

# Shizukuishi

Guide Book for Tourists

## Shizukuishi, Everyone Loves It Here!



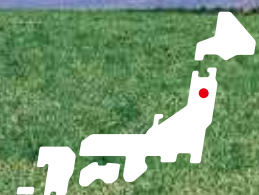
ひとしずく  
あなたの心に思い出の一滴を  
**SHIZUKUISHI**



Towada-Hachimantai National Park

Shizukuishi, Iwate Prefecture

<http://www.town.shizukuishi.iwate.jp>





Winter festivals,  
**BRAVO!**

Ski area

Koiwai illuminations

Iwate's winter-representative event  
**Iwate Snow Festival**

It is crowded with many tourists every year. There are rows of snow sculptures of varying sizes which are lit up with colorful lights as twilight falls and a fantasy-like world opens out before you.



The autumn leaves are  
**GORGEIOUS!**

Autumn Leaves of Mt. Mitsuishi  
and Mt. Iwate

This is a famous spot for the autumn leaves for climbers. If you take the chairlift up and then walk for about 10mins, you can take in a magnificent panoramic view of the autumn leaves. This is one of the popular trekking and walking courses of autumn.

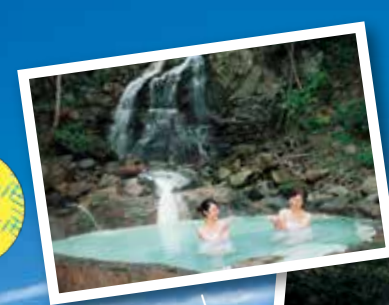


The autumn leaves of Kunimi

Lift for viewing the scenery



The mountain air and water are  
**PURE!**



Amihari Onsen

Outaki Waterfall



Senshogahara

There are around 900 ponds of varying sizes dotted around this wetland and you can enjoy wonderful views along this hiking course. This is the largest wetland in the Towada-Hachimantai National Park.

# Shizukuishi is Beautiful in All Seasons!

Spring, summer, autumn and winter each have their own special appeal in Shizukuishi.

You will be met with stunning scenery anytime you visit here.

So, what kind of scenery do you want to come and see?



Spring in Shizukuishi makes you

**HAPPY!**

Cherry Blossoms at Koiwai Farm

The cherry blossoms here, including the row of cherry trees alongside the road as you head to the farm and the cherry trees that were planted within the grounds of the Kamimaru Cowsheds, usually start to bloom from around Golden Week.

Rape blossoms



Moss phlox on the Nagayama Kaido Road



# Lake Gosho

Spend time at the lakeside here surrounded by mountains and forests.  
Come to a paradise of water and forests and enjoy soaking in hot springs  
and touching local history here.

## Lake Gosho

This is a large multi-purpose dammed lake measuring 640ha created by damming the Shizukuishi River and there are many leisure spots dotted around the lake. You can view many mountains from the lakeside including Mt. Iwate, Mt. Akita Komagatake and Mt. Wagadake and it has a waterside rich in nature which swans migrate to in winter.

**Map C-D-4**

The sunshine glistens  
To the beautiful paradise of water and forest

There are lots of leisure spots along the lake side from which you can look out at the mountains, including Machiba Chiku Enchi Park, Norimono Hiroba (Ride'n play park) and Familyland. There are cultural facilities here including museums, the Biotope where you can enjoy the sights of nature and hot springs to relax and relieve the tiredness of the day's activities. This is a place packed full of fun activities to do on days off.

There are many enjoyable activities and sights in each of the seasons here like the cherry blossoms of Shizukuishigawa Enchi Park in spring, the recreational activities of summer and the leaves and cosmos flowers of autumn. You can enjoy the appeal of each of these sights and activities with your family, with your friends or as a couple.

## Goshoko Koiki Park



## Let's go on a family trip

## Machiba Chiku Enchi Park

This is a place you can spend the whole day having fun with its large playground and its flower garden with various species of flowers of Iwate planted here. There is an indoor rest area fitted with toilets and this park is also a perfect place for having BBQs.

**Famous spot for cherry blossoms in Shizukuishi**

## Shizukuishigawa Enchi Park

This is a lively spot late April to early May when around 150 Someiyoshino cherry trees bloom. They also light up the trees at nighttime. At the same time as the cherry blossoms, about 100 koinobori (carp streamers) are hoisted into the air. With the koinobori leisurely swimming through the air to the murmuring of the Shizukuishi River and the colourful rows of cherry blossoms, you can sense the coming of spring in Shizukuishi.

## Meet the snow monsters



## Mitsuishi Mountain Hut on the Snowy Mountain Tour

A winter hike from Amihari Onsen Ski Resort to Mitsuishi Mountain Hut for those who want to have fun in the winter mountains.

## Rest on the highest peak in Iwate



## Mt. Iwate Summit

From the Shizukuishi side you can take the Omisaka or Amihari courses to the top.

Beautiful flowers in bloom



You can come across clumps of komakusa flowers on Mt.Iwate or at Oyakesuna on Akita Komagatake.

Great panoramic view from the ridge

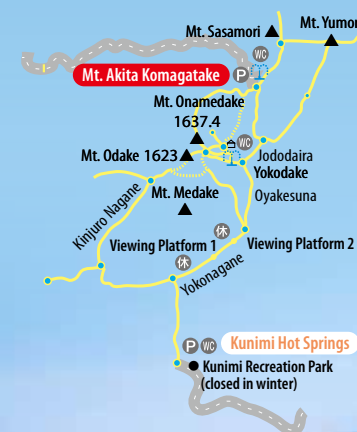


The dynamic, rugged rock surface is a great sight and you can enjoy the great panorama and alpine plants on clear days at Onigashiro.

lowers colour early summer yell



Miyamakinbai flowers can be seen at Onigashiro on Mt.Iwate and Yokonagane on Akita Komagatake.



