

National
Parks
of Japan



Towada-Hachimantai National Park Guide Book

十和田八幡平国立公園

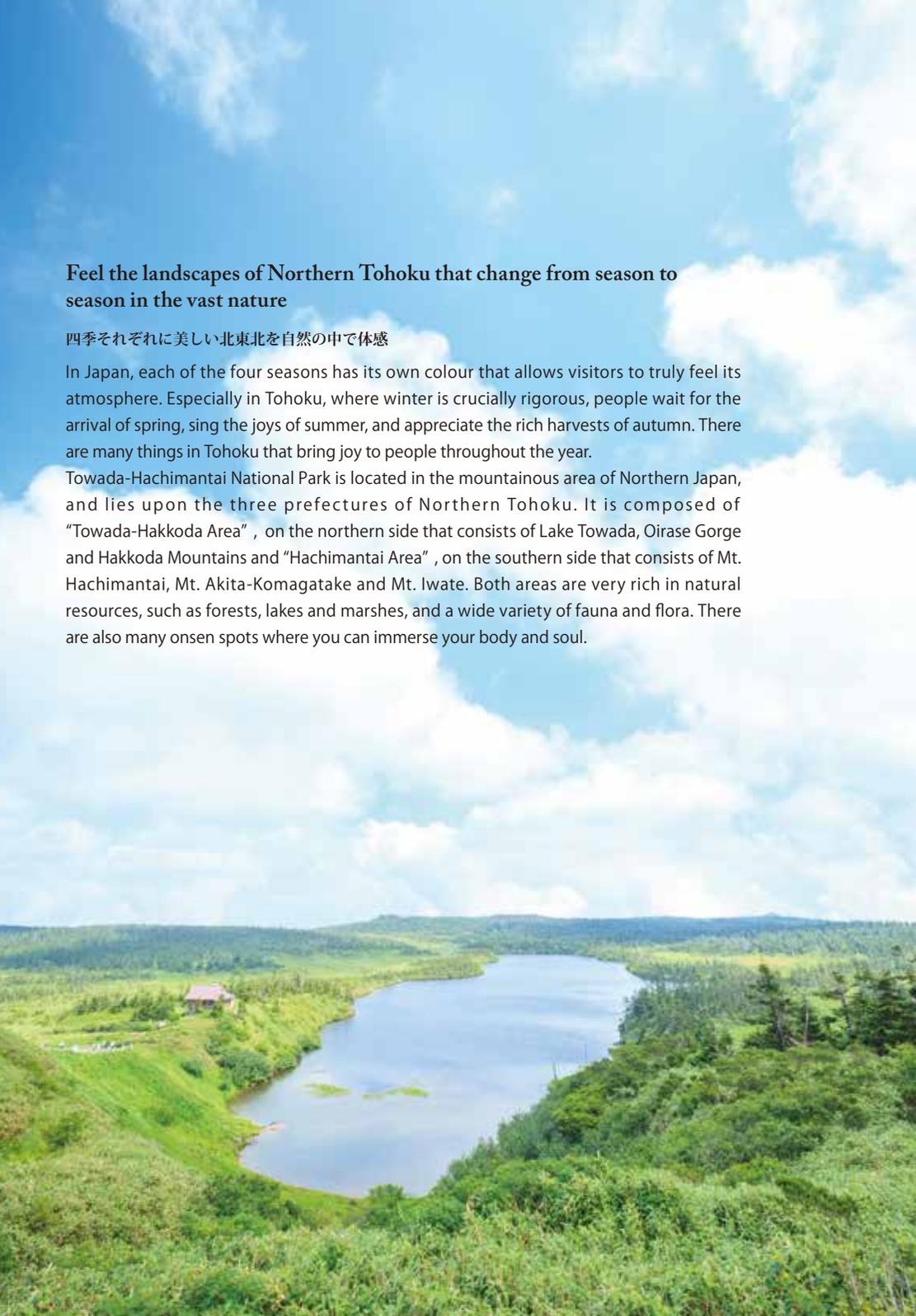


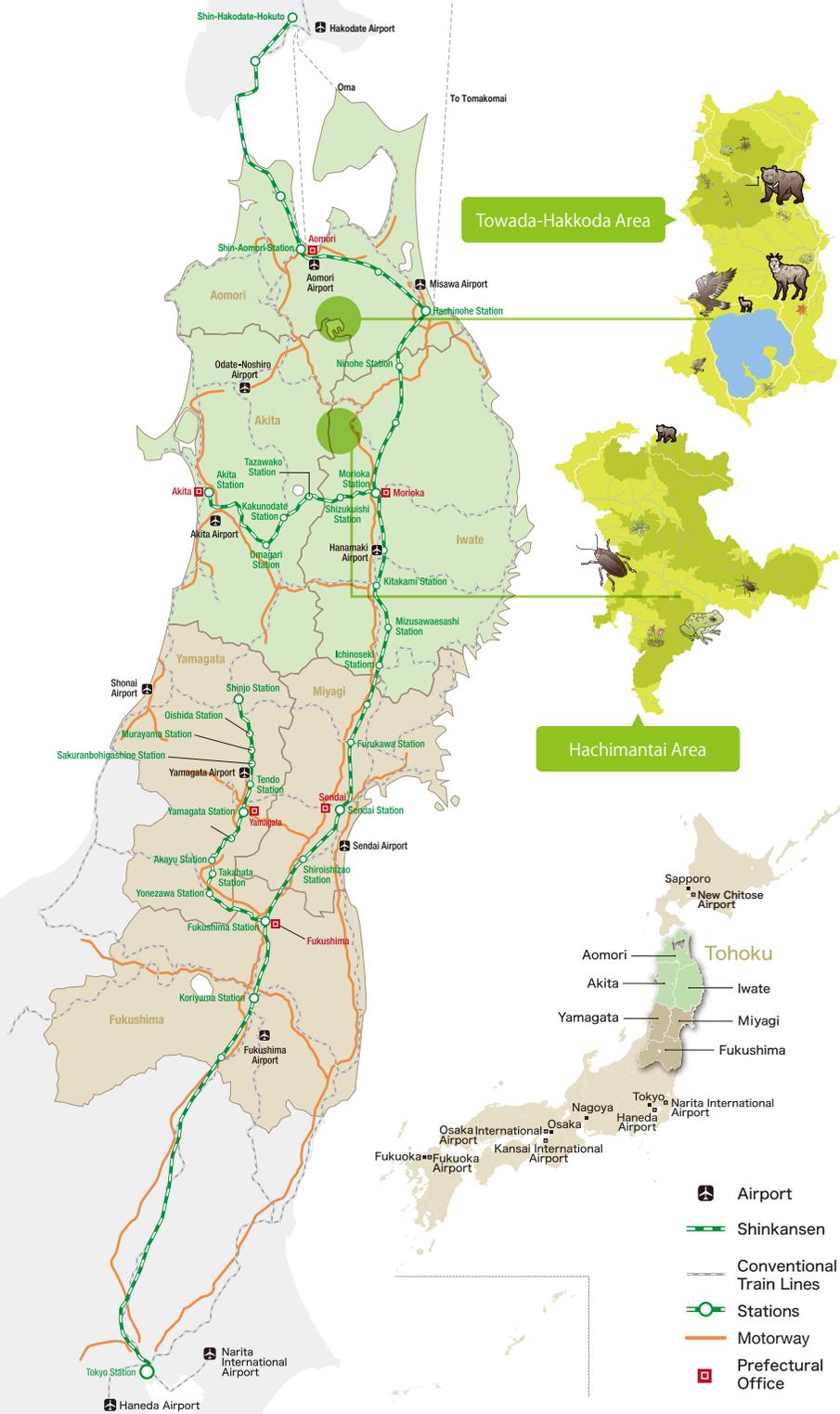
Feel the landscapes of Northern Tohoku that change from season to season in the vast nature

四季それぞれに美しい北東北を自然の中で体感

In Japan, each of the four seasons has its own colour that allows visitors to truly feel its atmosphere. Especially in Tohoku, where winter is crucially rigorous, people wait for the arrival of spring, sing the joys of summer, and appreciate the rich harvests of autumn. There are many things in Tohoku that bring joy to people throughout the year.

