

HACHI MANTAI

JAPAN
IWATE

CITY Place of Health and Healing
Hachimantai SlowStay



Snow activities
and
cherry blossom viewing

**Corridor of Snow
in Hachimantai**

Two birds with one stone

and cherry blossoms in Morioka



Hachimantai City

Towada-Hachimantai National Park
Hachimantai City, Iwate Prefecture





Feel happiness surrounded by beautiful nature

Mount Iwate Yakehashiri lava flow

ACCESS



Iwate Hanamaki Airport	↔	Morioka	→	53 min!
By express bus				
Morioka	↔	Hachimantai	→	45 min!
By regularly-operated bus				
Morioka	↔	Sendai	→	42 min! (shortest time)
By Tohoku Shinkansen				
Sendai Airport	↔	Sendai City	→	17 min! (shortest time)
By Sendai Airport Access Railway				

Inquiries on tourist information of Hachimantai

Hachimantaishi Kanko Kyokai (Hachimantai City Tourism Association)

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Uwabo-Bokuya-no-ippon-zakura



Nanashigure (Tashirota)-no-ippon-zakura



HACHI MANTAI CITY



Oyama-zakura at Iwateken Kenmin no Mori Park



Sakuramatsu Park

The panoramic view stretches forth from Towada-Hachimantai National Park 1,400 meters above sea level.

Trek around pristine forest of *Abies mariesii* (Aomori-todomatsu) and a variety of ponds.



Hachimantai



Hachimantai-azami
(thistle, *Cirsium hachimantaense*)



Iwakagami
(*Schizocodon soldanelloides*)



Kinugasaso (*Paris japonica*)



Shiraneaoi
(*Glaucidium palmatum*)



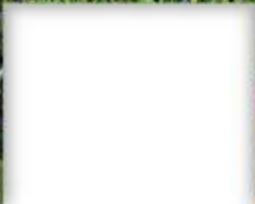
Sankayo
(*Diphylleia grayi*)



Hakusan-chidori
(*Dactylorhiza aristata*)



Ezo-oyama-rindo
(*Gentiana triflora* var. *japonica* subvar. *montana*)



Nikko-kisuge
(lily, *Hemerocallis dumortierii* var. *esculenta*)



Kobakeso
(*Veratrum stamineum*)



Shojo-bakama
(*Heloniopsis orientalis*)



Ocean of trees of Hachimantai

Alpine Plants in Hachimantai

Located at latitude of about 40 degrees north, Hachimantai has a unique terrain and is home to alpine plants of lovely red, white, yellow and purple flowers. You can enjoy seeing pretty alpine plants while walking along trails around sightseeing spots, such as the top of Mt. Hachimantai, O-numa Pond, Kuroyachi and Goshogake.