## Alpine Plant Floral Calendar

|                  |                                                                                       |
|------------------|---------------------------------------------------------------------------------------|
| <b>Mt. Iwate</b> | <b>June</b> Japanese wood poppy; Iwakagami; Komebatsugazakura; Hinazakura; Sankayo    |
|                  | <b>July</b> Iwate hatazaka; Obakisumire; Minezuou; Miyamakinbai; Japanese wood poppy  |
|                  | <b>August</b> Iwakuburo; Komakusa; Grass-of-Parnassus; Yoshibatsugomaga; Iwate touki  |
|                  | <b>September</b> Grass-of-Parnassus; Ezooamarindou; Woundwort; Sanguisorba albilflora |

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|                                 |                                                                                                      |
|---------------------------------|------------------------------------------------------------------------------------------------------|
| <b>Mt. Akita<br/>Komagatake</b> | <b>June</b> Iwakagami; Miyamakinbai; Minezakura; Keyflower; Miyamadaikonsou                          |
|                                 | <b>July</b> Komakusa; Aleutian avens; Nikkousikuse; Aleutian mountainheath; Rhododendron multiflorum |
|                                 | <b>August</b> Hakusanfuuro; Oyamasoba; Alpine clematis; Grass-of-Parnassus; Iwakuburo                |
|                                 | <b>September</b> Miyamarindou; Ezooamarindou; Hakusanashajin                                         |



The foot of Mt. Iwate, the highest peak in Iwate with a height of 2038m, extends out into Shizukuishi. The popular Mt. Akita Komagatake which is known for its beautiful shape and flowers is also located here. The view from Mt. Eboshidake along the ridge that connects Mt. Akita Komagatake and Mt. Iwate is wonderful. Mt. Mitsuishi here is popular with climbers throughout the four seasons and is a spot for seeing snow monsters (trees coated in frost and snow) in winter.

The region in the north-west of Shizukuishi town is part of Towada-Hachimantai National Park and the range of peaks of around 1500m connected together from Hachimantai running south is a mecca for climbers. Come and tour the mountains of Shizukuishi and become enveloped by the breath of nature and encounter the flowers, greenery and picturesque views above the clouds. You can then go and soothe your tired limbs in the nearby hot spring areas.

## Discover Alpine Plants and Picturesque Views

# Shizukuishi Mountain Guide

# OSHUKU

Type of spring: Alkaline simple hot spring  
Effective on: cuts, gastrointestinal disorders, rheumatism, hemorrhoids, women's diseases

## Hot Springs of Shizukuishi

Shizukuishi is famous for the quality of its spring water as part of the hot spring paradise of Iwate. Shizukuishi is home to a variety of unique springs with different types of spring water where you can come and relax to your heart's content.

Here is the Oshuku Onsen image character, Keki-yokichi



A rich variety of unique accommodations /

### Oshuku Onsen

Oshuku Onsen is said to have opened as a hot spring area around 450 years ago and it prospered as a therapeutic baths for the Nanbu lords. Surroundings rich in nature stretch out around the hot springs and it's a hot spring area that boasts an abundant amount of spring water. A variety of unique hot spring accommodations line up alongside each other here from modern hotels to ryokans and self-catering places.

Enquiries: Oshuku Onsen Tourism Association  
[URL] <http://www.ousyukuonsen.com/>  
Tel: 019-695-2209

Map B-5

Look out at Mt. Iwate and Lake Goshō /

### Goshoko Onsen

This is the one hot spring accommodation where the spring water wells up on the west shoreline of Lake Goshō and there is an inside bath and rocky outdoor bath. You can look out at the impressive Mt. Iwate and over Lake Goshō. With its excellent location and the effect of its water making skin smooth and beautiful, this hot spring is gaining in popularity with female customers.

Enquiries: Hotel Hana no Yu  
[URL] <http://onsen-hanayou.com/>  
Tel: 019-692-1050

Map C-4

# AMIHARI

Type of spring: Alkaline simple hot spring  
Effective on: bruises, sprains, chronic digestive diseases, hemorrhoids, sensitivity to cold, neuralgia, muscle pain

You can take a break from a therapeutic walk through the trees by soaking in this famous outdoor bath which is found on the nature trail called Shizen no Komichi which has great view points along it. Additionally, Amihari Onsen has 4 more baths to enjoy including the outdoor bath of the Onsenkan building (pictured bottom right).



Top: You can look out at the panoramic view of the surrounding mountains from the rotenburo (outdoor bath) which juts out from the exterior of the building of Hotel Mori no Kaze Oshuku. Bottom left: Oshuku Onsen Shrine which is located along the Oshuku River holds a lively annual festival in May. Bottom right: The women's outdoor bath (rotenburo) of Choei-kan overlooks the Oshuku River and is larger than the men's outdoor bath.



### GOSHOKO

Type of spring: Alkaline simple hot spring  
Effective on: bruises, sprains, chronic digestive diseases, hemorrhoids, sensitivity to cold, neuralgia, muscle pain



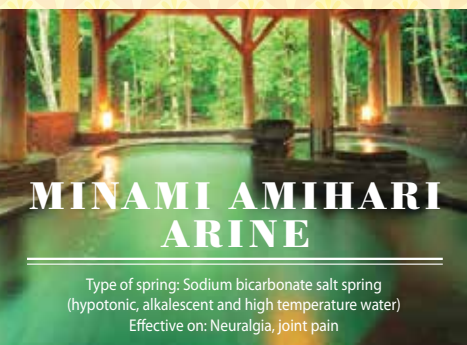
Revel in the scenic panoramic views /

### Amihari Onsen

These hot springs are located on the southern base of Mt. Iwate and being at an height of 760m there's a great panorama looking down over the surrounding scenery. In winter you can ski here and in the seasons when the trees are covered in greenery you can enjoy camping. The excellent facilities here and famous open air bath grabs the hearts of outdoor lovers and won't let go.

