

Suggested Model Route (An Example of a Section Hike Using Hachinohe Station as a Gateway)

Area 1: Hachinohe Station - Shoji Castle Ruins		37 km / 2 days (1 night)	
Access to trailhead:		Access to trailhead:	
Day 1 17km	Shinkansen or local train	Hachinohe Station 3.9 km → Kushihiki Hachiman Shrine 6.1 km → Hoshioka Battlefield Ruins 4.8 km → Yuhigaoka Park 2.4 km → Tomabechi Station	Train / Bus (Tomabechi-eki-dori Bus Stop)
Day 2 20km	Train / Bus (Tomabechi-eki-dori Bus Stop)	Tomabechi Station 3.7 km → Kenyoshi Station 6.4 km → Suwa-jinja Shrine 6.6 km → Shoji Castle Ruins 3.3 km → Sannohe Station	Train <small>*Note: Sannohe Station is outside the trail route and shown for access purposes only.</small>
Area 2: Shoji Castle Ruins - Gonohe Daikanjoato Ruins		19 km / 1 day	
Access to trailhead:		Access to trailhead:	
Day 1 19km	Train <small>*Note: Sannohe Station is outside the trail route and shown for access purposes only.</small>	Sannohe Station 3.3 km → Shoji Castle Ruins 4.5 km → Takayama Pass Viewpoint 4.7 km → Asada Branch Office of Gonohe Town 6.0 km → Gonohe Daikanjoato Ruins	Bus (Chuo Bus Stop)
Area 3: Gonohe Daikanjoato Ruins - Oirase Roman Park		29 km / 2 days (1 night)	
Access to trailhead:		Access to trailhead:	
Day 1 17km	Bus (Chuo Bus Stop)	Gonohe Daikanjoato Ruins 5.0 km → Seizakubo Bus Stop 4.0 km → Toshō-ji Temple 4.7 km → Fudo Myo-o-jinja Shrine 3.0 km → Tairayama Bus Stop	Taxi
Day 2 12km	Taxi	Tairayama Bus Stop 5.9 km → Wakamiya Daimyojin Shrine 3.3 km → Sawada Keimai Origin Site 3.0 km → Oirase Roman Park	Taxi / Seasonal Oirase Bus Service
Area 4: Oirase Roman Park- Nenokuchi (Lake Towada)		30 km / 2 days (1 night)	
Access to trailhead:		Access to trailhead:	
Day 1 16km	Taxi / Seasonal Oirase Bus Service	Oirase Roman Park 2.3 km → Joen-ji Temple 4.2 km → Osuji-jinja Shrine 4.8 km → Former Kasaishi Residence 4.4 km → OIRASE FIELD MUSEUM GATE	Taxi / Seasonal Oirase Bus Service
Day 2 14km	Taxi / Seasonal Oirase Bus Service	OIRASE FIELD MUSEUM GATE 5.0 km → Ishigedo Rest Area 7.0 km → Choshi Otaki Falls 1.6 km → Nenokuchi (Lake Towada)	Taxi / Seasonal Oirase Bus Service
Area 5: Nenokuchi (Lake Towada)-Towada-jinja Shrine		19 km / 1 days	
Access to trailhead:		Access to trailhead:	
Day 1 19km	Taxi / Seasonal Oirase Bus Service	Nenokuchi (Lake Towada) 5.0 km → Mt.Towada 5.4 km → Utarube Campground 2.9 km → Kankodai Viewpoint 5.4 km → Towada-jinja Shrine	Taxi / Seasonal Oirase Bus Service

Access to Each Starting Point (An Example of a Section Hike Using Hachinohe Station as a Gateway)

