



Spring in Hachimantai begins in mid-April, before Golden Week, 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.



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 can go on a free guided tour along a trail that circles 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/>

National Park

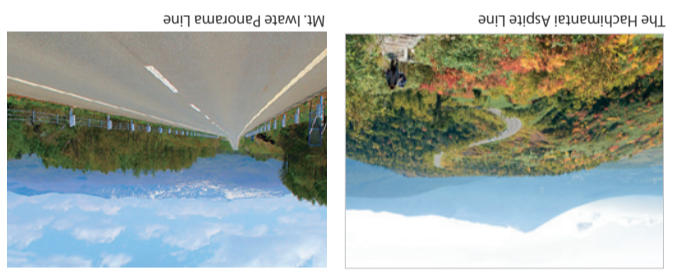
HACHI MANTAI

JAPAN IWATE

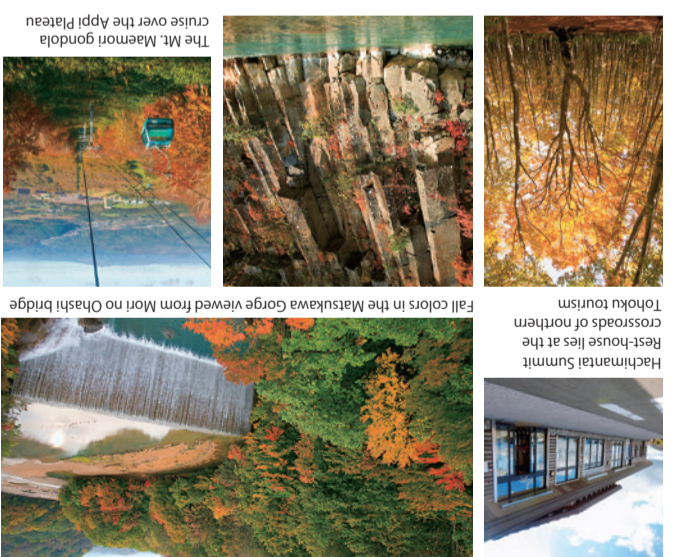
Place of Health and Healing
Hachimantai SlowStay



HACHIMANTAI Dragon Eye
Thaw in Kagaminuma
Mid-May to Mid-June



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.



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 Chashi 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 wild grape products
These products are made from wild grapes in Hachimantai. With no additives or added sugar, you can enjoy the nature's bounty. Be sure to try the wild grape juice and crackers as well.

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

Hachimantai Area Trekking Guides
Inquiries to Hachimantai City Tourism Association
Ph.+81 195-78-3500 (open daily 9am-5pm)

Chausdake / Hachimantai Summit Rest-house
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.

Appi Onsen, Shirakaba bath
(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.

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 it heats your body from its core. There are two springs to enjoy – the gold and silver springs.

Matsukawa Onsen
The Matsukawa Onsen complex has four guesthouses for toll (long-term hot spring treatment) with 270 years of history since its inauguration. It features a simple sulfur spring comfort provided by the hot spring.

Stroll in the 1,600m high 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 Chausdake or traverse across Ura-Iwate. It is one of the best mountain ranges in Iwate.



Outdoors & Trekking

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.

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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 owners and ryokan hosts and enjoying seasonal mountain delicacies.



Hot Springs



Autumn colors

紅葉狩 (Momiji-gari)

アウトドアとトレッキング (Outdoors and Trekking)

温泉 (Onsen)

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

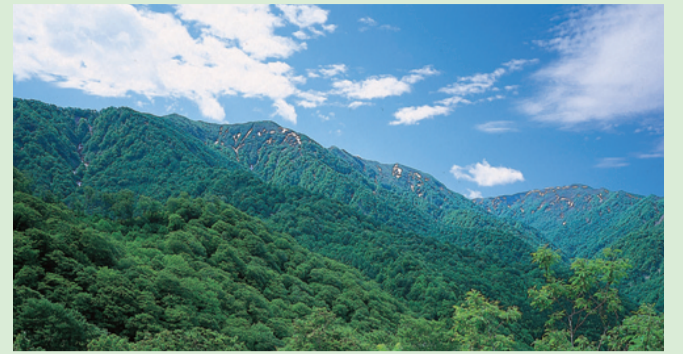
Mt. Iwate is an iconic mountain of Iwate towering above the plains at 2,038 meters above sea level. It is one of the 100 most celebrated mountains in Japan. The foothills of Mt. Iwate are covered with the Yakehashiri Lava Flow that formed from a cooled and hardened lava flow from an eruption in 1732. 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.



