Towada-Hachimantai National Park

A onsen hot spring haven in Tohoku, nestled in deep mountainous beech forests where people and wildlife live in harmony

Towada-Hachimantai National Park is a park of mountains, lakes, and streams 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 Mt. Hakkoda, Lake Towada, and Ozasa Stream, and the Hachimantai region to the south, which boasts Mt. Hachimantai, Mt. Akita-Komsagatake, and Mt. Iwate.

The park encompasses extensive cool temperate deciduous beech tree forests, a diverse environment including Lake Towada, and Ozasa Stream, and is home to a wide variety of animals. 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 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. Boosting a more than 300-year-old toji (therapeutic hot spring) culture, the Tohoku region attracts tourists from all over the world who come for its high-quality onsen hot springs. Toji culture is centered around staying at an onsen for long periods of time, a style in contrast to that of travelers always moving from one place to another. Many people hoping to refresh both body and mind through their stay come here to experience the healing benefits of toji culture.

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 the each provider directly.
Activity 01
Glide through the snow-covered Maries’ firs of Mt. Hakkoda!
A backcountry ski tour where you can enjoy stunning nature amidst fine powder snow
The slopes of Mt. Hakkoda set the stage for unforgettable backcountry skiing

On this guided tour, you can glide through the snow-covered Maries’ firs of Mt. Hakkoda, counted among one of the 100 famous Japanese mountains. You can experience excellent powder snow from January through February and all right up until early May. One-day courses and a half-day courses that start in the afternoon are available.

- Dates: Late December to early May
- One-day course: approx. 60 min, half-day course: approx. 180 min
- Adults and children: 6,000 yen
- Participants must be at least a fourth grader and have skiing experience
- Minimum number of participants: 2
- Location: Mt. Hakkoda Guide Club
- Phone: 017-228-5511
- Email: hakkoda.guideclub@gmail.com
- Website: http://www.hakkoda-gc.com

Activity 02
A Canadian canoe tour where you can enjoy the expansive nature of Lake Towada
Learn more about the nature of Lake Towada from the local guides.
A canoe tour of Lake Towada where you can enjoy the sacred lake with all your senses

On this tour, participants will row a Canadian canoe on Lake Towada, a lake surrounded by a mystic beach forest. With a local tour guide who will answer your various questions about the area, you can discover the wonders of Lake Towada and fully enjoy the lake’s vast nature in the 120 min.

- Dates: Late April to early November
- Duration: 120 min
- Adults: 6,600 yen, children and infants: 3,500 yen (4 years old or junior high school students)
- Visitors participating alone: 11,000 yen
- Additional: 1,100 yen is required for each of the fees in the period from July 20 to August 31
- Location: Towada Guidehouse Kai LLC
- Phone: 080-1681-1036
- Email: info@tkgkai.jp
- Website: http://tkgkai.jp

Activity 03
An intimate guided nature tour where you can dive into the world of moss
Through observing moss, you can learn about how the Oirase forest was formed and how the local ecosystem functions.
A relaxed walking nature tour with a focus on the area’s diverse mosses

In 2013, Oirase Gorge was chosen as a “Precious Moss Forest of Japan” by the Biological Society of Japan. Everything in the gorge, including tree trunks, fallen trees, rocks, and bridges, are covered in moss, creating a natural landscape like a moss garden. An experienced guide will show you how to observe moss using a magnifying glass, and you can easily enjoy the many facets of moss.

- Dates: Mid-April to early November
- Duration: 90 min
- Fees: 2 to 6 participants: adults: 3,500 yen; visitors participating alone: 4,000 yen; elementary school students: 2,000 yen
- Location: Towada
- Phone: 0176-23-5866 (Japanese only)
- Website: https://www.oirase.com/

Activity 04
Go deeper into the world of moss and experience the beauty and diverse shapes of moss, make new discoveries, and become a moss expert!
Deep Oirase Gorge walking tour with a focus on moss

Learn how to use a magnifying glass, take pictures of moss using a compact camera or smartphone, distinguish typical species of moss, and understand the relationship between moss and other organisms. The tour involves a little walking, but rather teaches you how to experience the miniaut of nature in a small area of forest. Beyond moss, you can fully enjoy the tranquil nature of Oirase Gorge in a relaxing atmosphere.