Towada-Hachimantai National Park is located in the mountainous area of Northern Japan, and lies upon the three prefectures of Northern Tohoku. It is composed of "Towada-Hakkoda Area", on the northern side that consists of Lake Towada, Oirase Gorge and Hakkoda Mountains and "Hachimantai Area", on the southern side that consists of Mt. Hachimantai, Mt. Akita-Komagatake and Mt. Iwate. Both areas are very rich in natural resources, such as forests, lakes and marshes, and a wide variety of fauna and flora. There are also many onsen spots where you can immerse your body and soul.





Aomori

- Tokyo Station — Tohoku Shinkansen about 3hr 10 min. — Shin-Aomori Station
- Haneda Airport — Airplane about 1hr 20 min. — Misawa Airport
- Haneda Airport — Airplane about 1hr 15 min. — Aomori Airport
- Sendai Station — Tohoku Shinkansen about 1hr 30 min. — Shin-Aomori Station
- Shin-Hakodate-Hokuto Station — Hokkaido / Tohoku Shinkansen about 1hr — Shin-Aomori Station
- Sendai Station — Highway Bus about 4hr 50 min. — Aomori Station

Iwate

- Tokyo Station — Tohoku Shinkansen about 2hr 20 min. — Morioka Station
- Sendai Station — Tohoku Shinkansen about 40 min. — Morioka Station
- Shin-Hakodate-Hokuto Station — Hokkaido / Tohoku Shinkansen about 1hr 50 min. — Morioka Station
- Osaka International (Itami) Airport — Airplane about 1hr 35 min. — Hanamaki Airport
- Sendai Station — Highway Bus about 2hr 40 min. — Morioka Station

Akita

- Tokyo Station — Tohoku / Akita Shinkansen about 2hr 50 min. — Tazawako Station
- Haneda Airport — Airplane about 1hr 10 min. — Odate-Noshiro Airport
- Haneda Airport — Airplane about 1hr 10 min. — Akita Airport
- Sendai Station — Tohoku / Akita Shinkansen about 1hr 15 min. — Tazawako Station
- Morioka Station — Highway Bus about 1hr 30 min. — Kazunohana Station

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Joy of Spring

春の歓喜

The greens of the woods begin to bud all at once. This is the season everyone's been waiting for.

It's time to go out to feel breeze of spring.

木々の緑が一斉に芽吹く、待望の季節が到来。
心地よい風に誘われて、自然の躍動を感じにでかけませんか。

“Spring” of Towada-Hachimantai National Park

十和田八幡平国立公園の「春」

Winter is gradually fading away, and spring walks in.

In spring, the budding of nature is everywhere.

People in Tohoku look forward to spring every year and praise for its arrival for they know how harsh and severe winter in Tohoku is.

Greens decorate the woods, lakes and marshes, and they amaze visitors with their bright, vivid colours.

Spring is also the season beech trees begin to sprout light green buds.

The whole area becomes full of “Red Leaves of Spring”, a view that is unique to this region.

The Uwabo Bokuya Cherry Tree

上坊牧野の一本桜

[Iwate 岩手県]



A cherry tree reminiscent of a painting

A single cherry tree stands in the grasslands of Uwabo Bokuya in Hachimantai, with Mt. Iwate in the background. It is often referred to as "Kasumizakura" for its misty appearance ("Kasumi" means mist in Japanese) when it starts blooming in spring. It was also used as one of the locations for "Kusa-wo-Karu-Musume", a 1963 Japanese movie that depicts rurals' love. Visitors can encounter a herd of cows put out to pasture nearby. The landscape of the surrounding area is also pleasant to the eyes.

📍 Matsuoyoriki, Hachimantai, Iwate
☎ 0195-78-3500 (Hachimantai City Tourism Association)
🌐 <http://www.hachimantai.or.jp/>

Explore the legend of Towada Shrine

十和田神社の伝説探訪

[Aomori 青森県]



A mystic shrine with the legend of Dragon God

A historic shrine that is often referred to as the Incarnation of Seiryu (blue dragon). Legend tells an eight-headed large snake used to dominate Lake Towada until Nansonobo, a monk who practiced religious austerities in Kumano Region in Central Honshu, transformed into a nine-headed dragon and drove it. At Gozengahama Beach, located in front of the famous Maiden Statue, you can throw money and rice twisted with white paper "Oyorigami", a sacred paper the Chief Priest of Towada Shrine offered to the gods, into the lake, and observe it float up or sink down to find out your fortune.

📍 486 Towadakohan Yasumiya, Okuse, Towada, Aomori
☎ 0176-75-2425 (Lake Towada National Park Association)
🌐 <http://towadako.or.jp/>

Hachimantai Dragon Eye

八幡平ドラゴンアイ

[Akita 秋田県]



A massive dragon eye awakened by the earth

Kagaminuma is a marsh with a diameter of approximately 50 meters, and is one of the ponds that lies near the summit of Mt. Hachimantai. As snow begins to thaw between late-May and early-June, a portion of snow remains in the centre of the pond that reflects the sky on its blue, transparent surface. This is where the name "Dragon Eye" came from as the unfrozen snow in the centre of the lake looks like a massive dragon's eye. It is a natural phenomenon that occurs only for a certain period. Many people visit the place to enjoy the gradual changes it makes over time.

📍 Tazawa, Tazawako, Semboku, Akita
☎ 0186-31-2714 (Hachimantai Visitor Centre)
🌐 <http://www.bes.or.jp/hachiman/>

Hachimantai Snow Corridor

八幡平雪の回廊

[Iwate 岩手県]



Gigantic walls of snow along the road

The Hachimantai Aspice ("Shield volcano" in German) Line is a popular driving course that runs near the summit of Mt. Hachimantai, a mountain with an altitude of 1,613 meters. In mid-April, when the snow that blocked the road gets fully removed, a massive "Snow Corridor", the height of which goes up to approximately 8 meters in some areas, makes its appearance on both sides of the road. The Jukai Line (sea of trees) opens in late-April attracts even more to the area.

📍 Matsuoyoriki, Hachimantai, Iwate
☎ 0195-78-3500 (Hachimantai City Tourism Association)
🌐 <http://www.hachimantai.or.jp/>

Spring Ski at Hakkoda

八甲田の春スキー

[Aomori 青森県]



Glide down the slopes in the warm spring sunshine

The Hakkoda Mountains contain several high peaks, such as Odake (1584m) and Takada-Odake (1552m). The rolling peaks and volume of powder snow make Hakkoda ideal for winter sports. Visitors can enjoy skiing until mid-May at the Hakkoda Ropeway Ski Area, located near the ropeway's Summit Park Station at the top of Tamoyachidake; or on the groomed slopes at Hakkoda Ski Resort.

📍 1-12 Kansuizawa, Arakawa, Aomori, Aomori
☎ 017-738-0343 (Hakkoda Ropeway)
🌐 <http://www.hakkoda-ropeway.jp>

Alpine flora of Amidaike Pond

阿弥陀池の高山植物

[Akita Prefecture 秋田県]



A flower field found on the plateau of Mt. Akita-Komagatake

Amidaike is a pond surrounded by Mt. Onamedake, Mt. Odake and Mt. Yokodake, all of which are connected to the mountain route that runs through Mt. Akita-Komagatake. Around it is a boardwalk carefully maintained to welcome visitors. A variety of plants inhabit on the western side of the pond, and many people visit this place to observe rare flowers, such as avens, bugbanes and day lilies. An emergency cabin and toilets are located on the eastern side of the lake for visitors.

📍 Tazawako Obonai, Semboku, Akita
☎ 0187-43-2111 (Lake Tazawa Tourism Information Centre FOLAKE)
🌐 <http://www.tazawako.org/>

Kunimi Onsen Ishizuka Ryokan

国見温泉 石塚旅館

[Iwate 岩手県]



The Onsen inn located deep in a mountain with green water

An onsen in a hidden locale on the border of Akita at the southern foot of Mt. Komagatake. Ishizuka Ryokan is also known as a hidden private onsen for feudal lords from Nanbu Province. From early summer to autumn, many mountaineers use Ishizuka Ryokan as their base camp before they climb up Mt. Akita-Komagatake. The onsen at Ishizuka Ryokan snows a deep, green colour.

