

PG-201

TOWADA-HACHIMANTAI NATIONAL PARK



JNTO Website : <http://www.jnto.go.jp>

Tourist Information Center (TIC)

10th Fl., Tokyo Kotsu Kaikan Bldg., 2-10-1,

Yurakucho, Chiyoda-ku, Tokyo 100-0006

Tel. (03)3201-3331

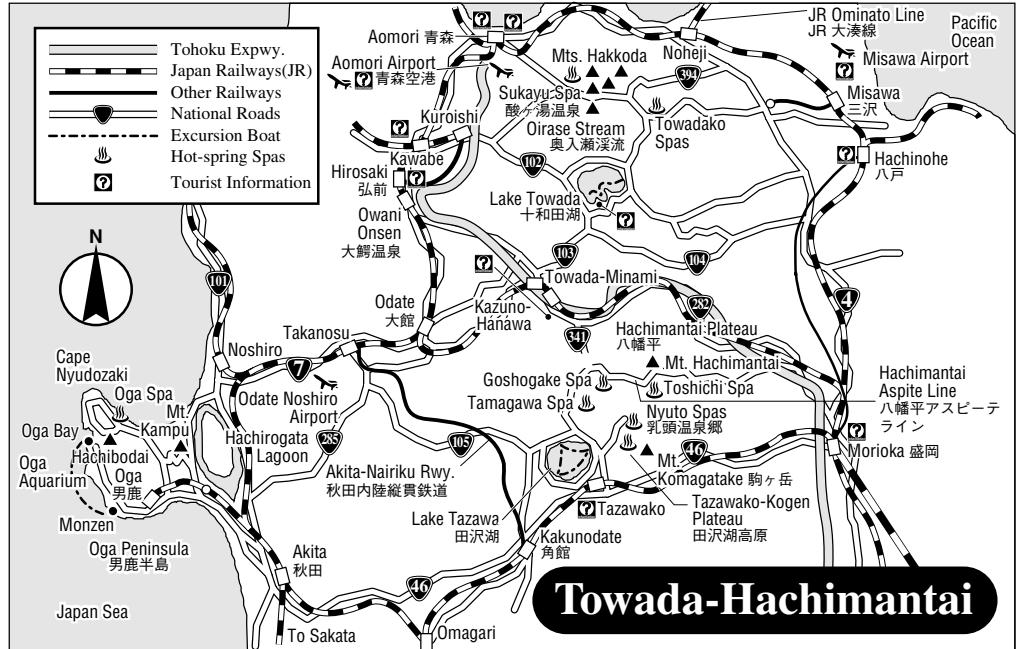


"YOKOSO" means "welcome"

This guide covers only a few place of northern Japan, or "Tohoku" as it's called in Japanese, namely, the Towada-Hachimantai National Park shared by Aomori, Akita and Iwate Prefectures.

This park, 85,411 ha. in area, is made up of 2 separate areas of Lake Towada and the Hachimantai Plateau, touching on the borders of Akita, Aomori and Iwate Prefectures. This district is blessed with natural wonders, which have been left unmanned to this day.

Abundant hot springs are natural blessings of the district, forming relaxing hot spring spas here and there. Most of them are small and unsophisticated, giving you a chance to meet local people and experience real country life. A bus network covers all the tourist spots, but service is not very frequent and in some areas it is suspended during the wintertime due to heavy snow and a cold climate. Also bus schedules often change with the season. It is good to remember this when you plan a trip to this district.



Access:

By Air

To	From	Operated by	Time required	One way fare	Access from/to downtown
Aomori Airport	Tokyo (Haneda)	JAL	1 hr. 15 min.	¥27,700	From Aomori Airport to downtown Aomori 40 min. by bus ¥560
	Osaka (Itami)	JAL	1 hr. 30 min.	¥34,700	
	Sapporo (New Chitose)	JAL	45 min.	¥20,600	
	Nagoya (Chubu*)	JAL	1 hr. 25 min.	¥30,800	

* Central Japan International Airport (Centrair)

By Rail (JR)

