



Iwate prefecture
Shizukuishi



Towada-Hachimantai national park

Trekking Map

Introduction of the mountains
of Shizukuishi



Before starting trekking

Accessories needed for mountain climbing

The list of belongings below will prove very handy for trekking

Please refer to this list to prepare your bag

(Please make sure there is enough equipment for everybody)



● Backpack

It allows to have both of your hands free while climbing. (for a day trip: around 25 to 30 liters, if you plan to stay overnight in a shelter, between 30 to 40 liters) In case of rain, a backpack cover might prove very useful

● Self medication

Band aids, slings, painkillers are necessary. Don't forget to bring the medicine you usually use at home, like digestive medicines. Anything can happen while trekking so please always carry a copy of your health insurance.



● Hats and helmets



They are meant to prevent heat strokes.

You might also wear a helmet. These are essential items when climbing active volcanoes.

● Smartphones

You might need to call for help, so please take your smartphone as well as a portable battery.



● Water

A large supply (depending on how long your trip is) of water, for cleaning wounds as well as hydration, and sports drinks.



● Rain gear



A full rain gear, maybe even a folding umbrella, are necessary: if you get soaked, your body temperature will fall down quickly, which is dangerous.

● Map and compass

The map is useful to check the nature of the terrain, used of course together with a compass. Please make sure you are used to these two items before starting your trip.



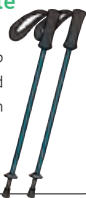
● Hiking registration

It is advised to fill a document about your upcoming trip. It will be helpful in case of disaster or accident, allowing people to search for and locate you accurately.



● Trekking pole

It will help you keep your balance and ease the burden on your legs and loins.



● Warm clothes and gloves

Fleece, down...warm clothes are essential, even in summer. Gloves are not only a prevention against cold but also protect your hands from injuries.



● Spats

They will prevent rain or small rocks from entering your boots.



● Sunglasses



The sunlight is strong when on a mountain so it's better to protect your eyes.

● Headlamp

Essential even for a day trip. There is always a risk of getting tired, injured or lost, which would extend the trip until after sunset. (make even sure you have a spare bulb and battery)



● High energy food and emergency rations

Something easy to eat, and calorie-rich, anything you like. Chocolate, dried fruits, nuts provide extra energy and can be enjoyed while walking.



● Underwear

Let's avoid cotton made underwear, because it's difficult to get them dry. When soaked in sweat , it always feels good to change clothes. Underwear made for mountain climbing. If made with wool they are also odor resistant.



● Mountain climbing boots

They should protect you up to teh ankle. It is better to have shoes made of Goretex or other waterproof material.



Checklist before departure:

- ☐ Backpack
- ☐ Backpack cover
- ☐ Trekking shoes
- ☐ Spats
- ☐ Rainwear
- ☐ Warm clothes
- ☐ Hat
- ☐ Gloves

- ☐ Trekking pole
- ☐ Sunglasses
- ☐ Headlamp
- ☐ Water and sports drinks.
- ☐ Food, calorie-rich snacks, emergency rations
- ☐ First aid medicine and bandages, insecticide.

- ☐ Towel and handtowel
- ☐ Tissue paper
- ☐ Smartphone
- ☐ Map and compass
- ☐ Hiking registration
- ☐ Knife
- ☐ Whistle
- ☐ Plastic bags

Mt. Akita-Komagatake

Kunimi Onsen Trail

Mt. Akita-Komagatake
DATA

Difficulty level



Duration: 5 hours and 40 minutes

Elevation gain: 800 m

Elevation: 1637 m (Omedake)

Recommended season:
June to October

Outlook

Autumn
colors
(Kouyou)Alpine
plants

Recommended spots

- Kumini Onsen (lodging and day trip)
- Roadside Station Shizukuishi Anekko
- Oshuku Onsen (lodging and day trip)

From Kumini Onsen's trailhead, walk up, avoid the forest and after one hour, you will come to an oblong root ramification. This place is close to the southern tip of Mt. Akita-Komagatake's caldera which was formed 13000 years ago during a volcanic eruption. There is a trekking trail which goes around the caldera. Choose the ramification to the right until you find Oyakesuna junction and turn to your left, follow a trail called "Moomin Valley". First let's start ascending Mt. Odake. When descending, your trail will merge with the trail which starts from Hachigome, on the side of Akita prefecture. Walk past the Amida Pond and head towards the shelter. Akita Komagatake is not the peak: the highest point is Onamedake, 1637 m, which is part of a series of peaks: Odake, Medake, Kodake, and Yokodake. From the cabin, after a round trip to onamedake head towards Yokodake, step down Oyakesuna and you will have made a trekking circuit.

