

Four seasons of Hachimantai

Hachimantai City is blessed with the spectacular nature of Hachimantai, Mt. Iwate and the Appi Plateau. The abundant hot springs, lush rich soil and beautiful scenery in each of the four seasons are nothing but a gift from nature.

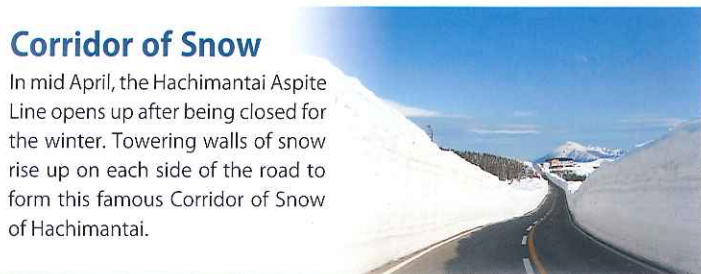


With a clear sky, pristine water, and mountain range from ancient times, the purity of Hachimantai's scenery is like a gem bestowed upon us by God. The shining beauty of mother nature purifies our minds as well.

Hachimantai is a volcanic plateau covering parts of both Iwate and Akita prefectures. The unique volcanic landscape creates a mysterious view and a number of hot springs that provide a wild oasis to visitors. Hachimantai is not the only attraction of the City of Hachimantai in Iwate Prefecture. It also boasts abundant natural attractions including the Yakehashiri Lava Flow, Appi Plateau and Mt. Nanashigure. Visitors can enjoy driving around the mountain, hot springs, trekking, and camping immersed in awe-inspiring scenery, complete relaxation, and moments of inspiration. It turns into a popular winter resort in the winter attracting many skiers and snowboarders.

Corridor of Snow

In mid April, the Hachimantai Aspite Line opens up after being closed for the winter. Towering walls of snow rise up on each side of the road to form this famous Corridor of Snow of Hachimantai.



Hachimantai Nature Tour Bus

The bus takes visitors from Morioka Station to the summit of Hachimantai along a fixed route. Visitors going to the summit get to go on a free guided tour along a trail that circles around the top of Hachimantai.



Inquiries on tourist information of Hachimantai

Hachimantai Kanko Kyokai (Hachimantai City Tourism Association)

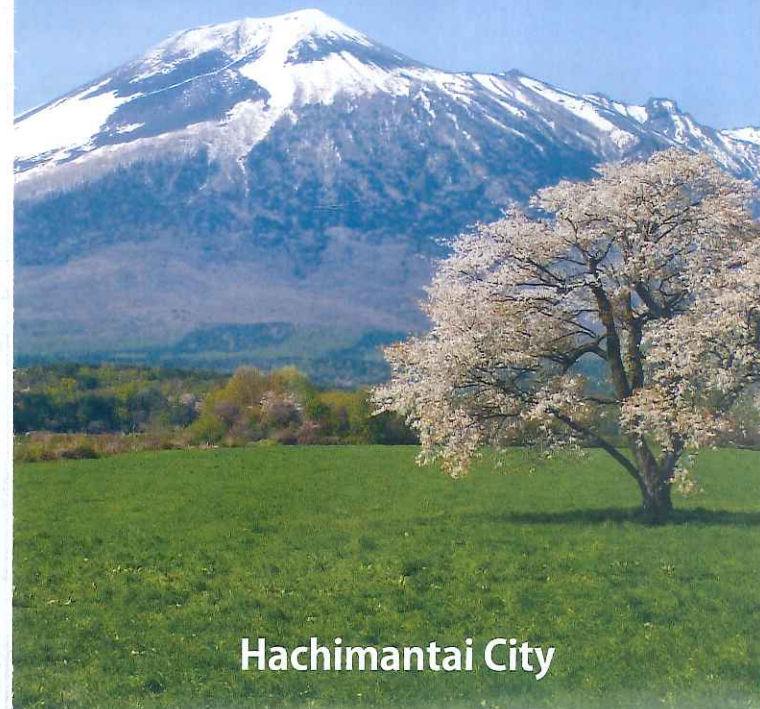
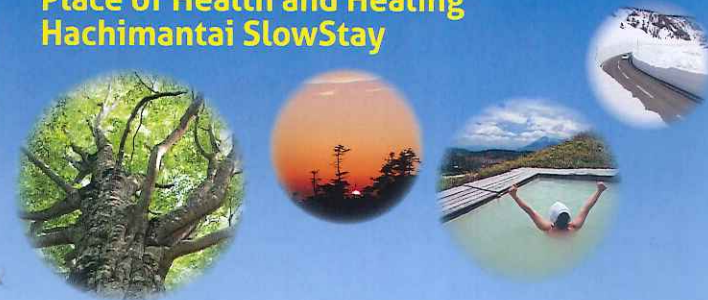
1-28, Kashiwada, Hachimantai City, Iwate Prefecture 028-7303