To	From	Type of train	Time required	Fare
Morioka Sta.	Tokyo Sta.	Tohoku Shinkansen "Hayate" / "Yamabiko" / Akita Shinkansen "Komachi"	2 hrs. 40 min. or more	¥13,840
(via) Hachinohe	Tokyo Sta.	Tohoku Shinkansen "Hayate"	3 hrs.	¥16,890
Aomori	Hachinohe	Ltd Express "Hakucho" or "Tugaru"	1 hr.	
Aomori Sta.	Ueno Sta.	Sleeping Car "Akebono"	12 hrs. 10 min.	¥13,650 or more
	Osaka Sta.	Sleeping Car "Nihonkai"	14 hrs. 45 min. or more	¥21,740-
Kazuno-Hanawa Sta. / Towada-Minami Sta.	Morioka Sta.	IGR Iwate Ginga Tetsudo Line/ Hanawa Line (Rapid, Local)	1 hrs. 40 min.- 2 hrs. 10 min.	¥1,910 / ¥2,080
Tazawako Sta.	Tokyo Sta.	Akita Shinkansen "Komachi"	3 hrs. 10 min.	¥15,240

Transportation within Towada-Hachimantai National Park

To	From	By	Time required	operative period	Via
Sukayu Spa	Aomori Sta.	JR Bus "Mizuumi"	1 hr. 20 min.	Apr. - early Nov.	-
	Aomori Sta.	JR Bus "Mizuumi"	2 hrs. 55 min.	Apr. - early Nov.	Sukayu Spa
Lake Towada	Hachinohe Sta.	JR Bus "Oirase"	2 hrs. 20 min.	Apr. - early Nov.	-
	Morioka Sta.	Highway Bus "Towadako"	2 hrs. 15 min.	late Apr. - late May, mid-Jul. - early Nov.	Oyu Spa
Hachimantai Plateau	Morioka Sta.	Bus	2 hrs.	late Apr. - early Nov.	-
	Tazawako Sta./ Lake Tazawa	Bus	2 hrs. - 2 hrs. 20 min.	mid-Apr. - early Nov.	Tamagawa Spa / Goshogake Spa
	Lake Towada	Bus	2 hrs. 50 min.	mid-Apr. - early Nov.	Goshogake Spa

LAKE TOWADA AREA

Lake Towada (十和田湖), one of the top scenic gems in Japan with its delicate sylvan beauty, many waterfalls and rapids, is the most popular tourist spot in the Tohoku district. The surrounding mountains and the 2 capes of Ogura and Nakayama projecting into the lake are bright with lush greenery in spring and ablaze in autumn with the crimson of maple leaves. For a closer look at the lake scenery you can take a pleasure boat.

Course A: between Yasumiya and Nenokuchi (50-min. ¥1,400 Operated early Apr. through Nov.)