*Closed from early November until mid May.

📍 Kunimionsen, Hashiba, Shizukuishi, Iwate
☎ 090-3362-9139 (satellite phone) / 019-692-3355 (forwarded in summer / valid in winter)
🌐 <http://www.5.familie.ne.jp/~kunimihp/>

Active Summer

夏の躍動

The greens become even deeper, and dappled lights
shine through the woods.

The chirps of birds and flowers await you in the mountaineering season.

森の緑がより深く色づき、目映い木漏れ目が落ちる季節。
野鳥のさえずりや可憐な花々が出迎える夏山を満喫しよう。

“Summer” of Towada Hachimantai-National Park

十和田八幡平国立公園の「夏」

The sun shines stronger towards summer, and trees grow thicker and thicker as they decorate up the mountains.

Wild plants and animals become brisk and active.

The colour of lakes and marshes become deeper, and the water surface shines, providing visitors with water-themed leisures.

Walk on the black ground made of lava flow to feel the earth acting.

Amazing landscapes await you during the summer season in Northern Tohoku.

Mt. Iwate Hachimantai Appi 50km Trail

岩手山・八幡平・安比高原 50km トレイル [Iwate 岩手県]



A mountain trail with a view of panoramic mountains

A 50-km mountain trail that connects Maemoriyama (the final destination of Appi Gondola) and Mt. Iwate (2,038m / the biggest mountain of Ou Mountain Range) via Mt. Hachimantai (1,613m). The vast primeval forest spreads out across the area, and visitors can encounter amazing scenery as well as a wide variety of alpine plants. There are several routes as well as mountain huts where simple accommodation is provided. They have various routes, including a shorter route for beginners, from which mountaineers can choose one that best suits for a trekker.

📍 Hachimantai, Iwate
☎ 0195-78-3500 (Hachimantai Tourism Association)
🌐 <http://www.hachimantai.or.jp/>

Canoe Tour at Lake Towada

十和田湖カヌーツアー [Aomori 青森県]



A leisurely canoe ride

Lake Towada is a quintessential double caldera lake that lies over Aomori and Akita, and is designated as a special scenic spot in Japan. The "Statue of Virgin", made by poet/sculptor Kotaro Takamura, is a popular tourist spot located at Gozengahama. They offer a Canadian canoeing tour, where visitors can appreciate the scenery of Lake Towada from the surface. The tour is accompanied by a professional guide for all participants.

📍 486, Towadakohan Yasumiya, Okuse, Towada, Aomori (Kissa Ikoi)
☎ 080-1681-1036 (Towadako Guide House Kai)
🌐 <http://tgkai.jp>

Hiking at Oirase Gorge

奥入瀬渓流ハイキング [Aomori 青森県]



A stream decorated with changing colours

Oirase Mountain Stream flows for approximately 14 kilometers from Nenokuchi at Lake Towada to Yakeyama, where it meets Tsutagawa River and runs for Pacific Ocean. Walk on the riverside trail, and you will find a variety of views, such as "Ashura-no-Nagare", "Kumoi Waterfall" and "Choshi Waterfall", which prevents Lake Towada from upstreaming fish. There are many trees, such as beech, maple, oak and Japanese wing nut along the trail. The shiny dappled sunlight reflected on the stream amazes its visitors.

📍 Okuse Tochikubo, Towada, Aomori
☎ 0176-74-1233 (Oirase Stream Museum)
🌐 <http://aomori-oirase.com/>

Goshogake Nature Observation Trail

後生掛自然研究路 [Akita 秋田県]



Closely observe the energetic volcanic activities

Goshogake Onsen have over 300 years of history and are known as one of the most renowned onsen in Japan. Visitors will encounter a number of volcanic activities, such as one of the biggest mud volcano in Japan, thick volcano smokes belched out of Oyunuma Marsh as well as Oname Motome, the origin spring which offers hot water to Goshogake Onsen inn. On a trail of the area, visitors can walk around for about 40 minutes. Each step leads you feeling the power of the earth.

📍 Kumazawa National Forest, hachimantai, Kazuno, Akita
☎ 0186-23-2019 (Towada Hachimantai Tourism and Specialty Association)
🌐 <http://www.ink.or.jp/~kankou18/>

Chagu Chagu Umako Festival

チャグチャグ馬コ [Iwate 岩手県]



Appreciating the horses for their labor force.

Chagu Chagu Umako is a festival held on the second Saturday of June every year where a group of one hundred horses with decorations and ornaments go on a 13km-long parade. The name "Chagu Chagu" comes from the sound of bells attached to horses to repel wolves. On a parade from a shrine that enshrines a guardian god of horses to the city center of Morioka, people nearby appreciate and thank horses for their labor force during the times of war and contribution to the agriculture once in this area where has been widely known for its quality of horses since the 8th century.

📍 46-2 Ukaisotokubo, Takizawa, Iwate (Onikoshisozen Shrine (starting point))
☎ 019-656-6534 (Takizawa City Commerce and Tourism Division)
🌐 <http://www.city.takizawa.iwate.jp/01chag>

Toshichi Onsen

藤七温泉 [Iwate 岩手県]



An onsen spring over the clouds near the mountain top

A hidden onsen located 1,400 meters above sea level near the mountain top of Mt. Hachimantai. An onsen in that accommodates visitors with both indoor and open-air baths. It is a white spring with a strong sulphuric smell, and has a very high temperature of 90 degrees Celsius at its welling point. The name is said to have come from a woodcutter named Toshichi, who was believed to be the first person to find this onsen. Many mountaineers and onsen fans are charmed with this relaxing hilltop onsen.

📍 Matsuoyoriki Kitanomata, Hachimantai, Iwate
☎ 090-1495-0950 (*satellite phone)
🌐 <http://www.toshichi.com/>

Yakehashiri Lava Flow

焼走り熔岩流 [Iwate 岩手県]



Feel the power of the earth with your feet

The Yakehashiri Lava Flow is the remains of lava that gushed out of Mt. Iwate and cooled down on the slope of the mountain. It is designated as a special natural monument of Japan. Black granites with a length of 3km and a maximum width of 1km spread out in the form of a fan, and create a bleak and desolate landscape. There is an observation path, the centre of which visitors can walk on. Camping sites and a day-use onsen are located in the area for visitors to enjoy outdoor activities.

📍 728 Chiwari, 24 Hirakasa, Hachimantai, Iwate
☎ 0195-76-2013 (Mt. Iwate Yakehashiri International Exchange Village)
🌐 <http://www.hachimantai-ss.co.jp/~yakehashiri/index.html>

Autumn in Red

秋の耽美

Leaves change their colours into red and yellow, and decorate the mountains like makeup.
It is the best season to enjoy a variety of vivid, beautiful colours of autumn leaves.

木々の葉が赤や黄に変化し、山岳もあでやかな秋化粧。
一年で最も鮮やかな色彩に満ちるこの時期を心豊かに体感しよう。

“Autumn” of Towada-Hachimantai National Park

十和田八幡平国立公園の「秋」

The greens that covered the mountains gradually begin to carpet of-autumn colours.
Explore the trails with deep-piled fallen leaves, and savour the autumn atmosphere.
The valleys and the waterfalls are breathtakingly beautiful in those autumn leaves.
Northern Tohoku has so much to offer not only in spring and summer.
If you get tired of walking to find a scenic spot, help yourself to onsen.
The gentle warmth of a hot spring will heal your body and soul.
Now is the time to visit and experience the autumn season of Northern Tohoku.

Seven Marshes of Tsuta

鳶の七沼めぐり

[Aomori 青森県]



Vivid landscape of autumn leaves reflecting on the ponds

It is written in an old document that "Tsuta Hot Springs" had already had a Toji (a hot spring cure) in the middle of 12th century. Walk for an hour on a circuit of promenade that cuts through a beech forest, and you will find marshes with a calm surface; Tsutanuma, Kagaminuma, Tsukinuma, Naganuma, Hyotannuma and Suganuma. Located about 2km to the northwest is a marsh called Akanuma, the last of the seven marshes of Tsuta. The grave of Keigetsu Omachi, a travel writer in early 20th century, stands nearby as well.