Enquiries: Kyukamura Iwate Amihari Onsen  
[URL] <https://www.qkamura.or.jp/iwate/>  
Tel: 019-693-2211  
Enquiries: Arine Sanso  
Tel: 019-693-3232

Map B-1



### MINAMI AMIHARI ARINE

Type of spring: Sodium bicarbonate salt spring (hypotonic, alkaline and high temperature water)  
Effective on: Neuralgia, joint pain

An outdoor bath that merges in with the forest /

### Minami Amihari Arine Onsen

This hot spring boasts 2 outdoor baths, a stone one and one made from cypress, which are integrated with the great nature here giving the illusion of being in the middle of the forest. The indoor bath is also spacious so you can enjoy bathing here with the same kind of feeling as being out in the woods.

Enquiries: Yukotan no Mori  
[URL] <http://www.iwate21.net/yukotan/>  
Tel: 019-693-3600

Map B-1



### SHIZUKUISHI TAKAKURA

Type of spring: Salt spring-hydrogen carbonate spring  
Effective on: Neuralgia, muscle pain

An outdoor bath with a perfect sense of freedom /

### Shizukuishi Takakura Onsen

This outdoor bath has water flowing directly from the hot spring source and is located in the Shizukuishi Prince Hotel. The water level of the pond right in front of the hot spring bath is at the same level giving a perfect sense of freedom and spaciousness.

Enquiries: Shizukuishi Prince Hotel  
[URL] <http://www.princehotels.co.jp/shizukuishi/>  
Tel: 019-693-1111

Map B-2

## Walks Around the Oshuku Onsen Area

### Uguisu Yu no Sato Park

Map B-5

There is a free hot spring foot bath in this park in the Oshuku Hot Springs Resort and walking trails too. Enjoy the four seasons of Oshuku and a moment of relaxation with the foot bath and walking trails here on a break from sightseeing or a tour of the hot springs.



### Development of the area where minerals dance in the springs and water glistens

Map B-5

All the accommodations regardless of their size or type are co-operating in the Oshuku Onsen initiative that's aiming for the revitalization of this area. They are looking to promote the treasures of the area including the fantastic scenery and the produce. There are high expectations for this project.



### Outaki Waterfall

Map A-5

This is a scenic spot close to the hot springs resort. This waterfall which flows through the mountains has an abundant amount of water flowing over it and is a fantastic walking course in spring when you can see dogtooth violet and yellow skunk cabbage flowers.



## Amihari Onsen Walking Guide

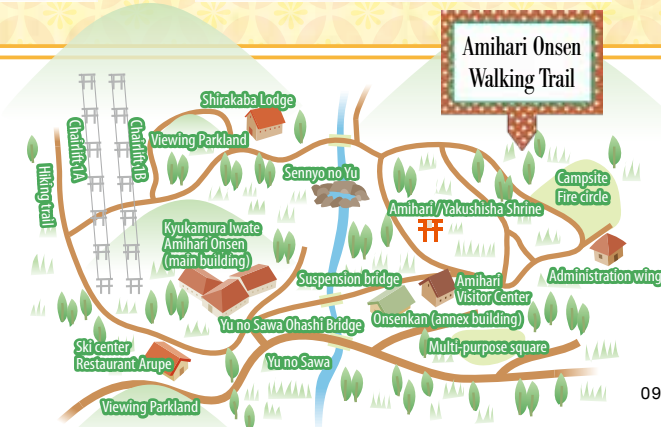
### Lift For Viewing The Scenery

This chairlift is set low so you can enjoy the changing colours of the trees at close quarters. You can fully enjoy a leisurely "hike in the air".



### Inukura Viewing Platform

This viewing platform is about a 10mins walk from the top of the chairlift. It's a magnificent viewing platform where in addition to the views of Mt. Iwate and Hachimantai, you can also look down over Morioka and the Shizukuishi basin.





## KUNIMI

Type of spring: Sulphur, sodium hydrocarbonate spring  
(hypotonic, neutral hypotonic and high temperature)  
Effective on: Chronic digestive diseases, diabetes, liver ailments,  
chronic women's diseases, neuralgia, rheumatism



## HASHIBA

Type of spring: Alkaline simple hot spring  
(expansive high temperature alkaline hot spring)  
Effective on: Neuralgia, muscle pain, joint pain



## IWATE KOGEN

Type of spring: Alkaline simple hot spring  
Effective on: Neuralgia, muscle pain, joint pain, stiff shoulders,  
motor paralysis amongst others



## Kakkōda Gorge

Map A-1

This gorge is rich in form shaped by the waters flowing from Akita Komagatake massif, Mt. Iwate and the Hachimantai range and is about 10km in length. It's a famous spot for the fresh greenery of spring and beautiful autumn leaves. It's known as a treasure trove for arctic char fish (iwana) and cherry trout (yamame).