TEL+81-195-78-3500 FAX+81-195-78-3838 <http://www.hachimantai.or.jp/>

HACHI MANTAI

JAPAN
IWATE

Place of Health and Healing
Hachimantai SlowStay



Hachimantai City

温泉

Hot Spring

Each hot spring has its own unique view, atmosphere, and water quality. They all deserve to be visited and experienced.

Hachimantai is home to a number of hot springs because of the volcanic landscape. Hot springs of various types are scattered throughout the area. In Hachimantai, you can choose from a wild outdoor bath or a large scenic bath depending on your taste. There are so many reasons to visit, including interacting with hot spring overseers and ryokan hosts and enjoying seasonal mountain delicacies.



Hachimantai Royal Hotel

Hot spring hotels in the Hachimantai Hot Springs Village area provide simple sulfur spring water known for its smooth texture.



Shin Appi Onsen, Seiryukaku

This strong salt spring is red in color and makes your skin smooth while it heats your body from within.

Matsukawa Onsen

The Matsukawa Onsen complex has four guesthouses for toji (long-term hot spring treatment) with 270 years of history since its inauguration. It 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.



Shofuso



Kyounso



Matsukawaso



Nature Retreat, Nakayama-so

A rare hot spring also known as Magma Water, named for the steam gushing up from 24 meters underground that is used for the hot spring.



APPI Onsen Patio

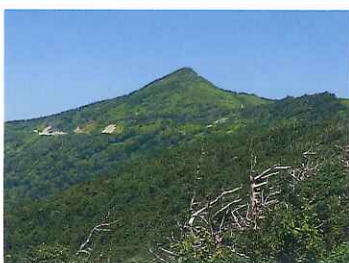
This full-featured hot spring is open to visitors not spending the night and features both a spacious bath and the largest sauna in Japan.

アウトドア
& トレッキング

Outdoor & Trekking

Stroll in the 1,600m wide garden

Trekking in Hachimantai does not require serious gear or previous experience. Anyone can experience the spectacular natural presence of this mountain that is known as one of the 100 most celebrated mountains in all 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 Peak Rest-house into Gentamori to Kuroyachi Marsh, and back to Chausudake. Enjoy a 360° panoramic view.



Yakehashiri Lava Flow



Iwate Kenmin no Mori Campground



Sainokami Hiroba Campground

Trekking
in Hachimantai

Iwate Hachimantai Trekking Guide

Trekking guides take you to some of the 100 most celebrated mountains in Japan located in Iwate including Hachimantai, Mt. Iwate, and Mt. Hayachine as well as other great mountains in the Tohoku region.



紅葉狩り

Autumn color viewing

Take it slow and soak in the view

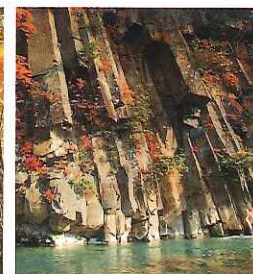
You know that fall is coming to Hachimantai when the grass at the summit changes color above the lush green below. This color slowly spreads down to the plains below, reaching its climax below Mori no Ohashi bridge and revealing a stunning tapestry of fall colors in the Matsukawa Gorge. A secondary forest 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 tourism



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



The Mt. Maemori gondola cruise on 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 the Hachimantai peak, the Hachimantai Jukai Line that connects Hachimantai and Matsukawa Onsen hot spring, and the Mt. Iwate Panorama Line that goes along the foothills of Mt. Iwate.