Hachiman-numa Pond



Corridor of Snow and Cherry Blossoms



Let's Walk Around Hachimantai

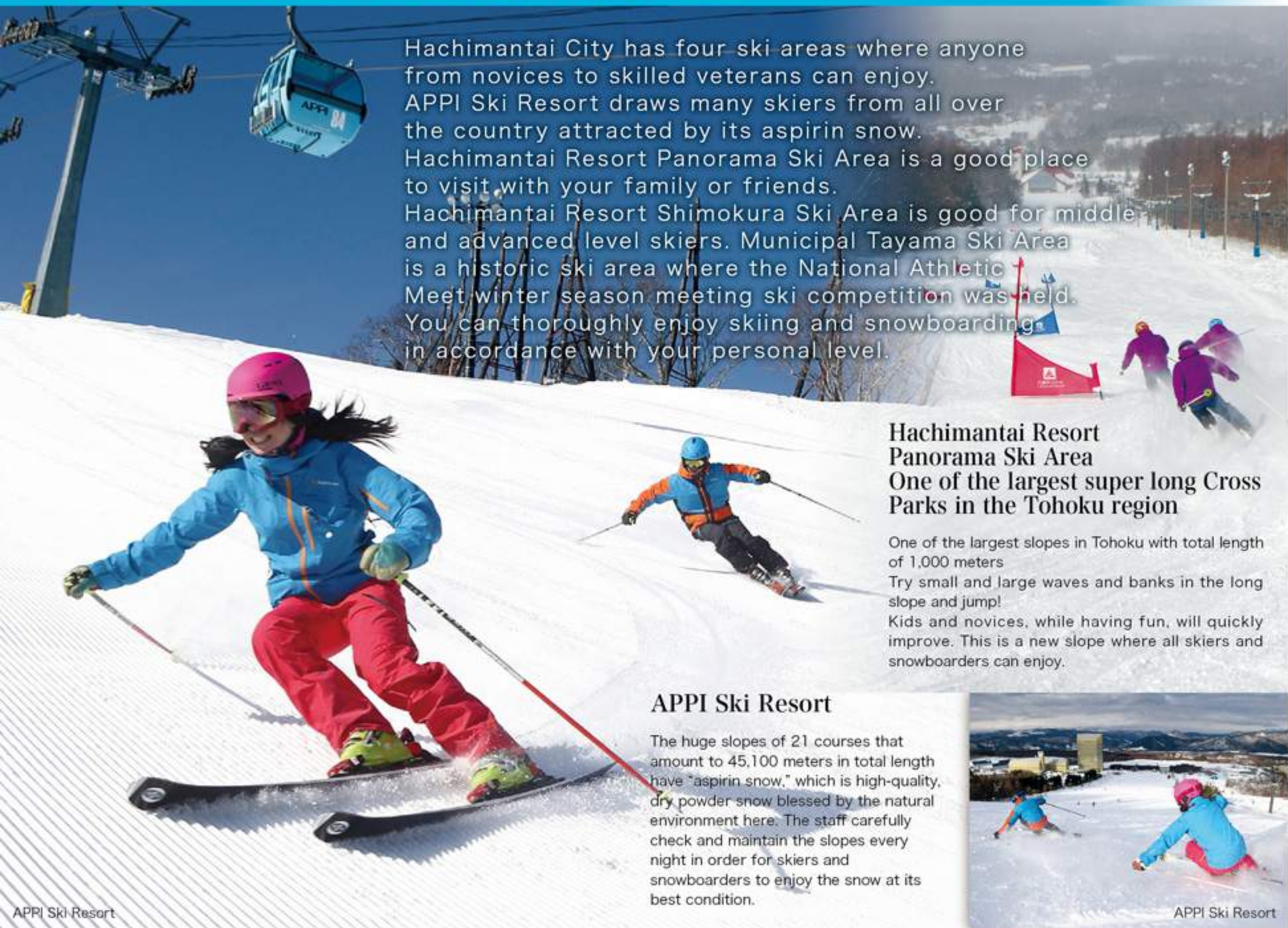
Hachimantai is a place where you can enjoy a variety of outdoor activities from waking to hiking to climbing. Created by volcanic terrain at latitude of about 40 degrees north, it is an exciting, dynamic landscape. When you walk around the "ocean" of Aomori-todomatsu trees and a lot of ponds in a refreshing breeze, you will find colorful alpine plants.

There are many hiking routes, such as one to the peak (1,613 meters high), Hachiman-numa Pond circuit route, Hachimantai-Kuroyachi route, and Horaikyo route. Anyone from novices to veterans can enjoy walking at their own pace.

Aspite Line, a road to Hachimantai, which is closed in winter, is open from mid April and Jukai Line (a road also closed in winter) is open from late April. Snow walls along the roads called "corridors of snow" offers splendid views against the backdrop of the blue sky.

Superb Quality Snow

Hachimantai is blessed with "aspirin" powder snow and views of the largest juhyo, or "ice monsters," in Japan. Tours available for all comers, from the novice to the highly skilled.