Tourist spots around Hachimantai



Shirakami Sanchi (UNESCO World Heritage Site)



Lake Towada



Oirase Gorge

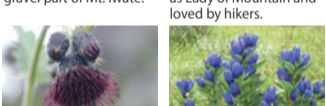
Elegant alpine plants



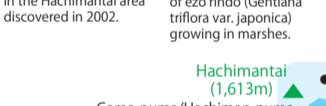
Kobaikeiso (*Veratrum stamineum* Maxim): grows as tall as 1 meter in colonies in marshes.



Nikkokisuge: a perennial that grows in colonies in grasslands.



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



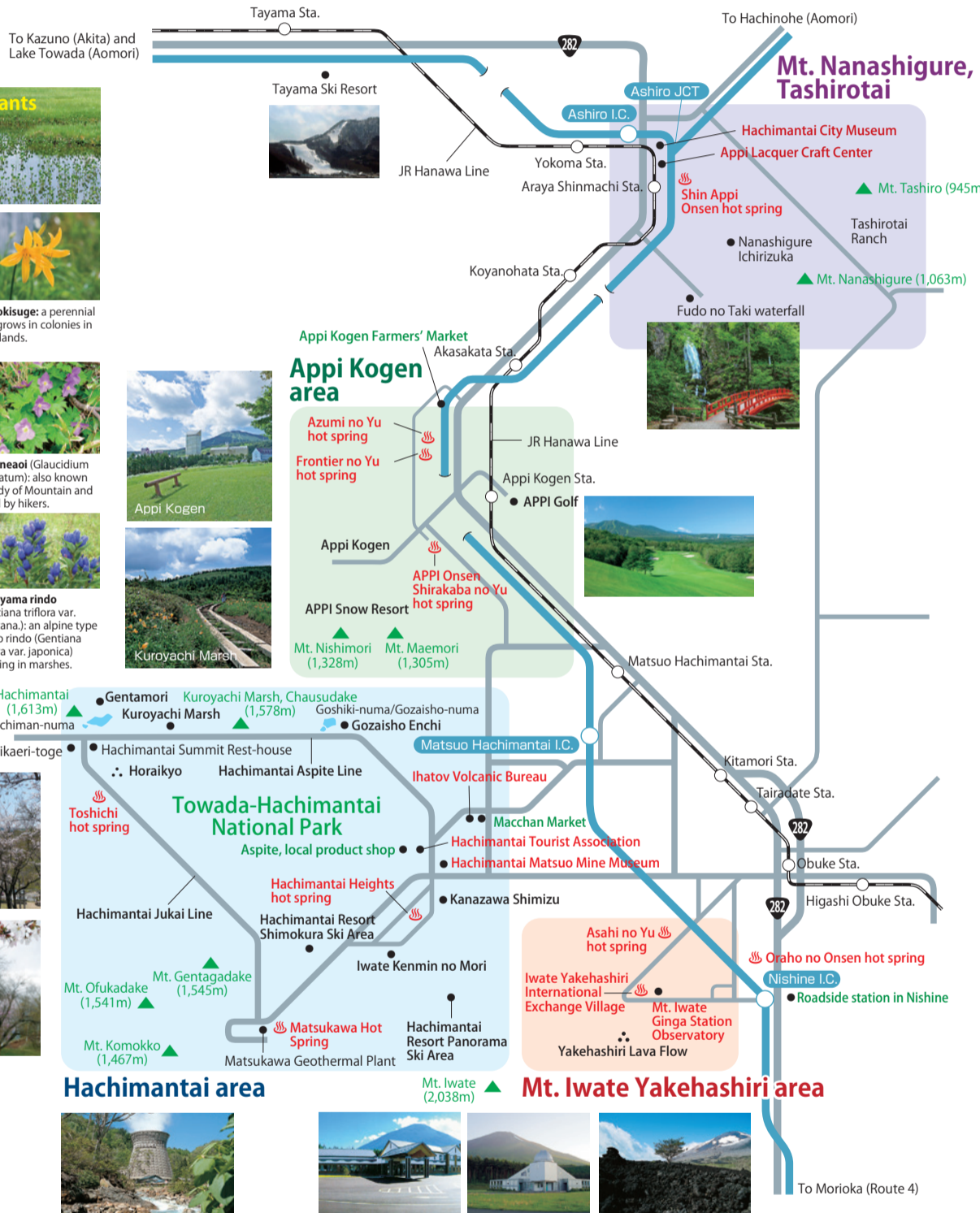
Shiraneaoi (*Glaucidium palmatum*): also known as Lady of Mountain and loved by hikers.



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 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



Konjikko (UNESCO World Heritage Site)