The Hachimantai Aspite Line



Mt. Iwate Panorama Line

Hachimantai area guide

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



Hachimantai area

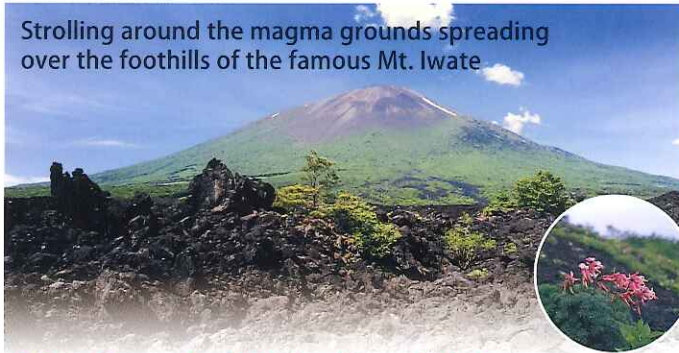
Hachimantai is a volcanic plateau located in the Towada-Hachimantai National Park ranging from Iwate to Akita. At its summit of 1,613 meters above sea level, a mysterious landscape with volcanic lakes and wild forests of Ooshirabiso (*Abies mariesii*) extends out into the distance. Hiking around this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

It takes about 1 hour at a slow-pace to make the round trip from the parking lot at the peak 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 grounds spreading over the foothills of the famous Mt. Iwate



Mt. Iwate Yakehashiri area

Mt. Iwate is an iconic mountain of Iwate towering above the plains at 2,038 meters above sea level. It is one of the 100 most celebrated mountains in 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 with car facilities, and has cabins and an observatory.



Elegant alpine plants



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

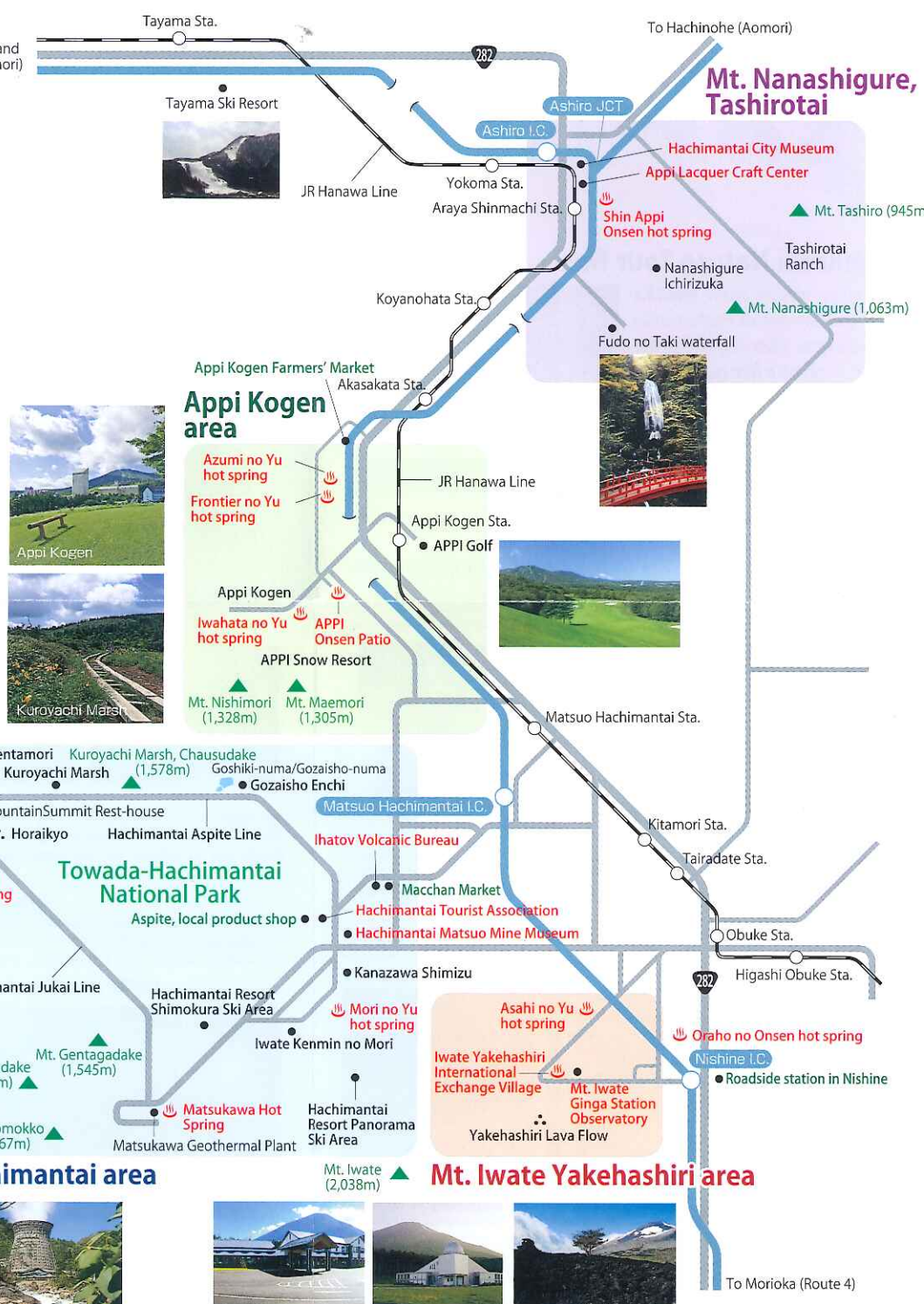
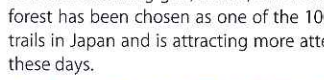
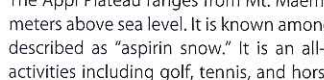
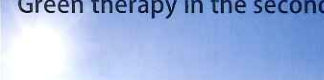
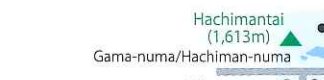
Daylily: a perennial that grows in colonies in grasslands.