Area	Model Course Starting Point	Train	Bus	Taxi	Recommended Transportation
Hachinohe City	Hachinohe Station	Rec.	Rec.	N/A	Please travel to Hachinohe Station by Shinkansen, local train, bus, or car.
Nanbu Town	Tomabechi Station	Rec. A	Rec. N	Limited	Train: Hachinohe Station ⇄ Tomabechi Station / Bus: Hachinohe Station ⇄ Tomabechi-eki-dori
Nanbu Town	Sannohe Station	Rec. A	Limited N	Limited	Train: Hachinohe Station ⇄ Tomabechi Station ⇄ Sannohe Station
Gonohe Town	Gonohe Daikanjoato Ruins	N/A	Rec. N	Limited	Bus: Hachinohe Station ⇄ Chuo Bus Stop (Gonohe Town). Alight at Chuo Bus Stop; approx. 200 m walk to the ruins.
<small>*For those planning a thru-hike, please note that accommodation options are limited, especially along the route between Gonohe Town and Towada City. Careful advance planning is strongly recommended.</small>					
Towada City	Tairayama Bus Stop	N/A	Limited T	Rec.	Although the bus stop serves as the trailhead, taxi travel is recommended. If based around Hachinohe Station, please note the limited bus frequency and schedules (one service per day; no service on weekends and holidays). For details, see the Towada Kanko Dentetsu website.
Towada City	Oirase Roman Park	N/A	Rec. JR	Rec.	Bus travel available between Hachinohe Station ⇄ Oirase Roman Park ⇄ OIRASE FIELD MUSEUM GATE ⇄ Nenokuchi (Lake Towada). This is a seasonal, reservation-only service; please check the JR Tohoku Bus website for details.
Towada City	OIRASE FIELD MUSEUM GATE	N/A	Rec. JR	Rec.	
Towada City	Nenokuchi (Lake Towada)	N/A	Rec. JR	Rec.	
Towada City	Towada-jinja Shrine	N/A	Rec. JR	Rec.	Same as above; take the JR Bus Oirase Line and get off at Towada Lake Station. Approx. 1 km walk to Towada-jinja Shrine

For Areas 3, 4, and 5, access by train and bus is limited; in addition to public transportation, we recommend considering travel by taxi.



• Hachinohe Towada Trail Management Office **Tel. 0179-23-8902**
 • Ministry of the Environment Towada-Hachimantai National Park Office **Tel. 0176-75-2728**

Official Website

*For questions or inquiries about the trail, please contact us through the inquiry form on our website.



八戸十和田
トレイル

A Beautiful 120km Journey
from the Sea to the Mountains

HACHINOHE TOWADA TRAIL



Area 4

Oirase Roman Park
- Nenokuchi (Lake Towada)



Following the Oirase River upstream to Lake Towada

The Oirase River flows from Lake Towada to the Pacific Ocean. In its middle reaches, the trail follows a wide, quiet mountain countryside road through open valleys. The upper 14 kilometers form the renowned Oirase Gorge, where clear streams and lush riverside forests continue all the way to the shores of Lake Towada.

Towada-City

Oirase Roman Park

Area 3

Gonohe Daikanjoato Ruins
- Oirase Roman Park



Walking through open plateaus and cultivated farmlands

This section crosses broad plateaus, alluvial fans, and numerous small tributary valleys between the Gonohe and Oirase Rivers. Irrigation canals and reclaimed farmland spread across the open highlands, while the peaks of the Hakkōda Mountains rise steadily closer ahead.

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.

By linking the 120 km Hachinohe Towada Trail with the Michinoku Coastal Trail and the Fukushima Hamakaidō Trail, hikers can walk a continuous long-distance route of approximately 1,300 kilometers.

Hachinohe-City

Gonohe Daikanjoato Ruins

Hachinohe Station

Gonohe-Town

Nanbu-Town

Nenokuchi (Lake Towada)

Towada-jinja Shrine

Area 5

Nenokuchi (Lake Towada)
- Towada-jinja Shrine

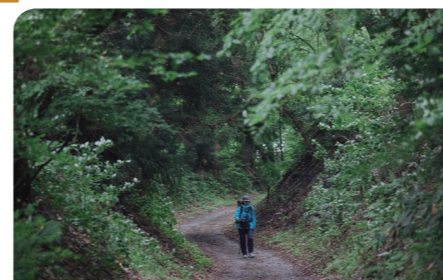


The caldera lake and outer rim mountain trail of Lake Towada

The steep ascent of Mt. Towada leads through pristine beech forests, opening near the summit into subalpine landscapes with wide-reaching views. At the western start and finish of this trail lies a sacred forest surrounding the mysterious caldera lake, where nature and spiritual belief have long been intertwined.

Area 2

Shojuji Castle Ruins - Gonohe Daikanjoato Ruins



A quiet mountain pass steeped in the history of the Meiji Restoration

This section follows an old route of the Ōshū Kaidō, a peaceful mountain pass winding through wooded hills and satoyama landscapes. After their defeat in the Boshin War, former shogunate forces retreated north along this road, and in later years Emperor Meiji traveled the same route—leaving traces of history that can still be felt today.

Shojuji Castle Ruins

Area 1

Hachinohe Station
- Shojuji Castle Ruins



A historic countryside route shaped by the Mabechi River and the Sannohe Road

Along the open valleys of the lower to middle reaches of the Mabechi River, many place names of Ainu origin have been preserved since ancient times. The trail passes through landscapes rich with historic sites connected to the Nanbu clan from the medieval to early modern periods, interwoven with expansive apple orchards that continue to define the region today.