



Spring in Hachimantai begins in mid-April, with the opening of the Hachimantai Aspite Line. A snow wall up to 10 meters high is created by clearing snow from the road, creating the famous Hachimantai "snow corridor". This is the only driving route in Japan where you can enjoy the snow corridor and the cherry blossoms at the foot of the mountain at the same time.



**ACCESS**

Iwate Hanamaki Airport ↔ Morioka  
By express bus 53min!  
Morioka ↔ Hachimantai  
By regular bus 45min!  
Morioka ↔ Sendai  
By Tohoku Shinkansen 42min!  
Sendai Airport ↔ Sendai City  
By Sendai Airport Access train 17min!

National Park  
**HACHI MANTAI**  
JAPAN IWATE

Place of Health and Healing  
Hachimantai Slow Stay



**Hachimantai Dragon Eye**  
Snow melt on Kagami-numa Pond  
(Hachimantai Summit Walking Trail)  
Mid-May to Mid-June

**Hachimantai Nature Tour Bus**

The bus takes visitors from Morioka Station to the summit of Hachimantai along a fixed route. Visitors to the summit can join a free guided tour along a trail that loops around the top of Hachimantai.



Inquiries and tourist information for Hachimantai  
**Hachimantai Kanko Kyokai** (Hachimantai City Tourism Association)  
1-28 Kashiwadai, Hachimantai City, Iwate Prefecture 028-7303  
TEL+81-195-78-3500 FAX+81-195-78-3838 <https://www.hachimantai.or.jp/>

**Hot Springs**

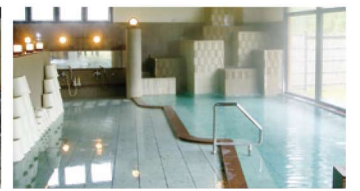


**Toshichi Onsen - a hidden hot spring with the highest elevation in Tohoku (1,400m)**

Featuring amazing vistas, excellent spring quality, elegance and individuality—as an area with concentrated volcanic activity, Hachimantai is a treasure trove for onsen (hot springs). Enjoy bathing in different onsen to find your favorite!



**Hachimantai Heights**  
(open to overnight and day visitors)  
Includes an outdoor bath laid with hot stones from Mt. Iwate and a cypress wood bath with its pleasant aroma. Everyone will enjoy a day trip to this hot spring.



**Mt. Iwate Yakehashiri International Exchange Village**  
(open to day visitors)  
Located at the Yakehashiri trail head, you can enjoy this hot spring while gazing up at the majestic Mt. Iwate. Soak in Mother Nature to your heart's content.



**Shin Appi Onsen, Seiryukaku**  
(open to overnight and day visitors)  
Rare even in Japan, this extremely saline spring is red in color. The waters will make your skin smooth while heating your body from its core. There are two springs to enjoy—the gold and silver springs.



**Appi Onsen, Shirakaba-no-yu**  
(open to overnight and day visitors)  
You can feel a breeze coming in from the plateau at this open-air bath while admiring the birch trees. Enjoy 'forest-bathing' in the morning and a sky full of stars at night. This hot spring also has one of the largest saunas in Japan.



**Matsukawa Onsen**  
The Matsukawa Onsen complex has two guesthouses for toji (long-term hot spring treatment) with 280 years of history, and features a simple sulfur spring. Seasonally changing views and the refreshing breeze from the mountain stream add to the comfort provided by the hot spring.



Matsukawaso Kyounso

**Outdoors & Trekking**



**Stroll in a 1,600m high garden**

Trekking Mt. Hachimantai does not require serious gear or previous experience. Anyone can experience the spectacular natural presence of this mountain, known as one of the 100 Mountains of Japan. Starting at Hachimantai, you can continue along various other trails including Chausudake or traverse across Ura-Iwate. It is one of the best mountain ranges in Iwate.



Chausudake / Hachimantai Summit Rest House to Gentamori to Kuroyachi Marsh, and back to Chausudake. Enjoy a 360° panoramic view.

**Trekking**  
**Hachimantai Area Trekking Guides**  
Guided trekking of Hachimantai, Mt. Iwate, Mt. Hayachine and more.  
Inquiries to Hachimantai City Tourism Association  
Ph.+81 195-78-3500 (open daily 9am-5pm)



Yakehashiri Lava Flow



Appi Kogen Secondary Beech Forest



Sainokami Hiroba Campground

**Autumn colors**



**Take it slow and soak in the view**

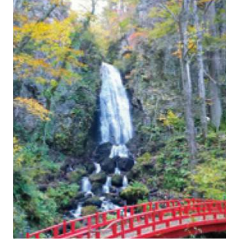
You know that fall is coming to Hachimantai when the grass at the summit changes color above the lush green below. This color slowly spreads down to the plains, reaching its climax below Mori no Ohashi bridge and revealing a stunning tapestry of fall colors in Matsukawa Gorge. A secondary forest of beech trees on the Appi Plateau turns such a bright yellow that it is as if a lemon shower were descending. Visitors are advised to bring an extra layer of clothing when visiting during this season.