Dicentra: colonies takes over the sand gravel part of Mt. Iwate.

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

Hachimantai Thistle: the only indigenous species in the Hachimantai area discovered in 2002.

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



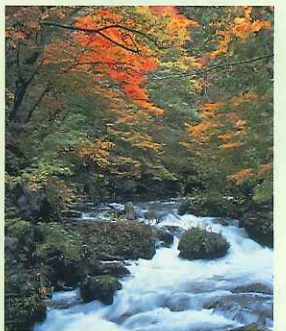
Tourist spots around Hachimantai



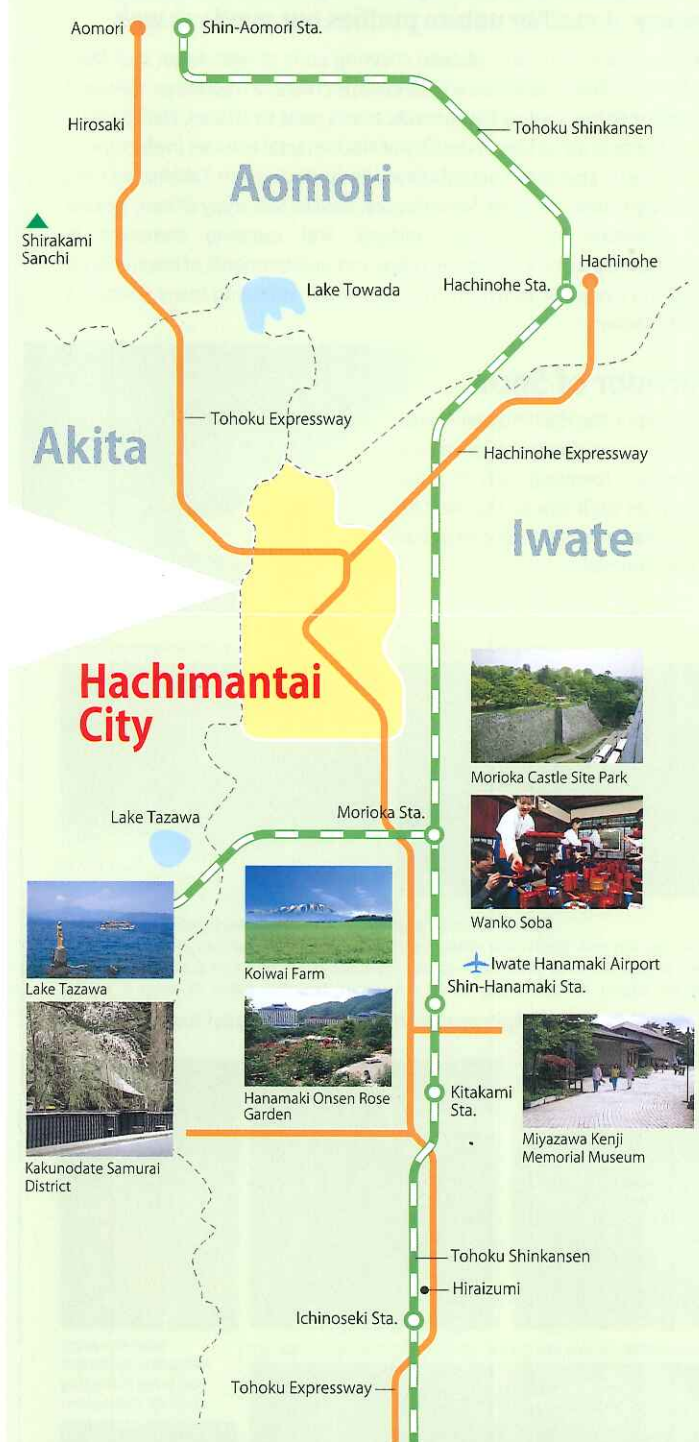
Shirakami Sanchi (UNESCO World Heritage Site)