## GENBU

Type of spring: Sodium, hydrocarbon salt spring  
(hypotonic, neutral hypotonic, high temperature spring)  
Effective on: Cuts, burns, chronic, skin conditions,  
chronic women's diseases



## TOKAN IWATESAN

Type of spring: Alkaline simple hot spring  
Effective on: Neuralgia, muscle pain, joint pain, stiff shoulders,  
motor paralysis amongst others



## TAKINOUE

Type of spring: Simple thermal spring  
(hypotonic, weakly acidic, high temperature spring)  
Effective on: Neuralgia, chronic digestive diseases,  
sensitivity to cold, recovery from exhaustion



Secluded spring with rare green spring water /

## Kunimi Onsen

This is a secluded spring in a ravine where buses don't pass and there's no electricity. It is famous for its green water and the wonderful scenery surrounding it. It is said that the green colour of the water has a similar relaxing effect as walking in forests and woods. The mineral encrustations floating in the water are so abundant that a coating would form on the surface if left alone. Open for business early May to early November.

Enquiries: Ishizuka Ryokan Tel: 090-3362-9139  
Enquiries: Mori Sanso Tel: 090-1930-2992  
Enquiries: Kunimi Sanso (only for day trip)  
Tel: 080-5229-5435

Map A-4

A hot spring adjoined to Michi no Eki /

## Hashiba Onsen

This hot spring for day trippers only is located at the roadside rest area, Michi no Eki Shizukuishi Aneko on Route 46. As it has easy access and a campsite, this hot spring is particularly popular with drivers and campers. You can enjoy soaking in a Western-style or a Japanese-style bath.

Enquiries: Michi no Eki Shizukuishi Aneko  
[URL] <http://www.aneeko.co.jp/>  
Tel: 019-692-5577

A private spring bath to unwind in /

## Iwate Kogen Onsen

This hot spring is in Pension Sanrinsha and Pension Momiji in the pension village of Iwate Kogen. It's a private spring bath for families that needs reserving so you need to check in advance to use it. It has a really calm, relaxing atmosphere.

Enquiries: Pension Sanrinsha Tel: 019-693-2311  
[URL] <http://www.diana.dti.ne.jp/~sanrin/>  
Enquiries: Pension Momiji Tel: 019-693-3450  
[URL] <http://p-momiji.com/>

Map B-1

A bath that's gentle on skin and warms the body /

## Genbu Onsen

This is a very refreshing, quiet hot spring bath surrounded by the Kakkōda River and basalt rock faces. Due to being a neutral spring which is rare, the water is very gentle on the skin and body warmth is retained well after soaking in this spring. This spring is also used as a base for enjoying the natural wonders of the southern base of Mt. Iwate.

Enquiries: Shizukuishi Tourism Association  
[URL] <http://shizukuishi-kankou.gr.jp/>  
Tel: 019-692-5138

Map B-2

Outdoor bath by a mountain stream /

## Tokan Iwatesan Onsen

You can leisurely soak in the 4 outdoor baths here that overlook the Kakkōda Mountain Stream while enjoying the different scenery of each of the four seasons. There's a private outdoor bath that you can use when you come on a day trip if you make a reservation.

Enquiries: Genbu Furyutei  
[URL] <http://www.genbu-furyutei.jp/>  
Tel: 019-693-3000

Map B-2

Steam rises from the springs in the gorge /

## Takinoue Onsen

This is located in a wonderful natural setting surrounded by native beech forest with rising steam accompanying the sight of the gorge and it has a mood of seclusion. Sometimes you can see Japanese serows and wild rabbits here. It is well known as a base for climbing the mountains in this area such as Mt. Mitsuishi. Open for business late April to late November.

Enquiries: Ryukanso  
Tel: 019-693-1188 (only for day trips)  
Enquiries: Ryukyoso Tel: 019-693-1144  
Was still closed in Sep. 2018

Map A-1

## Secret Spots of Hashiba

### Checkpoint Remains of Hashiba

Map A-4

This was a checkpoint set up by the Nanbu clan to keep watch on the transportation belonging to the Satake clan along the Kyū Akita Kaidō (Old Akita Road). Even now it communicates the romance of history with a monument with the inscription "Hashiba Checkpoint Ruins" standing at the foot of the Shinryugawa-Hashi Bridge.



### Old Akita Road

Map A-4

This is an old road that was used from ancient times to the Edo period as a road over the Ōu Mountains. The route was from the castle town of Morioka over Shizukuishi and Kunimi to Obonai (formerly Tazawako Town) and then on to Kakunodate. Even now there are remains of ancient milestones (ichirizuka) and guard houses within Shizukuishi town limits.



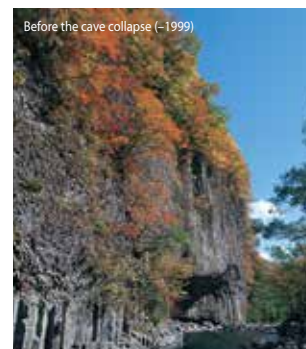
### Hashiba Yellow Skunk Cabbage

Map A-4

Alongside Route 46 there's a place called Hashiba Mizubasho Hogochi where you can see yellow skunk cabbage from around early April to late April.



## Kakkōda Gorge Sightseeing Spots



Before the cave collapse (~1999)



After the cave collapse (1999-present)

### Genbudo Cave

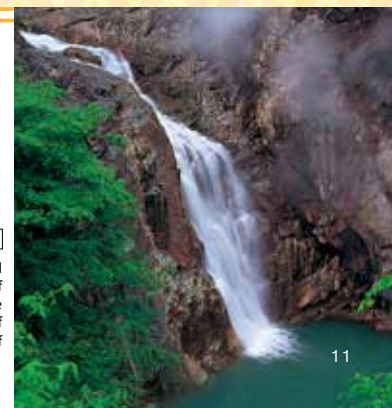
Map B-1

On the cliffs that extend along the left side of the Kakkōda River, you can see this columnar joint rock formation created by magma cooling and solidifying. Part of this scenic view was lost in 1999 when there was a cave collapse. However, the wonderfulness of the autumn leaves here remains unchanged.