- Dates: Mid-April to early November
- Duration: 180 min
- Fees: 1 to 6 participants: adults: 5,500 yen; 2 participants: adults: 6,600 yen; visitors participating alone: adults: 7,000 yen; elementary school students: 3,500 yen
- Location: Towada
- Phone: 0176-23-5866 (Japanese only)
- Website: https://www.oirase.com/

Activity 05
A small-group, guided nature walking tour of the upstream Oirase Gorge area
Learn about the vegetation, history, geology, and other features of the secluded valley.
Comprehensive Oirase Gorge Nature Walk

This small-group nature tour covers the upstream area of Oirase Gorge, from Kuroki Stream to the Oshin Falls (distance of approx. 27 km). You can learn about the vegetation, geology, and other features of Oirase from various angles. On the tour, you will take your time and really get to know the nature along the way with plenty of photo opportunities. The course is full of joint trees, waterfalls, and unique rocks, and the moss and ferns give the place a primal atmosphere. The course features comfortable up and down, making it suitable for people who are physically active or who want to enjoy a moderate challenge.

- Dates: Mid-April to early November
- Duration: 210 min
- Fees: 1 to 6 participants: adults: 5,500 yen; 2 participants: adults: 6,600 yen; visitors participating alone: adults: 7,000 yen; elementary school students: 3,500 yen
- Location: Towada
- Phone: 0176-23-5866 (Japanese only)
- Website: https://www.oirase.com/

Activity 06
Enjoy illuminated icicles and icicles—fantastical scenery that you can only enjoy at Oirase Gorge in the winter!
A night bus tour accompanied by a local nature guide
Winter Icefall Night Tour at Oirase Gorge

This illumination night bus tour will take you to see the icicles and icicles of Oirase Gorge that can only be viewed during the winter. Tour participants can enjoy illuminations using the latest tech to bring the nature to be at five famous sites, including Akaido Rock, Ouma Falls, and Shinmachi Waterfall. During the tour, a local nature guide will tell you about Oirase Gorge’s nature. The cold won’t be a problem, as you will only get off the bus at the illumination sites. There are also warm drinks on offer. A special projection mapping show will also be held on the tour during the period from January 25 to February 11.

- Dates: January 10 to March 15, 2020
- Duration: 90 min (four tour duration)
- Fees: Adults: 2,000 yen, children: 1,000 yen
- Location: Towada Oirase Tourism Organization (sponsored by Towada City)
- Phone: 0176-24-3036 (Japanese only)
- Email: info@towadaitravel.com
- Website: https://oirase-winter.com/
The Hachimantai nature bus tour runs from Morioka Station to Hachimantai Peak.

### Activity 07

#### Hachimantai Nature Bus Tour

The bus runs from Morioka Station and uses the Tohoku Expressway to get to Hachimantai. Note: Hachimantai Hot Spring Village and Matador Onsen Hot springs. As you can get off at the stops at any bus stop, the bus is loaded with getting to know towns and other locations along the route, as well as for stops to the hot spring areas. The guide will meet after getting off the bus and introduce you to the seasonal beauty of the Hachimantai area, including several hundred kinds of coastal alpine plants in the summer and autumn grass covering the peaks in the fall. There’s also a nature viewing tour. The “Trail Course” is available in the spring and autumn, and the “Kawamura Course” is available in the winter. Both courses are relatively flat and have well-maintained roads, so anyone can enjoy the tour. This tour runs on a variety of natural landscapes for a variety of potential destinations.

**Duration:** Legal May to late October: approx. 360 min
**Tour price:** 1,880 ¥ (adults: 1,500 ¥, children: 800 ¥)
**Bus fare only (guide is free)**
**Website:** Hachimantai-Kanetsuka City, Oirase & Travel
**Tel:** 0195-78-5530
**URL:** [www.hachimantai.or.jp](http://www.hachimantai.or.jp)

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### Activity 08

#### A casual hiking tour of Mt. Hachimantai, which is one of Japan’s premier mountain destinations

A guide will show you the area’s unique high-altitude vegetation, distinctive topography, and the culture and history that has taken root in the area.

A guided tour where you can walk around Hachimansawa Scale, the summit of Mt. Hachimantai and enjoy alpine vegetation, scenery, nature, culture, and more.

**Duration:** Way to October: approx. 360 min
**Guide fee:** 1,880 ¥ (adults: 1,500 ¥, children: 800 ¥)
**Tour price:** 1,880 ¥ (adults: 1,500 ¥, children: 800 ¥)
**Website:** Hachimantai-Kanetsuka City, Oirase & Travel
**Tel:** 0195-78-5530
**URL:** [www.hachimantai.or.jp](http://www.hachimantai.or.jp)

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### Activity 09

#### Dye your very own scar using geothermal vapor from Japan’s oldest geothermal power plant

Make your very own scarf featuring colors that represent Hachimantai’s nature and seasons.