📍 Tsutanoyu, Okuse, Towada, Aomori
☎ 0176-74-2700 (Oirase Information hakocco)
🌐 <http://aomori-oirase.com/722>

Jigokunuma and Manju-Fukashi

地獄沼とまんじゅうふかし

[Aomori 青森県]



Warming Onsen in a Dramatic Landscape

Jigokunuma is a marsh located near Sukayu Onsen, where natural hot springs gush from a crater. The sulphurous gasses from the hot spring source create a dramatic contrast with the surrounding area. Manju-Fukashi is a bench which warms your body as you sit. The bench is heated by a 95 degrees Celsius which keeps visitors warm throughout the year.

📍 50 Sukayu-zawa, Minami-Arakawa National Forest, Arakawa, Aomori, Aomori
☎ 017-738-6400 (Sukayu Onsen)
🌐 <http://www.sukayu.jp/Tops>

Tamagawa Onsen Geothermal Area

玉川温泉大噴

[Akita 秋田県]



Onsen rich in minerals that heal your body and soul

Tamagawa Onsen are found at the foot of Mt. Yakeyama, and 9,000 liters of water per minute gushing from the spot know as Obuke. Thick steam can be seen rising everywhere in this area, and hot-spring mineral deposits are collected at the lower reaches of Obuke. The onsen has a strong acidity and a pH of 1.2. Many tourists make a long stay at inns that promote medical treatments and recuperation.

📍 Tazawako Tamagawa Shibukurosawa, Senboku, Akita
☎ 0187-58-3000 (Tamagawa Area Reservation Centre)
🌐 <http://www.tamagawa-onsen.jp/en/index.html>

Himemasu Fishing at Lake Towada

十和田湖ヒメマス釣り

[Aomori 青森県]



Fishing the legendary Himemasu fish

Himemasu is a kind of kokanee (freshwater salmonid fish) that has become a popular local brand since the farming began back in early 20th century. You can try various Himemasu dishes at nearby restaurants, but we highly recommend you try "Himemasu Fishing", which opens on October 1st every year. You can catch up to two Himemasu fish either with a hardline or a rod. Many fishing lovers visit this area in this season.

*Fishing pass must be provided

📍 486 Towadakohan Yasumiya, Okuse, Towada, Aomori
☎ 0176-75-2425 (Lake Towada National Park Association)
🌐 <http://www.towadako-gyokyou.com/>

Towada Hotel

十和田ホテル

[Akita 秋田県]



An historic architecture designed for foreign guests

Opened in 1939, a year before unheld 1940 Summer Olympics in Tokyo, the hotel on a hill overlooking Lake Towada was built for welcoming guests from overseas. The three-story high architecture with full of local cedar was constructed by some 80 skillful local carpenters. In the history of hotel, the hotel accommodated VIPs such as the Emperor of Japan, Prime Minister, ambassadors. In 1998, large-scale renovations carried out to refresh external wall and modernise its equipments.

*Closed during winter

📍 Nishikohan, Towadako, Kosaka, Akita
☎ 0176-75-1122
🌐 <http://www.towada-hotel.com>

Kakkonda Valley

葛根田溪谷

[Iwate 岩手県]



Mosaic patterns that decorate the wild rocks

Kakkonda Valley is located at the upper stream of Kakkonda River, a river that flows through the southern foot of Mt. Iwate, and it continues for approximately 10km from Genbudo Cave to Takinoue Onsen. A variety of broadleaf trees, including beech trees, begin to change their colour towards early-October. Walk deeper into the valley, and you will find "Torigoe Waterfall", which falls from approximately 30m above the ground.

📍 Nishine Takakurayama National Forest, Shizukuishi, Iwate
☎ 019-692-5138 (Shizukuishi Tourism Association)
🌐 <http://www.shizukuishi.biz/>

Autumn leaves from Amihari Observation Lift

網張展望リフトで見る紅葉

[Iwate 岩手県]



An air journey with the beautiful autumn leaves below

The scenery can be found within the confines of Kyukamura Iwate-Amihari Onsen, located to the southwest of Mt. Iwate, and are accessible by taking three lifts to near the mountain top of Mt. Inukura. The lifts operate everyday from late September to Early October, and visitors can enjoy autumn leaves that spread below the lifts. The tunnel of autumn leaves is just breathtaking, and as the panoramic view from the mountain top. The contrast of the blue sky and the autumn leaves is also worth seeing.

📍 14-3 Komatsukura Nagayama, Shizukuishi, Iwate
☎ 019-693-2211 (Kyukamura Iwate-Amihari Onsen)
🌐 <https://www.qkamura.or.jp/iwate/>

Pure white Winter

冬の感動

Everything gets covered in snow, world of complete whiteness.
Whether it be bathing in onsen with a snowy view or winter activities,
this season has a lot to offer.

すべてが純白の雪で覆い尽くされる白銀の世界。
雪見温泉やスノースポーツなど、この時期限定の楽しみがいっぱい。

“Winter” of Towada-Hachimantai National Park

十和田八幡平国立公園の「冬」

Winter peaks in as the wind starts getting colder in the area.
The Northern Tohoku region is known for heavy snowfall that gets taller than our height.

Towada-Hachimantai National Park is one of the heaviest area, and the view turns into pure white, which is completely different from what we see in the green season.

In the long history of northern lands, people have cultivated a culture that allows us to commune with the snow, and many instruments such as Kamakura (Japanese igloo or snow dome) and Kanjiki (Japanese traditional snow shoes) have been handed down to this day.

There are also many slopes to ski or snowboard.

The active winter in the Northern Tohoku awaits you.

▲ The hard rime “Snow Monster” of Hakkoda Mountains [Aomori] 八甲田の樹氷 [青森県]

Lake Towada Winter Story

十和田湖冬物語

[Aomori 青森県]



The mystical lakeside atmosphere after the dark

An annual winter festival with illuminations, snow monuments, performances and a number of stalls. The festival venue is a lakeside of Lake Towada, which gets covered in snow in winter. There are various booths and activities where visitors can drink hot soup and try making lanterns. Fireworks daily.

*Usually held in February, the dates vary every year

📍 486 Towadakohan Yasumiya, Okuse, Towada, Aomori
☎ 0176-75-2425 (Lake Towada National Park Association)
🌐 <http://towadako.or.jp/>

Akita-Hachimantai Skiing Ground

秋田八幡平スキー場

[Akita 秋田県]



Skiing in a pile of powder snow

Akita Hachimantai Skiing Ground with a rest house opens in mid-November, which is earlier than any other skiing ground nearby, from 1,000 meters above sea level. "Bunamori Ski Slope", a comparatively gentle slope for beginners, as well as "Todomatsu Ski Slope", a slope suitable for competitions and advanced skiers. Rental skiing items can be arranged.

📍 Kumazawa National Forest, Hachimantai, Kazuno, Akita
☎ 0186-31-2020 (Akita Hachimantai Skiing Ground)
🌐 <https://www.akihachi.jp/>

Matsukawa Onsen

松川温泉

[Iwate 岩手県]



A convenient base for winter leisures

Onsen inns located in a mountainous area are surrounded by beech and oak trees. Four onsen inns can be found alongside Matsukawa River. It was founded over 280 years ago, and has been serving a number of mountaineers. "Hachimantai Resort Shimokura Skiing Ground" is located nearby, and many skiers and snowboarders come to Matsukawa onsen to enjoy winter sports. Their white spring enriched with sulfur warms your body to the core.

📍 Matsukawa Onsen, Matsuoyoriki, Hachimantai, Iwate
☎ 0195-78-3500 (Hachimantai City Tourism Association)
🌐 <http://www.hachimantai.or.jp/>

Hakkoda Backcountry Tours

八甲田バックカントリーツアー

[Aomori 青森県]



Untouched slopes covered in powder snow

Backcountry tours allow participants to see the off-piste sections of the snowy Hakkoda mountains. Nothing matches the excitement of zigzagging between the monstrous shapes of the snow-covered trees. Professional guides accompany you on these tours, keeping an eye on the weather, snow conditions, and participants' physical condition to ensure your safety.

