your face while on the Salt Lake Cycling Path.

**Day2**
- 11:30a.m. Hachimantai Summit 11:10a.m. Hachimantai Mountain Hotel. 1312pm. Activity 11 Hachimantai Nature Exploration Bus tour. 1345pm. Hachimantai Summit 1400pm. Goshoheke Onsen Hot Springs or Fukuonan Onsen Hot Springs. 1500pm. Hachimantai Visitor Center. Activity 11 Access information on the Hachimantai area’s nature (Hachimantai ・ Mt. Yakeyama), and get the latest updates on which flowers are in bloom, Asian black bear sightings, and more.

**Day3**
- 9:37am, Shin-Tamagawa Onsen Hot Spring 10:52a.m. Lake Tazawa Lakeside 11:40am. Activity 11 Feel the wind against your face while on the Salt Lake Cycling Path.

**Day4**
- 6:12p.m. Tazawako Station 10:36a.m. Activity 11 To your next destination

**Day5**
- Mt. Mitsubishi Trailhead. Activity 11 Enjoy a night-time tour of the hot springs. 11:30pm. Activity 11 Enjoy a night-time tour of the hot springs.
Six Ways to Experience Northern Tohoku's Winter Wonderland

- Get your fill of snow with routes through Towada-Hachimantai National Park, where winter is king.
- Discover the stunning natural beauty of each of the national park's areas, beginning with the region's famous jūyō - monsoon snow-covered trees.

**Season**

Winter wonderland

**Duration of stay**

1 night, 2 days (requires arriving the day before the itinerary begins)

**General Access**

Depart from North American, European and Australian Cities Narita International Airport or Haneda International Airport → Tokyo Station → Hachinohe Station or Shichinohe-Towada Station (Tohoku Shinkansen)

**Towada-Hachimantai National Park**

**Akan-Mashu-Shikotsu-Toya
Daisetsuzan
Towada-Hachimantai
Sanriku
Fukko Bandai-Asahi
Nikko-Fuji-Hakone-Izu
Joshin'etsu
Rokkō

**Kumano-Kyōto
Kii
Kii-Kyushu
Kushiro
Kuril Islands
Naganuma
Nikko-Fuji-Hakone-Izu
Ogawa
Ogawara
Oyama
Oyama-Kanazawa
Shikoku
Shiki Mountains
Shinshirō
Takayama
Takayama Mountains
Takachiho
Takachiho-Gorge
Takachiho-Mountains
Takamatsu
Takamatsu-Marugame
Tottori
Toyama
Toyama-Kanazawa
Toyama-Yuzawa
Ushiku
Ushiku-Shibukawa
Ushiku-Yokota
Utsumi
Utsumi-Maizuru
Wakayama
Wakayama-Kinosaki
Wakayama-Yumura
Yamagata
Yamagata-Shinano
Yamagata-Yamagata
Yamanashi
Yamadera
Yamato
Yamato-Chinowa
Yamato-Katsushika
Yamato-Ryōgoku
Yamato-Takata
Yamato-ura
Yamanashi
Yamato-Yamato
Yamato-Yonezawa
Yamato-Yoro
Yanasaka
Yashiro
Yashiro-Kamifurano
Yoshino
Yoshino-Kumano
Yoshuno
Yosunai
Yotsugi
Yukawa
Yukawa-Shibukawa
Yukawa-Yokota
Yuzawa
Yuzawa-Kawaguchi
Yuzawa-Yuzawa
Yuzawa-Yuzawa-Hakuba
Yuzawa-Yuzawa-Yuzawa

**Notes**

- **Orientation:**
  - North: Towada, South: Hachimantai
  - Day 1: Towada Area (Towada-Hachimantai National Park)
  - Day 2: Hachimantai Area (Hachimantai Onsen Hot Spring Village)
  - *Activity 01: Winter in Oirase - Frozen waterfalls night tour*

**Day 1**

- **Activity 01:** Winter in Oirase - Frozen waterfalls night tour
  - Enjoy winter-only scenery of the Oirase Gorge with hot-spring components dissolved in the waterfall's water result in the 5lb toning a stunning blue color when frozen. Find this spectacular sight along the Mt. Iwate hiking trail.