The only place in the world where you can experience the Hachimantai geothermal dyeing method using geothermal vapor.

**Duration:** All year round
**Location:** Approx. 120 to 150 min
**Price:** 3,850 ¥ (per scarf), 3,500 ¥ (per scarf)
**Contact:** 0195-78-2451 (Japanese only)
**Website:** [English webpage](http://www.hachimantai.or.jp/en)

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### Activity 10

#### A wellness trip to Sennyo no Yu, a mixed-bath outdoor hot spring located in the pitch-black forest high up on Mt. Iwate.

Enjoying gazing up at the starry sky, listening to the sound of the waterfall and stream flow, and feeling the warmth of a hot spring at the same time.

**Duration:** Late May to late October
**Location:** approx. 60 min
**Price:** 1,900 ¥ (adults: 1,700 ¥, children: 1,000 ¥)
**Website:** [www.sennyo-no-yu.com](http://www.sennyo-no-yu.com)

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### Activity 11

#### A Japan Mountain Guides Association guide will show you around Mt. Iwate, Iwate Prefecture most iconic peaks

Head for the summit of Mt. Iwate along a route of your choice while learning about the vegetation and nature of the area.

**Duration:** Early July to late September
**Price:** 28,000 ¥ per guide (up to 10 people per guide)
**Website:** [www.izuhakusaikou-kanko.co.jp](http://www.izuhakusaikou-kanko.co.jp)

**Note:** Additional transport cost for the guide required for the traversing course.

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### Activity 12

#### Enjoy spectacular views of the Hachimantai landscape, including vast virgin forestland and covering Mt. Iwate.

A guide will show you around Ooma Swamp, Hachimantai’s largest swamp and home to colonies of alpine vegetation, and take you up close to a subsidiary volcano.

**Duration:** Departing from the Road Side Station Kazeno, this tour will first go to Ooma Swamp, Hachimantai’s largest swamp and home to colonies of alpine vegetation, and then head for the summit of Mt. Hachimantai, which offers unobstructed panoramic views of vast virgin forestland, Mt. Iwate, and other iconic sights. After having a hot spring bath and lunch at Goshogake Onsen, we will get close up to an active volcano located along the Goshogake natural trail; then, your guide will show you back to the place of departure.

**Location:** Early summer: approx. 60 min
**Price:** 14,000 ¥ per person, 3 participants: 17,800 ¥ per person,
2 participants: 25,200 ¥ per person
**Website:** [Kanto-Kokusai-Kusha Co., Ltd.](http://www.kk-k.co.jp/)
**Tel:** 0186-22-6555 (Japanese only)

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### Additional Information

**For individual travelers**

**For groups**

**Language availability**

**Spring only**

**Summer only**

**Autumn only**

**Winter only**
Towada-Hachimantai National Park

-Recommended Activities-

**Activity 13**

Fully enjoy the colorful fall leaves on this guided tour along the promenade of Onuma Swamp, Hachimantai.

Then enjoy seven kinds of baths, including a volcanic bath and mud bath, at Gosogake Onsen Hot Spring.

Relax in the fantastic fall leaves and healing hot springs of Hachimantai

At Onuma Swamp in Hachimantai, you can enjoy great views of the autumn grass covering the lakeside from a promenade walkway extending around the pond. After strolling around Onuma Pond, you can have a bath and lunch at Gosogake Onsen, a place where you can enjoy seven kinds of baths, including a volcanic bath and mud bath.

- **Seasons:** Autumn
- **Time:** 240 min
- **Participation:** 4 participants: 9,100 yen per person, 3 participants: 11,100 yen per person, 2 participants: 15,300 yen per person
- **Location:** Tsuchiura City, Hachimantai
- **Note:** Kabuno Kanko Busan Kosha Co., Ltd.
- **Phone:** 0186-22-0555 (Japanese only)
- **Website:** [http://www.ink.or.jp/~ankar/](http://www.ink.or.jp/~ankar/)

**Activity 14**

Snowshoe trekking in the snow-covered virgin beech forest of Onuma Swamp, Hachimantai

Warm-up at seven kinds of baths, including a volcanic bath and mud bath, at Gosogake Onsen Hot Spring. Trekking around the snowfields of Hachimantai and then hit the hot springs—experience winter nature at its best.

On this snowshoe trekking tour, a guide will show you around the snow-covered virgin beech forest of Onuma Swamp, Hachimantai. After the trekking tour, you can enjoy having a bath and lunch at Gosogake Onsen Hot Spring, a place where you can enjoy seven kinds of baths, including a volcanic bath and mud bath.