Course B: Yasumiya to Yasumiya (50-min. ¥1,400 Operated

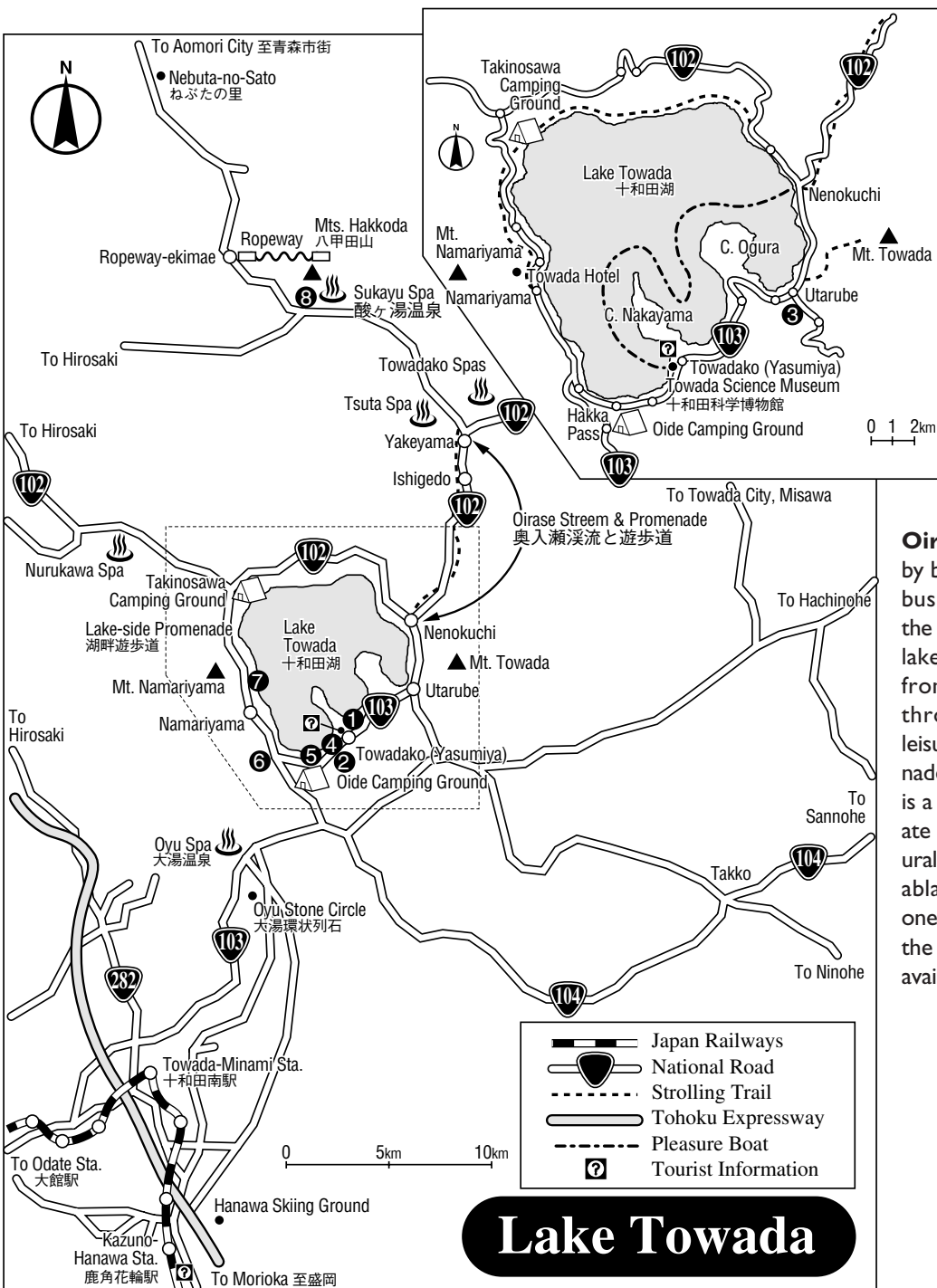
year-round.)

Sukayu Spa (酸ヶ湯温泉), 1 hr. 10 min. by bus from Aomori Station, has been known for the curative powers of its mineral waters for over 300 years. The spa is famous for a gigantic bath called *Sennimburo* (bath for 1,000 people).

Towada Science Museum (十和田科学博物館), near the pier for pleasure boats at Yasumiya, contains a rich collection of materials on the formation of Lake Towada and Mts. Hakkoda, specimens of the area's fauna and flora and various folkloric materials. Open 8:00-17:00, 10:00-15:00 (during winter). Admission: ¥200.

Mts. Hakkoda (八甲田山), a high plateau consisting of a series of 1,300-1,585 m-high mountains, extend between Aomori City and Lake Towada. An aerial cable car goes to the 1,324 m-high Tamoyachi Peak in 10 min. from Ropeway-ekimae bus stop which is reached in 1 hr. by bus from Aomori Sta. The round-trip fare for ropeway is ¥1,800. The alpine plants growing in clusters, the virgin forests of acerose trees, marshes, swamps and hot spring spas scattered on the mountains attract many tourists.

Oirase Stream (奥入瀬溪流), 2 hrs. by bus from Aomori or 1 hr. 25min. by bus from Hachinohe to Yakiyama, is the only stream whose source is in the lake. It flows north for about 14 km from the eastern shore of the lake, through a thickly wooded valley. A leisurely stroll of the 9-km-long promenade between Ishigedo and Nenokuchi is a "must" for a visitor to fully appreciate the wonder and beauty of this natural treasure. The areas in autumn are ablaze with tinted leaves, presenting one of the loveliest sights to be seen in the Tohoku district. Rental cycles are available at Nenokuchi and Yakeyama.



Lake Towada

Accommodation numbers correspond to the page 4/4

HACHIMANTAI PLATEAU AREA

Hachimantai Plateau (八幡平) is located to the south of Lake Towada and ranges over the prefectures of Akita and Iwate. The plateau, chiefly composed of conide, aspite or asphtholoidal volcanoes such as Iwate, Koma, Hachimantai, Cha-usu and Yakeyama, maintains remnants of ancient volcanic activity here and there in the form of boiling mud pools as well as steam and smoke vents. Many of these places have been developed as hot spring resorts, primitive as they are, offering rest places for visitors. Goshogake and Toshichi are the most favored of these resorts. The plateau offers ideal mountaineering and skiing and is noted for its abundance of natural wonders and its variety of alpine plants. The summit of Mt. Hachimantai, alt. 1,613 m, soaring in the approximate center of the plateau, can easily be reached by the Hachimantai Aspitem Line, a 27.8-km-long road running across the plateau.