Lake Towada



Oirase Gorge



Green therapy in the secondary beech forest

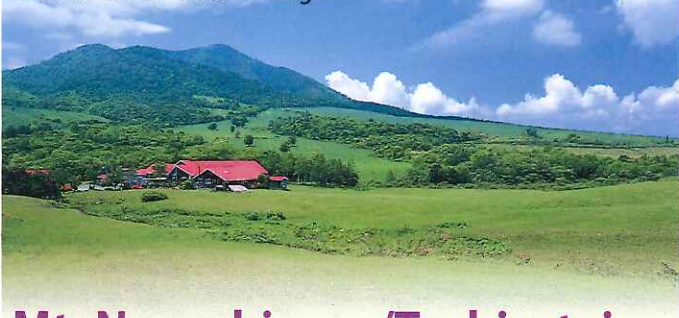


Appi Plateau area

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 more attention these days.



Green trail of retro nostalgia

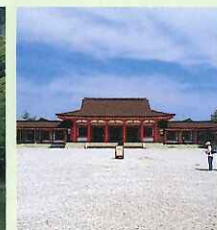


Mt. Nanashigure/Tashirotai

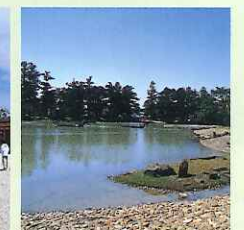
People say it rains seven times a day at Mt. Nanashigure, as its name suggests. The peak is 1,063 meters above sea level, and you can feel a sort of pastoral nostalgia here. Immerse yourself in the green forest or enjoy trekking and having a picnic. An old road dating back to the Edo period runs through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



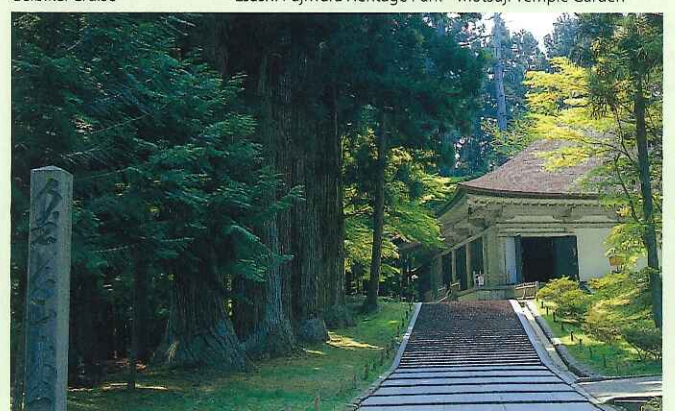
Geibikei Cruise



Esashi Fujiwara Heritage Park



Motsuji Temple Garden



Konjikido (UNESCO World Heritage Site)