Hachimantai City has four ski areas where anyone from novices to skilled veterans can enjoy. APPI Ski Resort draws many skiers from all over the country attracted by its aspirin snow. Hachimantai Resort Panorama Ski Area is a good place to visit with your family or friends. Hachimantai Resort Shimokura Ski Area is good for middle and advanced level skiers. Municipal Tayama Ski Area is a historic ski area where the National Athletic Meet winter season meeting ski competition was held. You can thoroughly enjoy skiing and snowboarding in accordance with your personal level.

Hachimantai Resort Panorama Ski Area One of the largest super long Cross Parks in the Tohoku region

One of the largest slopes in Tohoku with total length of 1,000 meters
Try small and large waves and banks in the long slope and jump!
Kids and novices, while having fun, will quickly improve. This is a new slope where all skiers and snowboarders can enjoy.

APPI Ski Resort

The huge slopes of 21 courses that amount to 45,100 meters in total length have "aspirin snow," which is high-quality, dry powder snow blessed by the natural environment here. The staff carefully check and maintain the slopes every night in order for skiers and snowboarders to enjoy the snow at its best condition.



APPI Ski Resort

APPI Ski Resort



Shinappi Onsen Seiryukaku

Matsukawa Onsen Kyounso

Appi Onsen Patio

Hachimantai Royal Hotel

Hot Springs

Have a luxurious experience soaking in 100% pure hot spring waters



Mt. Mitsuishi

Hachimantai

Hachimantai is also good for driving. Scenery of autumn leaves of Hachiman-numa, Gama-numa, and other ponds and moors will provide a "healing" experience, while viewing Mt. Iwate and breathtaking autumn leaves while leisurely driving along tourism road Hachimantai Jukai Line will leave you with unforgettable memories of your trip.

Kuma-numa Pond

Autumn Leaves

Leaves start turning color in the mountains from late September. Iwate Prefecture has many famous spots for beautiful autumn leaves and attracts a lot of people from all over Japan in this season.



Shiki-kan Saito



Hachimantai Heights



Hachimantai Rising Sun Hotel



Toshichi onsen Saiunso

surrounded by picturesque scenery of Hachimantai!

Sightseeing Base in Northern Tohoku Supreme Resort Enjoyable All Year Round

Skiing, golfing, tennis playing, paragliding, biking, horseback riding and forest bathing – at Appi Kogen, you can enjoy wide variety of outdoor activities throughout a year. In early summer, light falling onto the highland through the trees as fresh leaves come out. Cheerful voice of players fill well-tended golf courses and tennis courts, while colorful paragliders can be seen over green slope. People are beaming on mountain bikes running through the green field, and during the forest bathing in beautiful beech forest. Come autumn, wild vegetable picking, mushroom picking and fishing in a mountain stream are available.



Appi Kogen

Japan's Top 100 Forest-bathing Spot
**Appi Kogen Beech
Secondary Woodland**
Immerse yourself in relaxing air
of beech forest



Appi Kogen Golf Club

Appi Kogen Golf Club is a large-scaled golf club with 36 holes in 4 courses (Hachimantai, Iwatesan, Towada and Ryugamori), total length of 13,000m, in 1.3 million square meters land. Hit the green while feeling the refreshing breeze through primary white birch forest, enjoying the splendid view of Iwatesan and Maemoriyama.



Salad Farm

Hachimantai Flower Land (Early May ~ Late November)

More than 1,200 types of trees and flowers can be seen in this spacious land that stretches to 50,000 square meters. In spring, summer and fall, seasonal flowers are in full bloom and entertain visitors. There also is a petting zoo with fluffy alpacas and bunnies.

Enjoy homemade sweets made with homegrown ingredients! Gelato is the popular choice for all ages, throughout a year.



Flavored boiled egg

This best-selling item at Salad Farm has moist egg yolk and just-right seasoning. Makes perfect souvenir!



Strawberry Picking (Early January - Early June)

Even little children can pick berries easily at this hydroponic, vertical strawberry greenhouse. White-color themed greenhouse is clean and comfortable, and have popular, sweet varieties such as Akihime and Benihoppe.