Goshogake Spa (後生掛温泉), about 2 hrs. by bus from Tazawako Sta., is noted for its abundance of hot water. Here 7 types of bath and box-type steam baths are available. In the neighborhood such volcanic phenomena as "muddy volcano (doro-kazan)" and "hot-water swamp (oyunuma)" can be observed. Open daily 7:00-19:00. Fee: ¥400.

Goshogake Nature Trail (後生掛自然研究路) is a 2 km-long promenade allowing observation of the volcanic phenomena. Closed: Nov. - Apr.

Toshichi Spa (藤七温泉), lying at an altitude of 1,400 m at the foot of Mt. Mokko which rises 3.5 km south of Mt. Hachimantai, serves as a base for spring-time skiing.

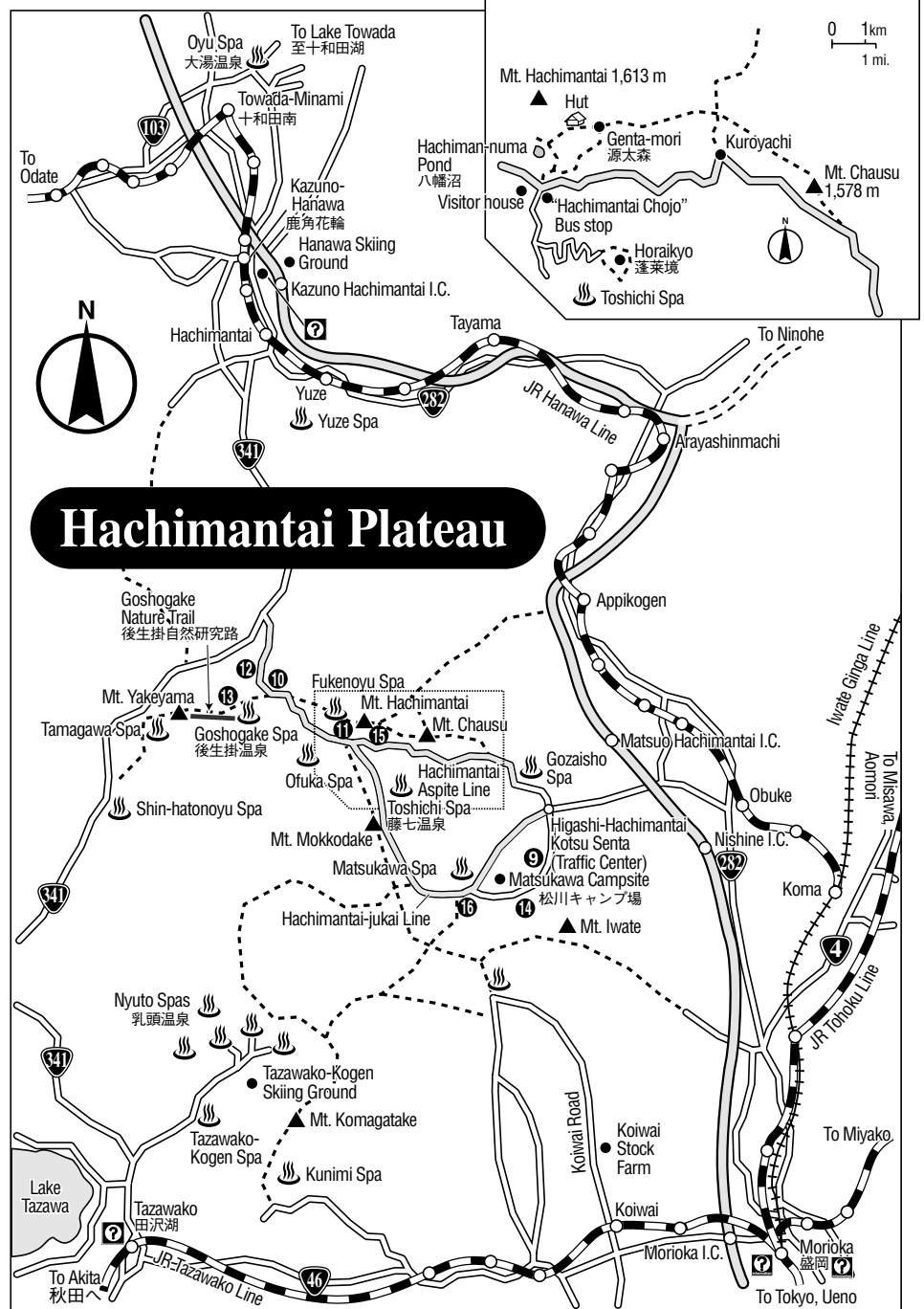
Horaikyo (蓬莱境), or "Land of Eternal Youth," extending over the northern side of Toshichi Spa, is a natural garden grown over with dwarfed pine trees and various alpine plants. The natural colors in early October are particularly magnificent. There are also many fantastic rock formations. 40-min. trekking course is available.