### Torigoe no Taki Waterfall

Map A-1

This waterfall has a drop of around 30m over a vertical rock face. The scenery of this gorge with the smell of sulphur hanging in the air and the plumes of steam here and there from the hot spring water is a special sight of this area. This place is lively in autumn when lots of people come to see the autumn leaves.





**Rest House  
Recommended Dishes**

**Shizukuishi specialty  
Iwate Kogen Curry**

This is a true beef curry to be proud of with the tender meat that's been cooked for a long time and the mellow, deep flavor of the curry roux.



Enjoy night to the full also /

**Iwate Kogen Snow Park**

You can get a great scenic view over Morioka from here. This ski area has a varied layout of courses from exhilarating smooth, long courses to mogul courses. It also has a ski area for young children so this ski resort can be enjoyed by families right through to expert skiers.

**Open for business:** Mid December–Late March  
**Opening hours:** 8:30–21:00 (weekdays, Sundays, national holidays)  
 8:30–22:00 (Fridays, Saturdays, day before national holidays)  
**Enquiries:** Tel: 019-693-4000  
 [URL] <https://iwatekogen.jp/english/>

Map C-1

# To the winter fun in Shizukuishi Go!

Full of fun packed activities!

Lots of varied snow activities unique to Shizukuishi!



Shizukuishi has a hub of ski resorts that are some of the best in Tohoku. There are three ski resorts located on the southern base of Mt. Iwate; Iwate Kogen Snow Park, Amihari Onsen Ski Resort and Shizukuishi Ski Resort. You can enjoy the varied courses of each of these resorts and the differences in snow quality. Not only can you do skiing and snowboarding here, but you can also get snowshoes at Amihari Visitor Center or Koiwai Farm and go for a winter walk, go cross-country skiing at Keppare Land or enjoy activities like the snow strider and snow tubing courses at Shizukuishi Snow Land. All your winter activity needs can be fulfilled here.

You'll yearn for warm food or a hot spring after having fun in the snow. Come and enjoy the three essential winter activities in Shizukuishi; sports, cuisine and hot springs.



**Rest House  
Recommended Dishes**

**Amihari Ramen**

This is a seriously good soya sauce (shoyu) ramen with the stock made from strong flavored pig and chicken bones. It has a deep flavor which is unchanged from long ago and is a staple dish with lots of fans.



A ski area in great natural surroundings /

**Amihari Onsen Ski Resort**

In addition to the great snow quality, the trail layout is popular as it is rich in variety and includes the Futagorinkan Trail where you can ski in between snow covered trees. It is possible to snowboard on all the courses here. After skiing you can thoroughly relax at Kiki no Yu Amihari Hot Springs which has a history of over 1000 years.

**Open for business:** Mid December–Late March  
**Opening hours:** Weekdays 8:30–16:00; Sat, Sun & Holidays 8:00–16:00  
**Enquiries:** Tel: 019-693-2211  
 [URL] <https://www.qkamura.or.jp/en/iwate/>

Map B-1



Frolic and play in the snow /

**Shizukuishi Snow Land**

This is a winter funland that kids and all the family can enjoy. It is fitted with a snow escalator. There are many snow activities to enjoy including snow tubing and sledging.

**Open for business:** Mid December–Late March  
**Opening hours:** 9:00–16:00  
**Enquiries:** Tel: 019-693-1114

**Rest House  
Recommended Dishes**

**Ramen Anneko**

This is a ramen corner in the building at the bottom of the Shizukuishi Ropeway where the Anneko Miso Ramen is undeniably the most popular.




**Rest House  
Recommended Dishes**

**Ramen Anneko**

This is a ramen corner in the building at the bottom of the Shizukuishi Ropeway where the Anneko Miso Ramen is undeniably the most popular.



An exciting long course /

**Shizukuishi Ski Resort**

There is an abundant variation in the 11 ski trails here with the exciting 4.5km long trail being the main one. Whatever kind of style of skiing or snowboarding you like, there are facilities for you here. You should also check out the restaurant and Shizukuishi Takakura Hot Springs which has water flowing directly from the hot spring source.

**Open for business:** Mid December–Late March  
**Opening hours:** 8:30–17:00  
**Night skiing hours:** Saturday/Day before holidays/New Year Holiday 17:00–20:00  
**Enquiries:** Tel: 019-693-1114  
 [URL] <http://www.princehotels.com/en/ski/shizukuishi/>

Map B-2

Walk the winter forests and snow plains /

**Snowshoe Walking**

Snowshoes are available from Amihari Visitor Center or Koiwai Farm. Take a walk on the snow together with a guide through a world completely blanketed in snow and try and find footprints left by animals.

Give cross-country skiing a go /

**Keppare Land**

This is the closest specialist cross-country skiing area to the prefectural capital of Morioka (official course). After you've enjoyed skiing and walking the winter mountains and nature of Shizukuishi, relieve your tiredness at Oshuku Onsen. There are 4 trails (0.6km, 2km, 3km and 5km).