📍 1-61 Kansuizawa, Arakawa, Aomori, Aomori
☎ 017-728-1511 (Hakkodasan Guide Club)
🌐 <http://www.hakkoda-gc.com>

Goshogake Onsen

後生掛温泉

[Akita 秋田県]



Toji, a onsen cure, brings back your energy and vigour

Founded over 300 years ago, Goshogake Onsen are known for their amazing efficacies, which are proven by an old saying of "Ride a horse to Goshogake and come back on foot". The hotel building is equipped with a floor heater, and long-stay or budget guests can cook their own meals and have a relaxing stay. The infamous "Steaming Box Bath" is where you bathe inside a wooden box with your head out. The steam does not touch your skin directly, and this lets you perspire comfortably. The mud bath is also very popular among women for its efficacies for skin.

📍 Kumazawa National Forest, Hachimantai, Kazuno, Akita
☎ 0186-31-2221 (Goshogake Onsen)
🌐 <http://www.goshogake.com/>

Hakkoda/Tamoyachidake Snow Shoe Trekking

八甲田・田茂岳岳スノーシュートレッキング

[Aomori 青森県]



Explore the mountains on foot

See a different aspect to Hakkoda compared to hiking in summer. From January to early May, visitors wear snow shoes and enjoy hiking from Hakkoda Ropeway's Summit Park Station. Experienced guides can advise on the best spots to visit while snow shoe trekking. Book in advance.

📍 1-12 Kansuizawa, Arakawa, Aomori, Aomori
☎ 017-738-0343 (Hakkoda Ropeway)
🌐 <http://www.hakkoda-ropeway.jp>

Nyuto Onsen Village

冬の乳頭温泉郷

[Akita 秋田県]



Seven inns with a variety of onsen located deep in the mountain

Nyuto Onsen Village consists of seven different onsens, Tsurunoyu Onsen, Taenoyu, Kuroyu Onsen, Ganiba Onsen, Magoroku Onsen, Ogama Onsen, and Kyukamura Nyuto Onsenkyo, all of which have different spring ingredients. The most popular hot spring among women is "Taenoyu", located on the riverside of Sendatsu River. Taenoyu has two different spring heads: "Kinnoyu" and "Ginnoyu".

📍 Tazawako, Semboku, Akita
☎ 0187-46-2244 (Nyuto Hot Spring Association)
🌐 <http://ryokan.glocal-promotion.com>



Kokanee of Lake Towada
[Towada / Kosaka]
十和田湖ひめます
[十和田市・小坂町]

It was in the early 20th century when local businessperson Sadayuki Wainai successfully implemented the culture of kokanee. Locals enjoy kokanee by sashimi, grilling and smoking.



Kiritanpo [Kazuno]

きりたんぼ [鹿角市]
A local specialty cooked with slices of ground rice broiled on a stick. Cutted one is often used in hot pot dishes.



Urushi Lacquerware of Tohoku Kogeisha [Takizawa]

東北巧芸舎の漆器製品 [滝沢市]
Urushi lacquerwares of Tohoku Kogeisha are made by an artisan Isao Sato, based on their consumer-first urushi lacquerwares making. Their wooden spoons with unique shapes are popular.



Doburoku [Shizukuishi]

どぶろく [雫石町]
Shizukuishi town is registered as a special zone for Doburoku sake making, and three farmers' guesthouses are brewing Doburoku today. You can drink Doburoku and purchase them at each guesthouse.

Iwana / Yamame Cuisine

[Hachimantai etc...]

イワナ・ヤマメ料理 [八幡平市など]

Towada-Hachimantai National Park has a rich source of clean water which makes it an ideal place for char and Yamame trout. Farming of both fishes is popular in the area as well.



Masterpieces of Northern Tohoku ~北東北が誇る名品コレクション~

Northern Tohoku has a variety of specialties and handicrafts made with local traditions and cultures that were carefully preserved for a long period. Please try them to add something special to your already-special experience of the national park.

地域の伝統文化が育み、長く守り伝えられてきた郷土料理や工芸品の数々。旅の思い出に、ぜひ手に取ってみたいかがですか。

Jukko Cuisine

[Shizukuishi]

重っこ料理 [雫石町]

Jukko Cuisine is a type of cuisine where people gather up and bring their nests of boxes with their homemade dishes with full of wild vegetables. You can try Jukko Cuisine at guesthouses in Shizukuishi.



Wild Vegetables

[Throughout the park]

山菜料理 [全域]

A variety of wild plants and sprouts grow in the rich natural environment from the thaw until summer. Enjoy their refreshing flavour.



Sukayu Soba Noodles

[Aomori]

酸ヶ湯そば [青森市]

Soba noodles with a gentle texture, achieved by kneading the noodles with locally-produced soba flour and spring water of Hakkoda. Enjoy it with wild plants and mushrooms.



Yamanoimo Hot Pot

[Semboku]

山の芋鍋 [仙北市]

A specialty of Semboku the recipe of which was made by local chefs. They make balls with grated yam and serve them in a hot pot.



"TOKITO" Wine

[Kazuno]

「鴉」ワイン [鹿角市]

100% locally-produced wine made with grapes produced in Tokito District, such as "Wine Grand" and "Shokoshi", at "Winery konohana", a winery located in Hanawa, Kazuno.



Japanese Sake [Throughout the park]

日本酒 [全域]

Many brands of local Japanese sake brewed with a traditional recipe that uses fresh water from the mountains of the national park and rice produced in the surrounding nature.



Hachimantai Geothermal Dyes [Hachimantai]

八幡平地熱染 [八幡平市]

Matsukawa Geothermal Powerplant is the first station to success generating power with geothermal energy in Japan. The atelier utilise the geothermal steam to make dyed products at a nearby atelier.



Kakunodate Cherry Bark Crafts

[Semboku]

角館樺細工 [仙北市]

A type of traditional handicrafts made with peels of dark cherry trees, the techniques and craftsmanship of which have been preserved only in Semboku. They make various items, such as tea pots and vases.



Accommodation With Onsen

～温泉・宿泊施設のご案内～

A number of onsen can be found within the confines of Towada Hachimantai National Park. There are ryokan inns and hotels where guests can have a relaxing stay and bathe in the onsen.

十和田八幡平国立公園内には、火山の恵みである温泉が多数点在しています。そして、温泉に浸かりながら滞在が楽しめる旅館やホテルも利用できます。

Towada-Hakkoda Area

十和田八甲田エリア

Sukayu Onsen

酸ヶ湯温泉

Sukayu Onsen Ryokan 酸ヶ湯温泉旅館

▲50 Sukayuzawa, Minami-Arakawayama National Forest, Arakawa, Aomori, Aomori
青森県青森市大字荒川字南荒川山国有林小学酸湯沢 50 ☎017-738-6400 🛏51 ¥¥¥~¥¥¥¥

Arakawa Onsen

荒川温泉

Hakkoda Hotel 八甲田ホテル

▲1-1 Minami-Arakawayama, Arakawa, Aomori, Aomori
青森県青森市大字荒川字南荒川山 1-1 ☎017-728-2000 🛏55 ¥¥¥¥¥

Kansuizawa Onsen

寒水沢温泉

Hakkouda Resort Hotel 八甲田リゾートホテル

▲1-57 Kansuizawa, Arakawa, Aomori, Aomori
青森県青森市荒川字寒水沢 1-58 ☎017-738-2233 🛏27 ¥¥~¥¥¥¥

Michinoku Fukazawa Onsen

みちのく深沢温泉

Michinoku Fukazawa Onsen みちのく深沢温泉

▲650 Fukazawa, Komagome, Aomori, Aomori
青森県青森市駒込深沢 650 ☎017-738-1464 🛏6 ¥~¥¥

Hakkouda Onsen

八甲田温泉

Nugudamari-no-Sato Hitou Hakkouda Onsen ぬぐだまりの里 秘湯 八甲田温泉

▲766-2 Fukazawa, Komagome, Aomori, Aomori
青森県青森市大字駒込字深沢 766-2 ☎017-738-8288 🛏15 ¥¥~¥¥¥¥

Jogakura Onsen

城ヶ倉温泉

HOTEL Jogakura HOTEL Jogakura

▲Hakkodayamanaka, Arakawa, Aomori, Aomori
青森県青森市荒川八甲田山中 ☎0120-38-0658 🛏31 ¥¥¥¥~¥¥¥¥¥¥

Sarukura Onsen

猿倉温泉

Motoyu-Sarukura Onsen 元湯 猿倉温泉

▲1 Sarukura, Okuse, Towada, Aomori
青森県十和田市奥瀬猿倉 1 番地 ☎080-5227-1296 🛏14 ¥¥¥¥

《Examples》

▲Address 📞TEL 🛏Number of Rooms ¥Hotel Charges *For one night (one person)
¥ Less than ¥5,000 ¥¥ ¥5,000~¥10,000 ¥¥¥ ¥10,000~¥15,000
¥¥¥¥ ¥15,000~¥20,000 ¥¥¥¥¥ More than ¥20,000

*Some facilities may be closed during winter. Please contact them in advance to your visit.