- **Seasons:** Winter
- **Time:** 360 min
- **Participation:** 4 participants: 11,300 yen per person, 3 participants: 14,800 yen per person, 2 participants: 19,700 yen per person
- **Location:** Tsuchiura City, Hachimantai
- **Note:** Kabuno Kanko Busan Kosha Co., Ltd.
- **Phone:** 0186-22-0555 (Japanese only)
- **Website:** [http://www.ink.or.jp/~ankar/](http://www.ink.or.jp/~ankar/)

**Activity 15**

Trek around the forest of Nyuto on snowshoes and then discover local crafts at Kyukamura.

Taste rustic Japanese yam cuisine, a local specialty, as well as bathing in the remote hot spring of Tsuru no Yu. Fun-packed winter tour of Nyuto Onsen Village

Discover the rustic beauty of Nyuto Onsen Hot Spring Village located within Towada-Hachimantai National Park. Put on snowshoes and trek around a secondary beech forest that is not only beautiful but also features great snow quality and abudance. In the totality room at Kyukamura Hot, you can enjoy a local craft activity making or sake wooden home or motif tool (tool-painting session available booking required). The tour also offers you the chance to enjoy Japanese yam cuisine, a local specialty, beside an open fire at the Hinokawa hot-spring Tsuru no Yu before relaxing in the baths.

- **Seasons:** Early February to mid-March (excluding weekends and public holidays)
- **Time:** 360 min
- **Participation:** Adults aged 13 and over: 6,000 yen, children (aged 6 and over): 4,800 yen
- **Location:** Kyukamura, Towada-Hachimantai National Park
- **Note:** Kyukamura Nyuto-Onsenkyo
- **Phone:** 0187-46-2444 (Japanese only)
- **Website:** [www.ink.or.jp/~nyuto/](http://www.ink.or.jp/~nyuto/)
Mountains, Lakes and Gorges: The Lake Towada, Oirase and Hakkoda Excursion Course

- Make the most of unlimited JR bus travel with the Japan Rail Pass and JR East Pass.

### Day 1

**Around Hakkoda**
30min. Early Morning Walk (From fresh greens to autumn leaves, you can enjoy beautiful scenery around Jogakura Bridge and Sukayu Onsen Hot Spring. 30min.)

**Hakkoda Mountains**
**Sukayu Onsen Hot Spring Area**
(Buses) 40min.

**10:30am. Lake Towada (Yamagata)**
130min.

**Activity 1**
The Lake Towada Cruise Experience (130min.)
(Visit to Towada Art Center (120min.)
(A Contemporary art museum situated in the center of Towada City displaying works by Kenzaburo Oe, Hara Hiroko, and Kusama Yayoi. Works by Yayoi Kusama are on display in a nearby plaza.)
40min.

**6:12pm. Hachinohe Station**
(Tohoku Shinkansen: Hayabusa No. 42) 175min.
9:04pm. Tokyo Station

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**Notes:**

- "Green Season" (May - October)
- **Duration of stay** 2 nights, 3 days
- **Sample course using the recommended activities**
Hiking and Hot Springs Course: Experience the Power of Volcanoes

- Tour the Hachimantai area, and marvel at its many volcanoes.
- Trek through the mountains and see signs of the region’s long history of volcanic activity up-close.
- Relax in the region’s hot springs, a gift of the volcanoes.

Season: “Green Season” (May - October)  
Duration of stay: 3 nights, 4 days

Day 1

10:44 a.m. Tokyo Station (Shimokita “Hayabusa No. 12”) 131min. - 1:05 p.m. Morikita Station

Activity A: Hachimantai Onsen Hot Springs

Day 2

10:13 a.m. Hachimantai Mountain Hotel or
10:55 a.m. Hachimantai Summit - 10:38 a.m. Hachimantai Mountain Hotel [Accommodation]
11:10 a.m. Mt. Hachimantai Summit Trek - 10:38 a.m. Hachimantai Mountain Hotel [Accommodation]
(Tour begins at 12:45 p.m. between May 26th and June 30th and October 1st and 21st, and from 1:40 p.m. between July 1st and September 30th)  
10:38 a.m. - 11:00 a.m. Hachimantai Mountain Hotel [Accommodation]
11:00 a.m. - 12:00 p.m. Goshogake Onsen Hot Spring - 11:00 a.m. - 12:00 p.m. Goshogake Nature Observation Trail
(Visit the Onsen hotel and enjoy the hot springs, then visit the Goshogake Nature Observation Trail for a closer look at the volcanic activity and nature.)
12:00 p.m. Lunch (60 min.) (The onsen hot spring inn offers noodles, set meals, and other items for lunch)
1:38 p.m. From each accommodation - 2:21 p.m. Shin-Tamagawa Onsen Hot Spring (10:17 min. - 3:00 p.m. Natural Stone Sauna) (The hot springs in the area are unique to volcanic areas, breakfast and dinner are both served buffet-style.)
1:38 p.m. - 2:21 p.m. Shin-Tamagawa Onsen Hot Spring [Accommodation]