**Opening hours:** 9:00–17:00 (winter period 20<sup>th</sup> December–20<sup>th</sup> March; summer period 21<sup>st</sup> April–20<sup>th</sup> November) **Closed on:** Wednesdays **Tel:** 019-695-2211

Map B-5



**The largest garden park in Japan /**  
**Flower & Garden Mori no Kaze**

This is part of Oshuku Onsen Hotel Mori no Kaze and it's the largest garden park in Japan. It's a vast piece of land measuring 23,000m<sup>2</sup> where you can enjoy a variety of plants including flowering plants and fruit trees of each of the four seasons, conifers and topiaries. Ishihara Kazuyuki, who won a gold award at the RHS Chelsea Flower Show, was responsible for the garden's design. Come and enjoy a leading garden in the world created by the world's top gardener. You can also enjoy the illuminations at night when the garden is lit up.  
**Open for business:** Until 6th November (Flower & Garden), 7th November-9th January (only the garden illuminations are open)  
**Enquiries:** Tel: 019-691-8787  
**[URL]** <http://fg-morinokaze.jp/>

**Map B-5**

**Encounter the nature and animals here /**  
**Amihari Visitor Center**

This facility is a base for dispatching information about the nature here and the attractions of Mt. Iwate and for activities for coming into contact with nature. There are panel exhibitions on the rich nature and about the ecosystems of the plants and animals here along with exhibits explaining the processes of volcanic activity, hot springs and use of geothermal power. You can enjoy the really popular "air trekking" on a computer screen where you can see the geology and scenery of Towada-Hachimantai as if through the eyes of a bird.  
**Closed:** Every Tuesday from November-March  
**Enquiries:** Tel: 019-693-3777  
**[URL]** <http://amihari17.ec-net.jp>

**Map B-1**

**Play golf surrounded by incredible nature /**  
**Shizukuishi Golf Resort**

Shizukuishi Golf Resort has wonderful views and you can enjoy tackling a course that is tactically challenging. The Karamatsu course and Kaede course both have a beautiful natural setting and have cleverly placed ponds and bunkers so you can enjoy employing a variety of shot types and tactics.  
**Enquiries:** Tel: 019-693-1111  
**[URL]** <https://www.princehotels.co.jp/golf/shizukuishi/>

**Map B-2**

**Hachimantai Country Club**

This 18-hole course is located on a hillside and its natural topography is made use of. As this course was built in a mountainous area, you can enjoy the beautiful nature of the four seasons and the songs of the birds here. However, the slopes on the course are gentle so it's easy to walk around.  
**Enquiries:** Tel: 019-695-2326 **[URL]** <http://hachimantai-cc.com/>

**Map B-5**

**Have fun mountain stream fishing /**  
**Fishing**

Clear streams and rivers rush into Shizukuishi from the surrounding mountains. You can enjoy fishing for sweetfish (ayu), arctic char (iwana) and cherry trout (yamame) in the Shizukuishi River, Kakkonda River and Ryu River. You can also have great fun fishing for landlocked varieties of trout in Lake Gosho.  
**Enquiries:** Shizukuishi Cooperative Association of Fisheries Tel: 019-692-0569

Hachimantai Country Club

Shizukuishi Golf Resort

**Scenery loved by Miyazawa Kenji /**  
**Nanatsumori Shinrin Park**

Nanatsumori Shinrin Park is along Route 46 just after passing Oomori ichirizuka (ancient milestone) and it was designated a national place of scenic beauty as one of the Scenic Areas of Ihatov. It is one of the places that features most often in the works of Miyazawa Kenji. Kussetsuritsus which is said to be Kenji's first work of poetry is famous and representative of this place featuring in his works. Nanatsumori is a general term which includes Oomori, Ishikuramori, Hachimori, Hienukamori, Kanjuromori, Mitenomori and Mikadomori. The highest peak of these, Mt. Oomori, is one of the mountains that features in Kenji's posthumous work Kyouzu Mubeki Yama. From the viewing platform on top of Mt. Oomori, you can get a full view of the rural landscape of Shizukuishi. In spring you can enjoy the cherry trees blooming along the woodland paths and in summer you can enjoy relaxing walks in the forests and woodlands.

**Map D-4**

**Guide to enriching nature experience activities /**  
**Green Tourism in Shizukuishi**

You can participate in nature experience activities at the agriculture and forestry businesses and livestock farms of the town which are perfect for an educational trip as part of Green Tourism. Please enquire about the activities you would like to try which include work in the rice fields like rice planting or harvesting, forestry work like pruning trees or inoculation of mushrooms, work in the vegetable fields like seed planting or digging up potatoes, or animal husbandry work like taking care of cows.  
**Enquiries:** Tel: 019-691-1800  
 (Shizukuishi Green Tourism Promotion Council)  
**[URL]** <https://shizukuishi-gt.com/>

**A leisurely trekking trail /**  
**Mt. Osuke**

This mountain mass stands alongside Prefectural Road 1 which runs between Morioka and Yokote. In addition to the regular route from Keppare Land, you can also climb from Oshuku Onsen and enjoy taking a hot spring and trekking at the one place.

**Map B-5**

# Shizukuishi Summer Activities

Enjoy the leisure to the full

There's a diverse variety of activities waiting for you here from sports to nature experiences.

**Only 3mins to the hot spring building! /**  
**Amihari Onsen Campsite**

This campsite has a spacious free site, a forest (rinkan) site, a fire circle and cooking facilities. It's a pleasant, comfortable campsite near a hot spring where you can have a great time. Enjoy a relaxing walk in the forest on walking trails here that take about 1 hour. It's also a perfect spot for birdwatching.  
**Open for business:** Late May-Late October **Enquiries:** Tel: 019-693-2211  
**[URL]** <https://www.qkamura.or.jp/iwate/camp/>

**Map B-1**

**Koyanagisawa Sabou Park Auto-Campsite**

This campsite, which is part of Michi no Eki Shizukuishi Aneko, is equipped with an auto-campsite where you can park your car next to where you pitch your tent. You can enjoy a pleasant time camping here and you receive discounts for the hot springs at the Michi no Eki when you camp here.  
**Open for business:** Late April-Early November **Enquiries:** Tel: 019-692-5577  
**[URL]** <https://www.anecko.co.jp/camp>

**Map A-4**

**A scenic spot close to hot springs /**  
**Torigoe no Taki Waterfall**

This waterfall has a drop of around 30m over a vertical rock face. The scenery of this gorge with the smell of sulphur hanging in the air and the plumes of steam here and there from the hot spring water is a special sight of this area. This place is lively in autumn when lots of people come to see the autumn leaves.