Hachimantai Summit Rest House lies at the crossroads of northern Tohoku



Fall colors in the Matsukawa Gorge viewed from Mori no Ohashi bridge



Fudo Falls



Genbu-Iwa



The Mt. Maemori gondola cruises over the Appi Plateau

**A scenic drive through the corridor of fall colors**

Go for a drive to enjoy beautiful mountain views. Three popular routes are the Hachimantai Aspite Line from Gozaisho to Hachimantai Summit, the Hachimantai Jukai Line that connects Hachimantai and Matsukawa Onsen, and the Mt. Iwate Panorama Line that goes along the foothills of Mt. Iwate.



Hachimantai Aspite Line



Mt. Iwate Panorama Line

**Appi Lacquerware**  
Bright colors and durability suitable for daily use are the two main features of Appi Lacquerware. Its simple modern design is also popular.

**Local sake and beer**  
Organic Dragon Eye Beer brewed with water from Kanazawa Spring  
Local sake brewery Washinoo

# Hachimantai area guide

Hiking around a grand garden at 1,600 meters above sea level



## Hachimantai area

Hachimantai is a volcanic plateau located in the Towada-Hachimantai National Park ranging from Iwate to Akita. At its summit of 1,613 meters above sea level, a mysterious landscape with volcanic lakes and wild forests of Maries'fir (*Abies mariesii*) extends out into the distance. Hiking around this area can be as easy as a 30 minute stroll with normal shoes or a more serious traverse.

It takes about 1 hour at a slow-pace to make the round trip from the parking lot to Hachiman-numa.

The largest lake, Hachiman-numa is a scenic point that symbolizes Hachimantai. The gentle rolling trail leading to the lake makes hiking more casual and accessible. Early summer to mid-summer is the best season to enjoy colorful alpine plants.



Strolling around the magma spreading over the foothills of the famous Mt. Iwate



## Mt. Iwate Yakehashiri area

Mt. Iwate is an icon of Iwate towering above the plains at 2,038 meters above sea level. It is one of the 100 Mountains of Japan. The foothills of Mt. Iwate are covered with the Yakehashiri Lava Flow that formed from a cooled and hardened lava flow from an eruption in 1732. The contrasting black rocks and green mountains create a splendid landscape.

Mt. Iwate Yakehashiri International Exchange Village is a base camp for Mt. Iwate trekking and nature exploration.

Mt. Iwate Yakehashiri International Exchange Village is a popular outdoor site located next to the lava flow and provides a campground, cabins and an observatory.



# Tourist spots around Hachimantai



Shirakami Sanchi (UNESCO World Heritage Site)



Lake Towada



Oirase Gorge

### Elegant alpine plants



**Bog bean**

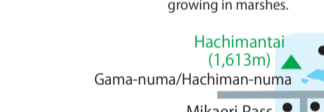
**Kobaikeiso** (*Veratrum stamineum* Maxim): grows as tall as 1 meter in colonies in marshes.



