

Towada-Hachimantai National Park

Michinoku's Mountain Range — Serene Lake colored by the virgin forests, live volcanoes and hot spring resorts in the depth of the mountains.

Towada-Hachimantai National Park is located in the mountainous region of Northern Honshu, and is made up of the Towada-Hakkoda region with Mt. Hakkoda, Lake Towada, and Oirase-Keiryu (a mountain stream) and the Hachimantai region with Mt. Hachimantai, Mt. Akita-Komagatake, and Mt. Iwate and it is a park of mountains, lakes, and streams. In the Towada-Hakkoda region, you can enjoy constantly changing scenery throughout the season of the year, such as Lake Towada with its mysterious beauty, the gentle and pure flow of

the Oirase-Keiryu, Mt. Hakkoda with its famous Juhyo (frost covered trees), and the diverse flora and fauna nurtured in the rich natural environment. The Hachimantai region is one of Japan's most famous volcanic areas. This attractive park is filled with numerous lakes, marshes, and moors and a diverse ecosystem created over a long period of time from the combination of the volcanic phenomena and the snowy conditions of the winter. Another attraction of this park is the numerous hot springs.

Date of Designation :
February 1, 1936

Area : 85,534 ha

Related Prefecture :
Aomori, Akita, Iwate



Enjoy the ocean, rivers, and other water scenery



Oirase Gorge



Lake Towada



Enjoy the mountains and flora



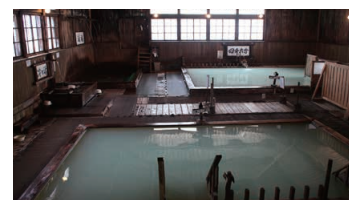
Mt. Hachimantai



Mt. Iwate



Experience culture and local life



Sukayu Onsen (Hot Spring)



Nyuto Onsen



Meet the wildlife



Japanese Serow



"Tsukinowaguma(Moon-ring Bear)"
Asian Black Bear

Itinerary

Snow activity amidst nature shaped by volcanoes and connection with the long-standing hot spring culture in northern Tohoku

Towada-Hachimantai National Park located on notable volcanic terrain is home to many hot springs. The harsh winter in northern Tohoku has nurtured a culture of soaking in the hot springs to mentally and physically relax. Enjoy the therapeutic benefits of the hot springs. This area that still has gender-free hot springs, can be a perfect place to learn about the depth of the hot spring culture of Japan and experience the blessings of volcanoes. The mountainous geographical features created by volcano activity highlight different views even during the long winter. "Snow monsters" of Mt. Hakkoda sparkle in the clear blue sky while vigorous activity of the Daideikazan Mud Volcano ("Great Mud Volcano") takes place beneath the snow. Together with skiing and snowshoeing activities, experience the integration of the blessings of nature and the culture of hot springs of the northern Tohoku region.

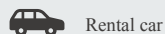
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Day 1

Backcountry skiing among "snow monsters" with a special guide

11:00 ● Shin-Aomori Station (Or Aomori Airport)



Rental car

12:00 ● Hakkoda Ropeway Station

Lunch

13:00 ● Backcountry ski tour
} Ski through the excellent view of snow monsters and experience superb powder snow
16:00

17:00 ● Overnight stay (Sukayu Onsen)

Day 2

Snowshoe trekking in a special volcanic terrain area closed during winter with a guide

6:30 ● Sukayu Onsen
} (Going to Goshogake and Oyunuma)
9:00



Rental car

9:30 ● Goshogake and Onuma snowshoeing tour
} Enjoy a closeup view of volcanic activity in snow-covered scenery in a special area
12:30

12:30 ● Lunch
} 13:30



Rental car
(via Morioka due to a road closure during winter)

17:00 ● Overnight stay (Sukayu Onsen)

Day 3

Explore Nyuto's forest on snowshoes, try your hand at making an itaya-uma wooden horse (or mochi making), and enjoy a hidden hot spring spot and local cuisine

10:00 ● Nyuto Onsenkyo Tour
} Experience the culture and local cuisine in the northern Tohoku region
14:00



Rental car

15:00 ● Tazawako Station

Inquiry

Tohoku Regional Environment Office

TEL 022-722-2870

MAIL REO-TOHOKU@env.go.jp