**Map A-1**

**Keppare Land challenge /**  
**Water Jump**

This is a place you can have fun practicing your jumps even in summer on skis and snowboards on water. In addition to it being easier and safer for beginners to try jumps, it can simply be enjoyed as a summer sport.  
**Enquiries:** Jiyuya Summer gerande Keppare Land Tel: 080-7842-1555

Amihari Campsite

Koyanagisawa Sabou Park Auto-campsite



### Exclusive Products of Koiwai Farm

Koiwai farm products can boast popularity across all areas of Japan. High quality products from here that taste great and are quality assured based on cultivation and production techniques of over 100 years worth of experience reach dining tables across Japan. Butter, cheese, ice cream and cheesecake made using the fresh, great flavoured milk are very popular.



### Shizukuishi Beef

Japanese Black Cattle leisurely graze here in the rich nature of Shizukuishi and are reared with great care and warm affection by the farm staff. Due to the quality of this meat with its unique mellow taste and the perfect balance of meat and fat in its flavor, it has been pronounced the grand champion by the National Japanese Cattle Exhibition in the past and won several other prizes. This beef is highly valued in the same way as the well-known Maezawa Beef is.



### Walnut Baskets

These baskets are made by carefully weaving the bark of walnut trees. Due to the feel and texture of the natural raw material, the more you use these baskets, the more you want to use them.

Enquiries: Shizukuishi Mingeisha Tel: 019-689-2279



### Kikko-ori (Tortoise-Shell Weaving)

While entangling the threads of warp and weft, a hexagon-shaped pattern is formed in tortoise-shell weaving. Shizukuishi Kikko-ori (tortoise-shell weaving) was determined a selected preservation technique in March 2005. The conservation society, Shizukuishi Asa no Kai, are preserving the complete process from start to finish and are active in handing it down to future generations by continuing to use the traditional methods of long ago including using hemp grown here as the raw material, natural dyes and the same weaving technique. Groups of 5 or more can try this experience activity (reservations necessary).

Enquiries: Shizukuishi Asa no Kai Tel: 019-692-0122 (Nogyosha Training Center)



## Specialty Food Products of Shizukuishi

Specialty food products grown in the great natural environment here are the pride of Shizukuishi. Come and savour these quality-assured, delicious blessings of Shizukuishi.

### Certification of Agricultural Products

Agricultural products grown in Shizukuishi in soils kept in great condition using fully ripened compost are certified as Agricultural Products Grown in Shizukuishi. A seal with this certification is placed on the goods in the shops where they are sold. Local production for local consumption is being promoted with these safe, quality-assured agricultural products.



### Rapeseed Oil

Na no Shizuku rapeseed oil is produced using rapeseed grown in Shizukuishi and contains no artificial colourings or additives. It has the essence of rapeseed that has been lightly cooked and has a natural colour and taste for you to enjoy.



### Soba

In addition to dried noodles and half-boiled noodles made from soba produced here, mochi and azuki bean paste cakes, sweets and novel processed goods made using buckwheat (soba) flour are on sale too.



### Wasabi (Japanese Horseradish)

The Wasabi (Japanese horseradish) on sale here, and that's used in the processed foods here, is cultivated on the southern base of Mt. Iwate using pristine water. Ice cream and sausages with a horseradish flavor are popular souvenirs of this area.



### Woodwork Products

These wood products are made using local timber and include furniture with excellent design properties and everyday items like chopsticks and utensils which have a wonderful simplicity to them. All the products have a warmth and mellowness to them. The feel of the products grows in character the more you use them and they give off a sense of tranquility like that which encompasses the nature of Shizukuishi.



### Wheat and Soy Products

In addition to bread made with Nanbu wheat and bread made with homemade yeast and organic foods, there are lots of popular products, including natto, made using the locally produced soy beans Shizukuishi Kurosengoku Daizu.



### Rice Flour Products

Come and try the original rice flour products of Shizukuishi which include rice flour noodles containing collagen with its fun, firm yet chewy texture and bread made using rice flour.



### Gelato

There are lots of shops here selling gelato made using homemade milk and fruits and vegetables of the season or homemade ice cream made using freshly produced milk from Shizukuishi.



## Shizukuishi Tourism and Produce Center

Opening hours: 9:00-18:30  
Fixed days off: None  
Tel: 019-692-5900

Map C-4

At Shizukuishi Ginga Station (1st floor of Shizukuishi Station) you can get tourist information on sightseeing spots of the area and assistance with accommodation and travel arrangements. Works of artists based in Shizukuishi, including woodwork products and handicrafts, are also on display and for sale here. You can feel the affection poured into making the products when you hold them.



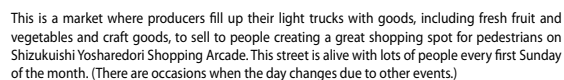
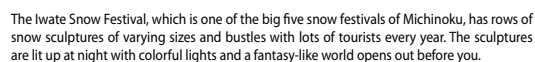
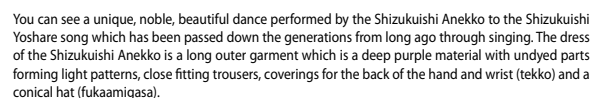
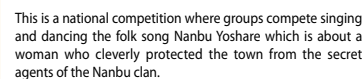
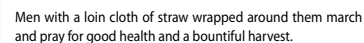
## Local Products of Shizukuishi

Shizukuishi local products have a simple, refined texture and a style born of the careful handiwork of the craftsmen. You'll definitely find something that's to your taste.