Yachi Onsen

谷地温泉

Nippon-San-Hitou Yachi Onsen 日本三秘湯 谷地温泉

▲1 Yachi, Houryu, Towada, Aomori
青森県十和田市法量谷地 1 ☎0176-74-1181 🛏38 ¥¥¥~¥¥¥¥¥¥

Tsuta Onsen

葛温泉

Tsuta Onsen 葛温泉

▲1 Tsutanoyu, Okuse, Towada, Aomori
青森県十和田市奥瀬字葛野湯 1 ☎0176-74-2311 🛏34 ¥¥¥¥~¥¥¥¥¥

Towadako Onsen Area

十和田湖温泉郷

Hoshino Resorts Oirase Keiryu Hotel 星野リゾート 奥入瀬溪流ホテル

▲231 Tochikubo, Okuse, Towaday, Aomori
青森県十和田市大字奥瀬字栃久保 231 ☎0570-073-022 (Hoshino Resorts Reservation Center) 🛏189 ¥¥¥¥¥

Towadako-Nishi-Kohan Onsen

十和田湖西湖畔温泉

Towada Prince Hotel 十和田プリンスホテル

▲NishiKohan, Towadako, Kosaka, Akita
秋田県鹿角郡小坂町十和田湖西湖畔 ☎0176-75-3111 🛏66 ¥¥¥~¥¥¥¥

Towadakohan Onsen

十和田湖畔温泉

Hotel Towadaso ホテル十和田荘

▲340 Towadakohan Yasumiya, Okuse, Towada, Aomori
青森県十和田市奥瀬十和田湖畔休屋 340 ☎0176-75-2221 🛏234 ¥¥~¥¥¥¥

Towadako Lakeside Hotel 十和田湖レークサイドホテル

▲486 Towadakohan Yasumiya, Okuse, Towada, Aomori
青森県十和田市奥瀬十和田湖畔休屋 486 ☎0176-75-2336 🛏20 ¥¥~¥¥¥¥

Minshuku Towadako-Sansou 民宿十和田湖山荘

▲294-1 Towadakohan Yasumiya, Okuse, Towada, Aomori
青森県十和田市奥瀬十和田湖畔休屋 294-1 ☎0176-75-2710 🛏17 ¥¥

Towadako Yugetsu とわだこ遊月

▲36 Yasumitai, Towadako, Kosaka, Akita
秋田県鹿角郡小坂町十和田湖字休平 36 ☎0176-75-2501 🛏39 ¥¥~¥¥¥

Towadako Lake View Hotel 十和田湖レークビューホテル

▲65-1 Yasumitai, Towadako, Kosaka, Akita
秋田県鹿角郡小坂町十和田湖畔休屋 65-1 ☎0176-75-1500 🛏100 ¥¥~¥¥¥¥

Minshuku Himemasu-Sansou 民宿ひめます山荘

▲16-15 Towadakohan Yasumiya, Okuse, Towada, Aomori
青森県十和田市奥瀬十和田湖畔休屋 16-15 ☎0176-75-2717 🛏8 ¥¥

Kohan-no-Yado Minshuku Nagomi 湖畔の宿 民宿和み(なごみ)

▲37 Yasumitai, Towadako, Kosaka, Akita
秋田県鹿角郡小坂町十和田湖休平 37 ☎0176-75-2418 🛏8 ¥¥

Yamano-Ofurumai Towadako-Shinzantei 山乃御振舞 とわだこ賑山亭

▲35 Yasumitai, Towadako, Kosaka, Akita
秋田県鹿角郡小坂町十和田湖畔休屋 35 ☎0176-75-2711 🛏27 ¥¥¥~¥¥¥¥

Minshuku Shunzansou 民宿春山荘

▲5-1 Towadakohan Yasumiya, Okuse, Towada, Aomori
青森県十和田市奥瀬十和田湖畔休屋 5-1 ☎0176-75-2607 🛏10 ¥~¥¥

《Examples》

📍Address 📞TEL 🛏️Number of Rooms 💰Hotel Charges *For one night (one person)
 ¥ Less than ¥5,000 ¥ ¥ ¥5,000~¥10,000 ¥ ¥ ¥ ¥10,000~¥15,000
 ¥ ¥ ¥ ¥ ¥15,000~¥20,000 ¥ ¥ ¥ ¥ ¥ More than ¥20,000

*Some facilities may be closed during winter. Please contact them in advance to your visit.

Hachimantai Area

八幡平エリア

Goshogake Onsen

後生掛温泉

Goshogake Onsen 後生掛温泉

📍Kumazawa National Forest,Hachimantai,Kazuno,Akita
 秋田県鹿角市八幡平熊沢国有林内 📞0186-31-2221 🛏️27 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Hachimantai Onsen Area

八幡平温泉郷

Hachimantai Green Hotel 八幡平グリーンホテル

📍3133-8 Kumazawa National Forest,Hachimantai,Kazuno,Akita
 秋田県鹿角市八幡平熊沢外国有林 3133 林班八小班 📞TEL.0186-31-2111 🛏️34 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Hachimantai-Kogen Hotel 八幡平高原ホテル

📍Kumazawa National Forest,Hachimantai,Kazuno,Akita
 秋田県鹿角市八幡平熊沢国有林 📞0186-31-2011 🛏️32 ¥ ¥

Fukenoyu Onsen

蒸ノ湯温泉

Fukenoyu Onsen ふけの湯

📍Kumazawa National Forest,Hachimantai,Kazuno,Akita
 秋田県鹿角市八幡平宇熊沢国有林内 📞0186-31-2131 🛏️22 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Ohnuma Onsen

大沼温泉

Hachimantai-Ohnuma-chayamaeko 八幡平大沼茶屋前湖

📍3133 Kumazawa Natinal Forest,Hachimantai,Kazuno,Akita
 秋田県鹿角市八幡平熊沢国有林 3133 📞0186-31-2211 🛏️6 ¥ ¥ ¥ ¥ ¥ ¥

Ohbuka Onsen

大深温泉

Ohbuka Onsen 大深温泉

📍Ohbukasawa National Forest,Tazawako,Semboku,Akita
 秋田県仙北市田沢湖大深沢国有林 📞0186-31-2551・0186-22-1251 (During Winter) ¥ (オンドルのみ・自炊) Only Ondol / Self-catering

Tamagawa Onsen

玉川温泉

Tamagawa Onsen 玉川温泉

📍3014- □ Shibukurosawa,Tamagawa,Tazawako,Semboku,Akita
 秋田県仙北市田沢湖玉川字渋黒沢 3014 林班口小班 📞0187-58-3000 🛏️131 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Shin-Tamagawa Onsen 新玉川温泉

📍2 Shibukurosawa,Tamagawa,Tazawako,Semboku,Akita
 秋田県仙北市田沢湖玉川字渋黒沢 2 番地先 📞0187-58-3000 🛏️196 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Nyutou Onsen Area

乳頭温泉郷

Tsurunoyu 鶴の湯

📍50 Sendatsuzawa Natinal Forest,Tazawako,Semboku,Akita
 秋田県仙北市田沢湖先達沢国有林 50 📞0187-46-2139 🛏️30 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Taenoyu 妙の湯

📍2-1 Komagatake,Odonai,Tazawako,Semboku,Akita
 秋田県仙北市田沢湖生保内駒ヶ岳 2-1 📞0187-46-2740 🛏️17 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Kyukamura 休暇村乳頭温泉郷