Genta-mori (源太森), 20 min. on foot to the east of Mt. Hachimantai, commands a fine view of Hachiman-uma pond and other swamps below and Mt. Yakeyama (alt. 1,366 m) in the distance.

Hachiman-uma Pond (八幡沼), the only crater lake of an aspitem volcano in Japan, comes in sight after 30-min walk

from Hachimantai-chojo (top) bus stop. Walking around the pond takes about 1 hour while enjoying flowers. The alpine Plants blooming in Jul. to Aug. are worth seeing.

Accommodation numbers 9 - 16 correspond to the page 4/4



Hachimantai Plateau

SUGGESTED TOUR ITINERARY

Towada, Hachiman Route (*Please check the bus schedule before you visit.)

1st Day:

Tokyo.....3 hrs.....Hachinohe.....1 hr.....Aomori.....1 hr. 10 min.....Sukayu Onsen
 Tohoku Shinkansen Limited Express bus*

2nd Day:

Sukayu Onsen.....45 min.....Yakeyama.....3-4 hrs. (14 km).....Nenokuchi.....50 min.....Yasumiya
 bus* walk boat

3rd Day:

2 hrs. 45 min. 25 min.
 YasumiyaHachimantai PlateauGoshogake Onsen
 bus* bus*
 (Hachimantai-chojo bus stop)

4th Day:

1 hr. 45 min 3 hrs. 10min.
 Goshogake OnsenTazawakoTokyo
 bus* bus* Akita Shinkansen

Accommodations:

Name of facilities	Tel.	Fax.	Room rate (¥)	Name of facilities	Tel.	Fax.	Room rate (¥)
Lake Towada:				Hachimantai Plateau:			
① Towada Kanko Hotel(H)	(0176)75-2111	(0176)75-2327	¥¥	⑨ Hachimantai Rising Sun Hotel(H)	(0195)78-2170	(0195)78-2173	¥¥¥
② Towadako Grand Hotel(H)	(0176)75-1111	(0176)75-1118	¥¥¥	⑩ Hachimantai Kogen Hotel(R)	(0186)31-2011	(0186)31-2647	¥¥
③ People's Lodge Towada(PL)	(0176)75-2536	(0176)75-2158	¥	⑪ Hitou-no Yado at Fukenoyu Spa(R)	(0186)31-2131	(0186)31-2002	¥¥
④ Towadako Onsen People's Lodge(PL)	(0176)75-2041	(0176)75-2042	¥	⑫ Sansui at Goshogake Spa(R)	(0186)31-2311	(0186)31-2312	¥¥
⑤ Towadako Lake view Hotel(H)	(0176)75-1500	(0176)75-1555	¥¥¥	⑬ Goshogake Onsen Ryokan at Goshogake Spa (R)	(0186)31-2221	(0186)31-2223	¥¥
⑥ Youth Hostel Hakubutsukan(Y)	(0176)75-2002	(0176)75-1118	¥	⑭ Minshuku Saito MiniMini Bokujo(M)	(0195)78-2237	(0195)78-2237	¥
⑦ Towada Prince Hotel(H)	(0176)75-3111	(0176)75-3110	¥¥¥	⑮ Hachimantai Youth Hostel(Y)	(0195)78-2031	(0195)78-2031	¥
Sukayu Spa:				⑯ Kyoun-so (R) at Matsukawa Spa	(0195)78-2256	(0195)78-2818	¥¥
⑧ Sukayu Onsen (R)	(017)738-6400	(017)738-6677	¥¥				