### Arts and Crafts

Original works of art are born in Shizukuishi through fusion of traditional crafts and folk crafts with the inspiration that comes from the nature of the area. These works include pottery, lacquer craft work and Nanbu ironware. Come and look for an art and craft to your liking for a souvenir or for a decorative piece for your home.





## Access Information

|                |                                 |                                                                                                             |                   |
|----------------|---------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------|
| From Tokyo     | Akita Shinkansen (Komachi)      | Tokyo ▶ Shizukuishi                                                                                         | About 2hrs 30mins |
|                | Tohoku Shinkansen (Hayabusa)    | Tokyo ▶ Morioka ▶ Change to the Tazawako Line ▶ Shizukuishi                                                 | About 3hrs        |
|                |                                 | Tokyo ▶ Morioka ▶ Catch a bus or taxi ▶ Shizukuishi                                                         | About 3hrs 10mins |
|                | Tohoku Expressway               | Tokyo ▶ Morioka IC ▶ National Highway 46 ▶ Shizukuishi                                                      | About 7hrs 40mins |
|                | Airline (JAL/ANA)               | Haneda Airport ▶ Akita Airport ▶ Catch a taxi or rent a car ▶ Shizukuishi                                   | About 2hrs 40mins |
| From Sendai    | Akita Shinkansen (Komachi)      | Sendai ▶ Shizukuishi                                                                                        | About 1hr         |
|                | Tohoku Shinkansen (Hayabusa)    | Sendai ▶ Morioka ▶ Change to the Tazawako Line ▶ Shizukuishi                                                | About 1hr 5mins   |
|                | Tohoku Expressway               | Sendai Miyagi IC ▶ Morioka IC ▶ National Highway 46 ▶ Shizukuishi                                           | About 2hrs 20mins |
| From Akita     | Akita Shinkansen (Komachi)      | Akita ▶ Shizukuishi                                                                                         | About 1hr 20mins  |
| From Aomori    | Tohoku Shinkansen (Hayabusa)    | Shin-Aomori ▶ Morioka ▶ Change to the Tazawako Line ▶ Shizukuishi                                           | About 2hrs 10mins |
|                | Tohoku Expressway               | Aomori IC ▶ Morioka IC ▶ National Highway 46 ▶ Shizukuishi                                                  | About 2hrs 25mins |
| From Hachinohe | Tohoku Shinkansen (Hayabusa)    | Hachinohe ▶ Morioka ▶ Change to the Tazawako Line ▶ Shizukuishi                                             | About 1hr 20mins  |
|                | Tohoku and Hachinohe Expressway | Hachinohe IC ▶ Morioka IC ▶ National Highway 46 ▶ Shizukuishi                                               | About 1hr 45mins  |
| From Hakodate  | Tohoku Shinkansen (Hayabusa)    | Hakodate ▶ Shin-Hakodate Hokuto ▶ Morioka ▶ Change to the Tazawako Line ▶ Shizukuishi                       | About 3hrs 30mins |
| From Sapporo   | Airline (JAL)                   | Shin-Chitose Airport ▶ Iwate Hanamaki Airport ▶ Bus ▶ Morioka Station ▶ Tazawako Line or bus ▶ Shizukuishi  | About 2hrs 30mins |
| From Nagoya    | Airline (FDA)                   | Nagoya Komaki Airport ▶ Iwate Hanamaki Airport ▶ Bus ▶ Morioka Station ▶ Tazawako Line or bus ▶ Shizukuishi | About 2hrs 40mins |
| From Osaka     | Airline (JAL)                   | Itami Airport ▶ Iwate Hanamaki Airport ▶ Bus ▶ Morioka Station ▶ Tazawako Line or bus ▶ Shizukuishi         | About 2hrs 40mins |
| From Fukuoka   | Airline (JAL)                   | Fukuoka Airport ▶ Iwate Hanamaki Airport ▶ Bus ▶ Morioka Station ▶ Tazawako Line or bus ▶ Shizukuishi       | About 3hrs 15mins |



### For enquiries regarding transport

|                                       |                   |
|---------------------------------------|-------------------|
| JR Shizukuishi Station                | Tel: 019-692-2218 |
| JR Morioka Station                    | Tel: 019-622-3456 |
| Iwateken Kotsu Bus Shizukuishi Office | Tel: 019-692-3212 |
| Shizukuishi Taxi                      | Tel: 019-692-3131 |
| Iwate Hanamaki Airport (JAL)          | Tel: 0198-26-2016 |

### Rental Car Guide

\*Reservations 2 days prior to using the car necessary

|                                 |                   |
|---------------------------------|-------------------|
| Shizukuishi Tourism Association | Tel: 019-692-5138 |
| Nippon Rent-a-Car               | Tel: 019-647-0919 |

### Access to the main tourist places nearby

|              |              |                  |                   |
|--------------|--------------|------------------|-------------------|
| Morioka City | About 20mins | Hiraizumi        | About 1hr 20mins  |
| Lake Tazawa  | About 40mins | Jodogahama Beach | About 2hrs        |
| Hachimantai  | About 50mins | Kuji             | About 2hrs 15mins |
| Kakunodate   | About 1hr    | Ryusendo Cave    | About 2hrs 20mins |

### For Tourist Information Enquiries

Shizukuishi Tourism and Produce Center  
Shizukuishi Tourism Association

**Tel: 019-692-5138**

Fax: 019-692-5914

URL <http://shizukuishi-kanko.gr.jp/>

46-3 Teranoshita, Shizukuishi, Iwate-gun, Iwate Prefecture 020-0524