**Day 2**

- **Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Spring Village Course
  - Activity 17:** Winter trekking in Hachimantai
  - Activity 08:** Winter in Oirase - Frozen waterfalls night tour
  - Enjoy winter-only scenery of the Oirase Gorge with a night tour of illuminated waterfalls and icicles.

- **Activity 10:** Backcountry skiing tour of Hakkoda
  - Enjoy backcountry skiing in the winter wonderland of Hakkoda.

- **Activity 05:** Oirase Keiryu Hotel
  - Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Oirase Keiryu Hotel
  - Activity 09:** Oirase Keiryu Hotel
  - Activity 10:** Oirase Keiryu Hotel

**Day 3**

- **Activity 03:** Oirase Keiryu Hotel
  - Activity 04:** Oirase Keiryu Hotel
  - Activity 05:** Oirase Keiryu Hotel
  - Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Oirase Keiryu Hotel
  - Activity 08:** Oirase Keiryu Hotel

**Day 4**

- **Activity 02:** Oirase Keiryu Hotel
  - Activity 03:** Oirase Keiryu Hotel
  - Activity 04:** Oirase Keiryu Hotel
  - Activity 05:** Oirase Keiryu Hotel
  - Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Oirase Keiryu Hotel
  - Activity 08:** Oirase Keiryu Hotel

**Day 5**

- **Activity 01:** Oirase Keiryu Hotel
  - Activity 02:** Oirase Keiryu Hotel
  - Activity 03:** Oirase Keiryu Hotel
  - Activity 04:** Oirase Keiryu Hotel
  - Activity 05:** Oirase Keiryu Hotel
  - Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Oirase Keiryu Hotel
  - Activity 08:** Oirase Keiryu Hotel

**Day 6**

- **Activity 01:** Oirase Keiryu Hotel
  - Activity 02:** Oirase Keiryu Hotel
  - Activity 03:** Oirase Keiryu Hotel
  - Activity 04:** Oirase Keiryu Hotel
  - Activity 05:** Oirase Keiryu Hotel
  - Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Oirase Keiryu Hotel
  - Activity 08:** Oirase Keiryu Hotel

**Day 7**

- **Activity 01:** Oirase Keiryu Hotel
  - Activity 02:** Oirase Keiryu Hotel
  - Activity 03:** Oirase Keiryu Hotel
  - Activity 04:** Oirase Keiryu Hotel
  - Activity 05:** Oirase Keiryu Hotel
  - Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Oirase Keiryu Hotel
  - Activity 08:** Oirase Keiryu Hotel

**Day 8**

- **Activity 01:** Oirase Keiryu Hotel
  - Activity 02:** Oirase Keiryu Hotel
  - Activity 03:** Oirase Keiryu Hotel
  - Activity 04:** Oirase Keiryu Hotel
  - Activity 05:** Oirase Keiryu Hotel
  - Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Oirase Keiryu Hotel
  - Activity 08:** Oirase Keiryu Hotel

**Day 9**

- **Activity 01:** Oirase Keiryu Hotel
  - Activity 02:** Oirase Keiryu Hotel
  - Activity 03:** Oirase Keiryu Hotel
  - Activity 04:** Oirase Keiryu Hotel
  - Activity 05:** Oirase Keiryu Hotel
  - Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Oirase Keiryu Hotel
  - Activity 08:** Oirase Keiryu Hotel

**Day 10**

- **Activity 01:** Oirase Keiryu Hotel
  - Activity 02:** Oirase Keiryu Hotel
  - Activity 03:** Oirase Keiryu Hotel
  - Activity 04:** Oirase Keiryu Hotel
  - Activity 05:** Oirase Keiryu Hotel
  - Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Oirase Keiryu Hotel
  - Activity 08:** Oirase Keiryu Hotel

**Day 11**

- **Activity 01:** Oirase Keiryu Hotel
  - Activity 02:** Oirase Keiryu Hotel
  - Activity 03:** Oirase Keiryu Hotel
  - Activity 04:** Oirase Keiryu Hotel
  - Activity 05:** Oirase Keiryu Hotel
  - Activity 06:** Oirase Keiryu Hotel
  - Activity 07:** Oirase Keiryu Hotel
  - Activity 08:** Oirase Keiryu Hotel