

海と山をつつなぐ、美しき120km



八戸十和田 トレイル

HACHINOHE TOWADA TRAIL



A Beautiful 120km Journey from the Sea to the Mountains

A 120 km long-distance trail from the Pacific coast of Hachinohe to Lake Towada, connecting the sea, rivers, villages, forests, and mountains along the way. Once a region shaped by travel, faith, and daily life, the landscape gradually shifts from town to nature—from fishing communities and farmlands to deep forests, clear streams, and a quiet lake. This is a journey best experienced on foot, where the changing land and culture reveal themselves step by step.

★場所：十和田神社（十和田市） Towada Shrine (Towada City)

十和田市

八戸市
南部町

五戸町

海、山、川、里を繋ぎ、青森県八戸市から南部町、五戸町を通り、十和田市の十和田湖まで歩く旅の道。

歴史と信仰が結びつき、古より人々の往来が盛んだった場所。

漁業の街、田畑、果樹園、森林、溪流、湖と続く中で、街から自然へのグラデーションの中を歩く120km。



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海、山、川、里を繋ぎ、青森県八戸市から南部町、五戸町を通り、十和田市の十和田湖まで歩く旅の道。歴史と信仰が結びつき、古より人々の往来が盛んだった場所。漁業の街、田畑、果樹園、森林、溪流、湖と続く中で、街から自然へのグラデーションの中を歩く120km。

★場所：高山峠(南部町・五戸町) Takayama Pass (Nanbu Town - Gonohe Town)



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★場所: 奥入瀬ろまんパーク付近 (十和田市) Near Oirase Roman Park (Toiwada City)

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