**Nikkokisuge**: a perennial that grows in colonies in grasslands.



**Komakusa**: colonies take over the sandy gravel parts of Mt. Iwate.



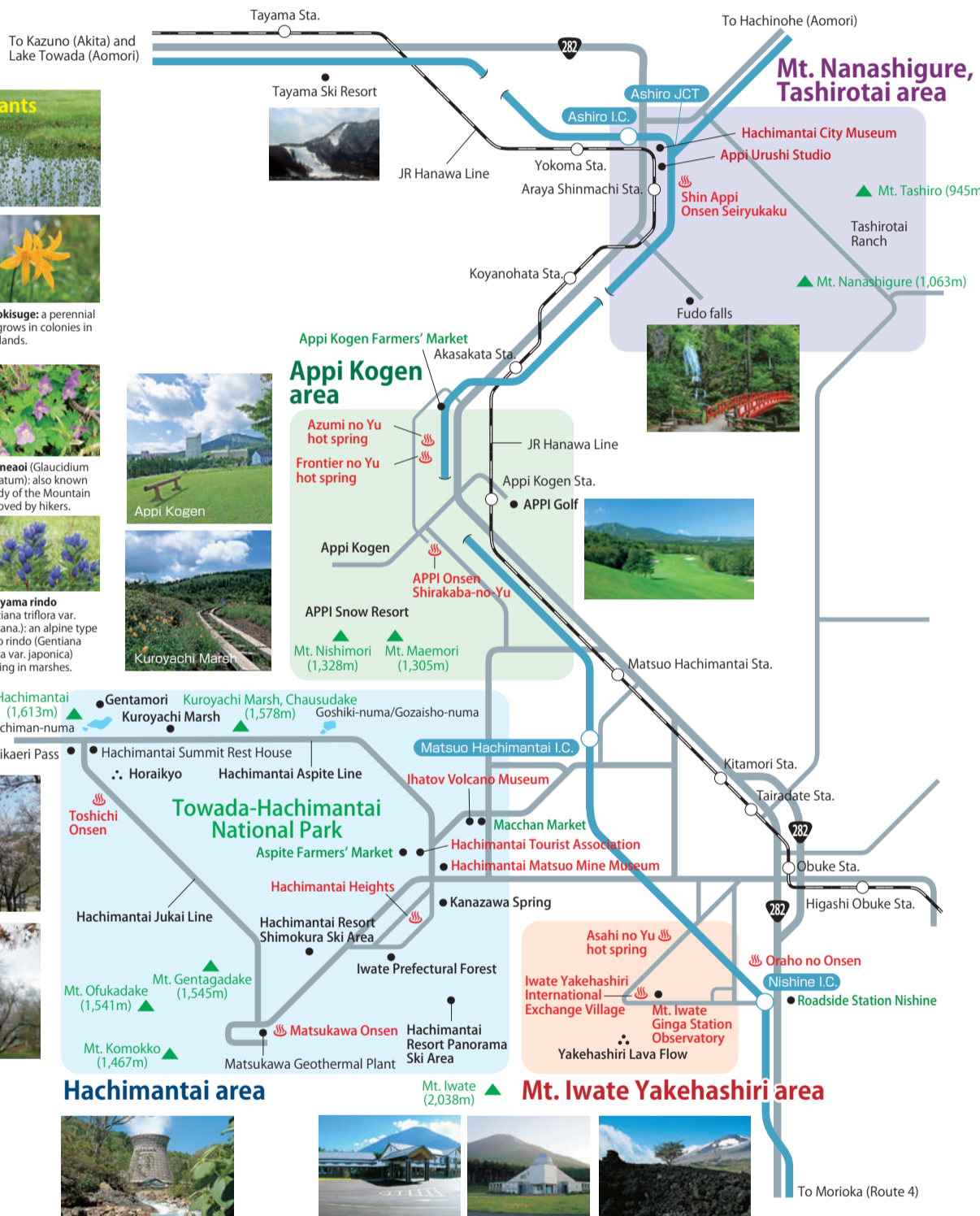
**Shiraneaoi** (*Glaucidium palmatum*): also known as Lady of the Mountain and loved by hikers.



**Ezo oyama rindo** (*Gentiana triflora* var. *montana*): an alpine type of ezo rindo (*Gentiana triflora* var. *japonica*) growing in marshes.



**Hachimantai Azami**: the only indigenous species in the Hachimantai area discovered in 2002.

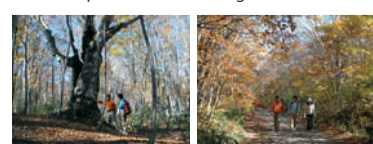


## Green therapy in the secondary beech forest



## Appi Kogen area

The Appi Plateau ranges from Mt. Maemori at 1,305 meters to Mt. Nishimori at 1,328 meters above sea level. It is known among skiers for its powder, the quality of which is described as "aspirin snow." It is an all-season resort attracting people for various activities including golf, tennis, and horseback riding. A trail in the secondary beech forest has been chosen as one of the 100 best trails in Japan and is attracting much attention.



## Green trail of retro nostalgia



## Mt. Nanashigure/Tashirotai area

People say it rains seven times a day at Mt. Nanashigure, as its name suggests. The peak is 1,063 meters above sea level, and you can feel a sort of pastoral nostalgia here. Immerse yourself in the green forest or enjoy trekking and having a picnic. An old road dating back to the Edo period runs through the area offering views of various historic sites and ruins along the way.



Geibikei Cruise

Esashi Fujiwara Heritage Park

Motsuji Temple Garden



Konjikido (UNESCO World Heritage Site)