📍2-1 Komagatake,Tazawako,Semboku,Akita
 秋田県仙北市田沢湖駒ヶ岳 2-1 📞0187-46-2244 🛏️38 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Kuroyu 黒湯温泉

📍2-1 Kuroyuzawa,Odonai,Tazawako,Semboku,Akita
 秋田県仙北市田沢湖生保内黒湯沢 2-1 📞0187-46-2214 🛏️22 ¥ ¥ ¥

Ogama 大釜温泉

📍Sendatsuzawa National Forest,Tazawa,Tazawako,Smboku,Akita
 秋田県仙北市田沢湖田沢字先達沢国有林 📞0187-46-2438 🛏️15 ¥ ¥ ¥

Ganiba 蟹場温泉

📍Sendatsuzawa National Forest,Tazawa,Tazawako,Smboku,Akita
 秋田県仙北市田沢湖田沢字先達沢国有林 📞0187-46-2021 🛏️17 ¥ ¥ ¥

Magoroku 孫六温泉

📍Sendatsuzawa Natioanl Forest,Tazawa,Tazawako,Smboku,Akita
 秋田県仙北市田沢湖田沢字先達沢国有林 📞0187-46-2224 🛏️17 ¥ ¥ ¥

Toshichi Onsen

藤七温泉

Toshichi Onsen Saiunso 藤七温泉 彩雲荘

📍Kitanomata,Matsuoyoriki,Hachimantai,Iwate
 岩手県八幡平市松尾奇木北の又 📞090-1495-0950 🛏️26 ¥ ¥ ¥

Matsukawa Onsen

松川温泉

Matsukawaso 松川荘

📍Matsukawa Onsen,Matsuoyoriki,Hachimantai,Iwate
 岩手県八幡平市松尾奇木松川温泉 📞0195-78-2255 🛏️50 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Kyounso 峡雲荘

📍Matsukawa Onsen,Matsuoyoriki,Hachimantai,Iwate
 岩手県八幡平市松尾奇木松川温泉 📞0195-78-2256 🛏️24 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Shofuso 松楓荘

📍1-41 Matsuoyoriki,Hachimantai,Iwate
 岩手県八幡平市松尾奇木 1-41 📞0195-78-2245 🛏️15 ¥ ¥ ¥ ¥ ¥ ¥ ¥ ¥

Amihari Onsen

網張温泉

Kyukamura Iwate-Amihari onsen 休暇村岩手網張温泉

📍Amihari Onsen,Shizukuishi,Iwate
 岩手県岩手郡磐石町網張温泉 📞019-693-2211 🛏️75 ¥ ¥

Kunimi Onsen

国見温泉

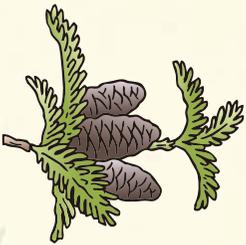
Ishizuka Ryokan 石塚旅館

📍Kunimi Onsen,Hashiba,Shizukuishi,Iwate
 岩手県岩手郡磐石町橋場国見温泉 📞019-692-3355 🛏️20 ¥ ¥

Morisanso 森山荘

📍Kunimi Onsen,Hashiba,Shizukuishi,Iwate
 岩手県岩手郡磐石町橋場国見温泉 📞090-1930-2992 🛏️18 ¥ ¥

十和田・八甲田エリア Towada-Hakkoda Area



Also known as Aomori Todomatsu, Oshirabiso is an endemic species of Japan. They grow linear leaves of 1 to 2.5cm, and bear purple cones from September to October.

オオシラビソ Oshirabiso (Maries' Fir)



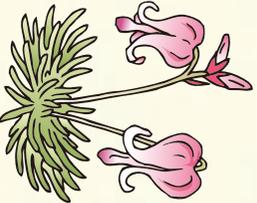
Katsura trees can be found on sides of a valley, and they create a yellow and scarlet scenery both in spring and autumn. They have heart-shaped circular leaves.

カツラ Katsura



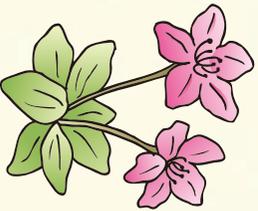
The name Haimatsu (Creeping Pine) comes from the fact that they are shrubs! "Ha-u" in Japanese) and grow at a very low height as if they are creeping. They grow mainly in the colder parts of Japan and can be seen in high mountainous areas.

ハイマツ Haimatsu (Creeping Pine)



A type of small perennial plants that grow in gravel on highlands. Many people enjoy their small and cute flowers and wapped exterior petals.

コマクサ Komakusa (Dicentra)



A type of deciduous shrubs that look like grass and grow on rocky tracts in an alpine environment. They bloom beautiful red and purple flowers from July to August.

エゾツツジ Ezotsutsuji



A type of deciduous tall trees that grown in mountainous regions and are commonly used in buildings and instruments. Their hand-shaped leaves change their colour to yellow in autumn.

カエデ Iyaya Kaede (Painted Maple)



八甲田ロープウェイ
Hakkoda Ropeway

みちのく深沢温泉
Michinoku Fukazawa Onsen

八甲田山
Hakkoda Mountains

地獄沼
Jigokunuma Swamp

谷地温泉
Yachi Onsen

睡蓮沼
Suirennuma Pond

八甲田十和田ゴールドライン
Hakkoda Towada Gold Line

霧の七沼
Tsuta Bird Sanctuary Rest House

十和田湖温泉郷
Towadako Onsen Area

焼山
Yakeyama

石ヶ戸休憩所
Ishigedo Rest House

奥人瀬渓流
Oirase Gorge

御堂部山展望台
Mt. Ohanabe Observatory

大豊石
Otarani-ishi

小豊石
Nenokuchi-ishi

十和田湖
Lake Towada

十和田ホテル
Towada Hotel

乙女の像
The Statue of Maiden

十和田ビジターセンター
Towada Visitor Centre

発荷峠
Towada Pass Observatory



イヌワシ
Inuwashi (Golden Eagles)



カモシカ (Japanese Serow)
Kamoshika are usually found in mountainous zones and subalpine zones where oak trees grow thick. They belong to the family Bovidae and have thick, short limbs and little dark horns.



ツキノワグマ
Tsukinowaguma (Moon Bear)

Tsukinowaguma bears have a very dark colour and a white, crescent pattern on their chests. Although they tend to be timid, it is highly recommended that you stay away from them.

滝ノ沢展望台
Takinosawa Observatory
Inuwashi are usually found by themselves or in pairs, and they are usually resting quietly on rocky tracts or in trees. They occasionally sing very loudly during their breeding season. Young Inuwashi can often be found wandering around grasslands and snowy valleys.

後生掛(大沼)キャンプ場
Goshogake (Onuma) Campsite

後生掛温泉・後生掛自然研究路
Goshogake Onsen /
Goshogake Nature Observation Trail

八幡平ビジターセンター
Hachimantai Visitor Center

八幡平雪の回廊
Hachimantai
Snow Corridor

●前森山
Mt. Maemoriyama



ダケカンバ Dakekanba (Ermann's Birch)

Dakekanba trees grow in alpine environments and northern mountainous areas, and grow up to 10 to 15 meters high. Their peels are grey-brown and curly, and come off like paper.

ブナ Buna (Oak)

One of the most popular deciduous trees in Japan that are found usually in temperate mountainous areas. They start to bud as the snow begins to thaw and create a spring atmosphere.

玉川温泉
Tamagawa Onsen

新玉川温泉・玉川温泉
ビジターセンター
Shin Tamagawa Onsen/
Tamagawa Onsen Visitor Centre

秋田八幡平スキースキー場
Akita Hachimantai Skiing Ground

八幡平アスピーライン
The Hachimantai Aspire Line

大深温泉
Obhuka Onsen

蒸湯温泉
Fukenoyu Onsen

八幡平ドラゴンアイ
Hachimantai Dragon Eye

八幡平頂上展望台
Hachimantai Summit Observatory

見返峠レストハウス
Mikacri Pass Rest House

八幡平アスピーライン
The Hachimantai Aspire Line

●松尾八幡平ビジターセンター
Matsuo-Hachimantai Visitor Center

ヒメボタル
Himebotaru
(Hotaria Parvula / Firefly)



Hoshigarasu have many white spots on their brown body. They have a very throaty voice and go "quack, quack, quack".