**TOURIST INFORMATION****(Visit Japan Information Network)****Aomori Prefectural Tourist Information Center:**

2nd fl., ASPM., 1-1-40, Yasukata, Aomori City, Aomori Pref.
 9:00-18:00 Closed: the 4th Mon., Tue., Wed. in Jan. & Dec.31
 Tel. (017)734-2500

Aomori City Tourist Information Office:

1st fl., JR Bus Bldg., 1-3-29, Yasukata, Aomori City, Aomori Pref.
 8:30-17:30 Closed: Dec.29-Jan.3 Tel. (017)723-4670

Aomori Airport Information Center:

Aomori Airport, 1-5, Kotani, Otani, Aomori City, Aomori Pref.
 9:00-18:30 Tel. (017)739-2007

Hachinohe Tourist Information:

2nd fl., JR Hachinohe Station Bldg., 1-1, Aza Tateda, Oaza Shiriuchi-machi, Hachinohe City, Aomori Pref.
 9:00-19:00 Closed: Dec.31 Tel. (0178)27-4243

Hirosaki City Sightseeing Information Center:

2-1, Shimo-shirogane-cho, Hirosaki City, Aomori Pref.
 9:00-18:00 Closed: Dec.29-Jan.3. Tel. (0172)37-5501

Hirosaki City Tourist Bureau:

JR Hirosaki Station, 2-11, Omotemachi, Hirosaki City, Aomori Pref.
 8:45-18:00 Closed: Dec.29-Jan.3 Tel. (0172)32-0524

Lake Towada Information Center:

16, Aza Towada, Oaza Okuse, Towada City, Aomori Pref.
 8:00-17:00 Closed: Dec. 29-Jan. 3 Tel. (0176)75-2425

Misawa Airport Information Office:

83-198, Aza Shitasawa, Misawa, Misawa City, Aomori Pref.
 8:30-19:30 Tel. (0176)53-3900

Northern Tohoku Tourist Information Center:

2nd fl., JR Morioka Station, 1-48, Morioka Ekimae-dori, Morioka City, Iwate Pref. 9:00-17:30 Closed: Dec.31-Jan.2 Tel. (019)625-2090

Morioka Tourist Information Center:

2nd fl., Plaza Odette, 1-1-10, Nakanohashi-dori, Morioka City, Iwate Pref.
 Tel. (019)604-3305

9:00-20:00 Closed: the 2nd Tue & Dec.29-Jan.3

Iwate Tourism Association:

3rd fl., Mariosu, 2-9-1, Morioka-eki Nishi-dori, Morioka City, Iwate Pref.
 Tel. (019)651-0626

9:00-17:15 Closed: Sat, Sun, national holidays.& Dec.29-Jan.3

Towada-Hachimantai Tourist Information:

11-4, Aza Shinden-machi, Hanawa, Kazuno City, Akita Pref.
 9:00-17:30 Closed: Jan.1 Tel. (0186)23-2019

Tazawako Tourist Information Center:

JR Tazawako Station, Senboku City, Akita Pref.
 8:30-18:30 (-17:30 irregularly) Tel. (0187)43-2111

Remarks:

① - ⑯ correspond to those on the map page 2/4 & 3/4.

H = Hotel Rate for a twin room.

R = Ryokan Rate per person.

PL = People's Lodge Rate per person.

Y = Youth Hostel Rate per person.

M = Minshuku (family-run inn) Rate per person.

* = Closed from November to late April.

¥¥¥ = more than 15,000 yen

¥¥ = 8,001 yen - 15,000 yen

¥ = 8,000 yen or less

Welcome Card enables all overseas visitors to specific areas to receive benefit of discounted fees (10 - 20 % discount) at tourist facilities, accommodations, restaurants, souvenir shops and more.

Northern Tohoku Welcome Card

(Valid users)

All non-Japanese visiting or living in Japan for less than 1 year and foreign students living in the Northern Tohoku area.

(Area of use)

The Northern Tohoku region (Aomori, Iwate and Akita Prefecture)

(Type) (Availability)

Card printed out from website:

<http://www.northern-tohoku.gr.jp/welcome/english/index.html>

(Use)

This card may be used in 187 affiliated facilities throughout the region. (The service varies per shop.)

**Goodwill Guide Groups** offer tourists from overseas

local tours guided in English or other languages. The guides are registered with JNTO and display the badge shown. As they are volunteers, there is no charge for their service. You are only expected to pay for their transportation, admission to tourist facilities if you visit any and their meals if you eat with them.

JNTO Website

www.jnto.go.jp/eng/arrange/essential/guideservice.html

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