Day 3

9:00 a.m. Accommodation in the area - 10:00 a.m. Guided Walk by Reservation (180 min.) (Walking for Fukunoyu, spend three hours hiking through bamboo trees and marshland to Nagavana Pond) 1:20 p.m. Lunch (60 min.) (The onsen hot spring inn offers noodles, set meals, and other items for lunch)
1:38 p.m. From each accommodation - 2:21 p.m. Shin-Tamagawa Onsen Hot Spring (10:17 min. - 3:00 p.m. Natural Stone Sauna) (The hot springs in the area are unique to volcanic areas, breakfast and dinner are both served buffet-style.)
1:38 p.m. - 2:21 p.m. Shin-Tamagawa Onsen Hot Spring [Accommodation]

Day 4

9:37 a.m. Shin-Tamagawa Onsen Hot Spring 10:52 a.m. Lake Tazawako Lakeside - 11:25 a.m. Kyukumama-mae Lunch (60 min.) (Other options: Tsuru no Yu Onsen Hot Spring, Kyukumama Onsen Hot Spring Village, etc.) 11:25 a.m. - 12:30 p.m. Kyuken Onsen Hot Springs Bus Tour (120 min.) (Enjoy a day of bathing, experiencing each of the seven hot spring hotels in Nyoto Onsen Hot Springs Village. Travel around on the Onsen Shuttle Bus)
4:38 p.m. Kyukumama-mae 6:10 p.m. Tazawako Station (Tohoku Shinkansen - Komachi No. 36) 7:17 p.m. - 9:04 p.m. Tokyo Station To your next destination

Legend for travel options: 
- Explore 
- Train A 
- Train B 
- Onsen bus 
- Foot 
- Bicycle rental 
- Walk 
- Parks spot
Six Ways to Make the Most of Winter in Northern Tohoku

- Enjoy an abundance of snow in the Towada-Hachimantai area.
- Take part in fantastically fun activities in each of the different areas.

## Common
- Cities for Western travelers: Narita International Airport or Haneda International Airport. Tokyo Station.
- Night of arrival: Morikota Station [accommodation].

## East Hachimantai Course

### Day 1
- **Morning:** Morikota Station [fixed-route bus].
- **Afternoon:** Hachimantai Mountain Hotel [accommodation].
- **Night:** Hachimantai onsen hot springs village course.

### Day 2
- **Morning:** Morikota Station [high-speed bus].
- **Afternoon:** Goshogake Onsen Hot Springs [accommodation].
- **Night:** Goshogake Hot Springs Village Course.

## Goshogake Onsen Hot Springs Route

### Day 1
- **Morning:** 7:58 a.m. Morikota Station [shinkansen].
- **Afternoon:** 3:11 p.m. Tazawako Station [fixed-route bus].
- **Night:** 3:48 p.m. Morikota Station.

## Hakkoda Route

### Day 1
- **Morning:** 8:49 a.m. Morikota Station [shinkansen].
- **Afternoon:** 10:20 a.m. Shin-Aomori Station [JR bus].
- **Night:** 7:35 p.m. Shimokita Station [JR bus].

### Day 2
- **Morning:** 8:00 a.m. Morikota Station [shinkansen].
- **Afternoon:** 10:15 a.m. Lake Towada Station [shinkansen].
- **Night:** 8:00 p.m. Morikota Station.

## Hachimantai onsen hot springs village course

### Day 1
- **Morning:** 9:30 a.m. Morikota Station [shinkansen].
- **Afternoon:** 2:30 p.m. Goshogake Onsen Hot Springs [tour bus].
- **Night:** Morikota Station.

## Goshogake Hot Springs Village Course

### Day 1
- **Morning:** 7:58 a.m. Morikota Station [shinkansen].
- **Afternoon:** 3:11 p.m. Tazawako Station [fixed-route bus].
- **Night:** 3:48 p.m. Morikota Station.

## Lake Towada Winter Story Festival
- Held every February, the festival boasts food stalls and a variety of events, including fireworks every night at 8:30 p.m. Weekdays: 3:00 p.m. - 9:00 p.m. Weekends: 11:00 a.m. - 9:00 p.m.