ホシガラス
Hoshigarasu (Spotted Nutcracker)



Utilising their 7mm body, they illuminate yellow lights. They can be found in deeper mountainous zones.

松川温泉
Matsukawa Onsen

網張温泉
Amihari Onsen

網張展望リフト
Amihari Observation Lift



●焼走り溶岩流
Yakehashiri Lava Flow

●岩手山
Mt. Iwate

上坊牧野の一本桜
The Uwabo Bokuya Cherry Tree

網張キャンプ場
Amihari Campsite

乳頭温泉郷
Nyuto Onsen Village

乳頭キャンプ場
Nyuto Campsite

モリアオガエル
Moriaogaeru
(Forest Green Tree Frog)



葛根田溪谷
Kakonda Valley

A type of perennial plants that grow up to 10 to 20cm on high-rise marshlands in mountain zones and alpine environments. They bear approximately three small tillides.



●鬼越前神社
Onikoshizen Shrine
(Starting point of Chagu Chagu Umako Festival)

●ホロムイソウ Horomuiso (Scheuchzeria)

●国見温泉
Kunimi Onsen

●阿弥陀池
Amidaike Pond

●秋田駒ヶ岳
Mt. Akita-Komagatake



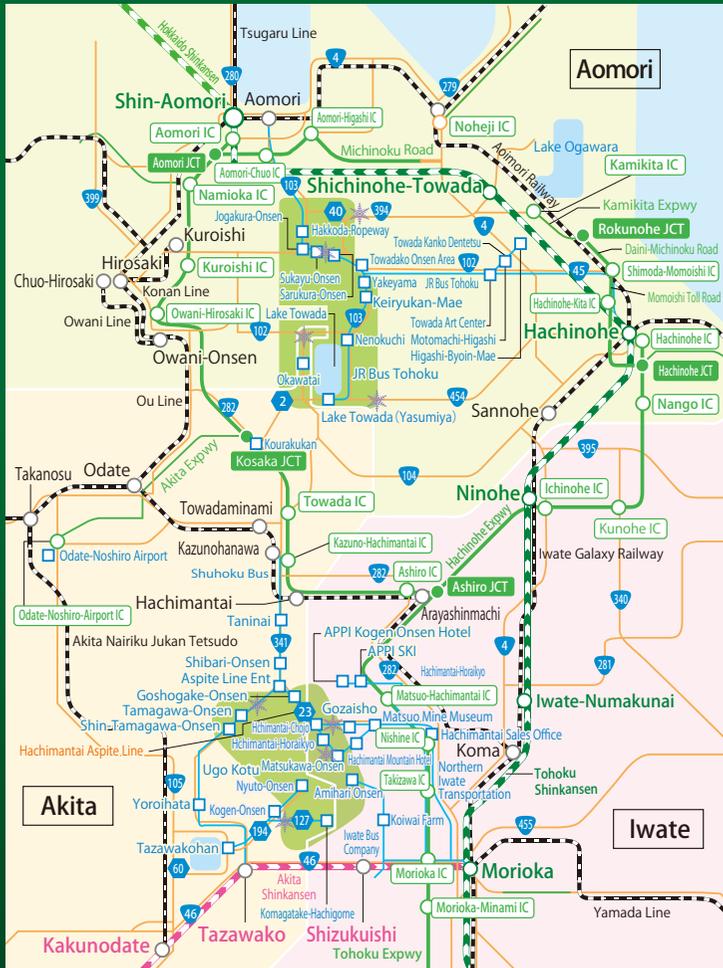
A type of perennial plants that grow on high-rise marshlands in subalpine and alpine zones. They grow very thin leaves, and have very tiny ears of female flowers at the tip of their stem.

●ヤチサゲ Yachisage (Carex Limosa)

Towada Hachimantai National Park Access Map

Shinkansen Lines - - - - - JR Line / Other Lines(No JR Lines) - - - - - National Route - - - - - Prefectural Route - - - - - Motorway - - - - - Bus - - - - - Routes closed during winter ✖

*Some roads and railways are excluded. *Only major stations and bus stops are listed. *Only bus routes that reach the national park are listed.



Major transportation between areas

*Number of bus services per day

<Route Bus> JR Bus Tohoku (☎017-773-5722/017-723-1621) Mizuumi-go Aomori Sta. = Sukayu Onsen = Yakiyama = Lake Towada (Yasumiya) (6~10)
 *Suspended during winter: Sukayu Onsen = Lake Towada (Yasumiya) / Hachinohe Sta. = Towada Art Center = Yakeyama = Lake Towada (Yasumiya) (About 3)
 *Suspended during winter Towada Kanko Dentetsu (☎0176-23-3133) Towada Art Center = Keiryukan-Mae (About 3) / Shichinohe-Towada Sta. = Yakeyama (3)
 ~① *Late April-Early May, Late June-Late October Northern Iwate Transportation (☎019-641-1212) Morioka Sta. = Matsuo Mine Museum = Matsukawa-Onsen (About 2) / Morioka Sta. = Matsuo Mine Museum = Gozaisho = Hachimantai-Chojo = Hachimantai-Horaiyko (3) / Morioka Sta. = (Tohoku Expwy) = APPI SKI = APPI Kogen Onsen Hotel (2~3) *Winter Only, Morioka Sta. = (Tohoku Expwy) = Matsuo Mine Museum = Hatimantai Mountain Hotel = Matsukawa-Onsen = Hatimantai-Chojo = Gozaisho (1) *Late April-Late October Iwate Bus Company (☎019-654-2141) Morioka Sta. = Koizai Farm = Amihari Onsen (About 2) / Ugo Kotsu (☎0187-43-1511) Tazawako Sta. = Tazawakohan = Tamagawa-Onsen = Aspite Line Ent = Goshogake-Onsen = Hachimantai-Chojo (2) *Late April - Late October, Tazawako Sta. = Tazawakohan = Tamagawa-Onsen (About 3) *October-November Only, Tazawako Sta. = Shin-Tamagawa-Onsen (About 4) *Early April and December-January Only, Tazawako Sta. = Tazawakohan = Komagatake-Hachigome (About 7) *Sat,Sun, and holidays June-October Only, Late June-Late August daily, Tazawako Sta. = Tazawakohan = Nyuto-Onsen (About 12) / Shuhoku Bus (☎0186-23-2183) Kazunohanawa Sta. = Shibari-Onsen = Tamagawa-Onsen = Tazawako Sta. (2)
 <Express Bus> Northern Iwate Transportation (☎019-641-1212) / Shuhoku Bus (☎0186-43-3010) Michinoku-go (About 14) Morioka Sta. = Kazunohanawa/Odate <Demand Bus *Book in advance> Konan Bus (☎0172-38-2255) Hirotsaki-Towada-go : Hirotsaki = Lake Towada (Yasumiya) = Hirotsaki / Lake Towada (Yasumiya) = Hirotsaki = Lake Towada (Yasumiya) * Sat,Sun, and holidays Late April - Early November Only Towada Taxi (☎0186-35-2166) Hachiro-Taro-go : Lake Towada (Yasumiya) = Kazunohanawa = Aspite Line Ent. = Goshogake-Onsen = Hachimantai-Chojo * Sat,Sun, and holidays May - October Only
 <Flat-rate Taxi *Book in advance> Toyoguchi Taxi (☎0186-29-2525) Okawatai = Lake Towada (Yasumiya) = Kosaka (Korakukan) / Shuhoku Taxi (☎0186-42-6836) Odate-Noshiro Airport = Kosaka =Lake Towada =Oirase Gorge = Aspite Line = Morioka Sta. Takanosu Taxi (☎0186-62-1411) /Morioka Taxi (☎0186-62-2030) Odate-Noshiro Airport=Tamagawa Onsen, Odate-Noshiro Airport=Lake Towada

Towada-Hachimantai National Park Guide Book

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*The information as of March 2018 and subject to change.
 *What you see in person may differ from portrayals in the photos.