INFORMATION

● Access to Akita-Komagatake: 1 hour from Morioka Exchange on Tohoku expressway, 40 minutes by car from JR Shizukuishi Station ※There is no access by bus

● Information:

- Shizukuishi Tourism Association TEL: 019-692-5138
- Amihari Visitor center TEL: 019-693-3777
- Shizukuishi Town (Tourism and business bureau) TEL: 019-692-6407





Nikko kisugae

[From the middle of July to the
ten first days of August]



Shirane Aoi
Japanese wood
poppy [June]



Chinguruma flowers
(*Sieversia pentapetala*)
[July]

(Kinjurongane)

Yokonagane
junction

(1:00) ↑ | (0:45)

Kunimi Onsen ○ Starting point



Trails

Kunimi Onsen Trailhead (60 min) –Yokonagane (30 min)–Oyakesuna junction– (60 min) –Mt. Odake– (30 min) –Amida pond– (20 min) –Mt. Onamedake (20 min)– Mt. Yokodake– (30 min) –Oyakesuna junction– (30 min)

Mt. Onamedake

Amida pond
Mountain hut



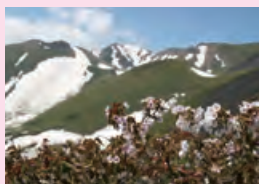
Komakusa
(dicentra; *Dicentra peregrina*)
[July-August]



Takane Sumire
(Viola crassa)
[mid-June to end of June]

POINT

Steep mountain trails might stay snowy very late, this is why you might need an ice axe and crampons. More flat trails might have been overused and be totally trampled, so it's better to inquire about their status before starting your journey.. Mt. Akita-Komagatake is listed as one of the hundred most famous "flower mountains". You can find more than fifty different varieties of flowers here.



Mt Mitsuishi

Okusando Trail



Mt Mitsuishi

DATA

Difficulty level



Duration: 3h40

Elevation gain: 450 m

Elevation: 1466 m

Recommended season:
June to October



Green
landscapes



Autumn
colors
(Kouyou)



Alpine
plants

Recommended spots

- Amihari Visitor Center
- Closed days (no staying)
- Closed days (one day bath trip not possible)

Let's walk the Okusando path from the parking lot.

From August to December, if you're lucky, you can see swarms of Chestnut Tiger Butterflies, frolicking. After walking 2 km, the ascent begins, the usual path starts by taking the Takino ue Onsen junction. After crossing a forest of Japanese beeches, and a quite abrupt climb, a rocky area appears. Then the slope starts to get more gentle and you can enjoy the fragrance of Maries' firs. After passing a few water holes, you will be able to see the many flowers blooming on Mitsuishi marshy grasslands and mountain cottage. From the mountain cottage to the summit of Mt. Mitsuishi, the slope gets sharp again. The stone stairs are a bit difficult to climb but if you look over your shoulder, you can see Mt. Iwate rising, more gigantic than ever. Around the summit is a plateau, from where you can have an unbroken view of some of the 100 most famous mountains of Japan: Mt. Iwate, Mt. Hayachine, then Mt. Akita-Komagatake, Mt. Eboshidake (nicknamed "Mt Nipple" - Nyutozan) and Mount Moriyoshi. If the weather is fair, why not stretch your leg's out by walking the Uraiwate express trekking trail to Nisekomokko...from Nisekomokko peak's surroundings, you might be able to have a far away glance at Mt. Chokai.

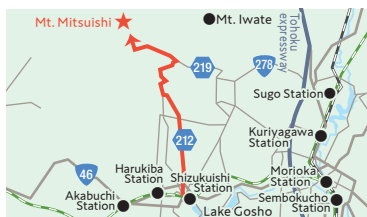
INFORMATION

● Access to Mt. Mitsuishi (Okusando trail): 45 minutes from Morioka Exchange on Tohoku expressway, Koiwai Farm-Amihari direction. 35 minutes by car from JR Shizukuishi Station.

※ There is no access by bus

● Information:

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- Amihari Visitor center TEL: 019-693-3777
- Shizukuishi Town (Tourism and business bureau) TEL: 019-692-6407



Mt Mitsuishi

Takinoue Onsen
TrailMt Mitsuishi
DATA

Difficulty level



Duration: 5h50

Elevation gain: 450 m

Elevation: 1466 m

Recommended season:
June to OctoberGreen
landscapesAutumn
colors
(Kouyou)

Recommended spots

- Torigoe no falls
- Takinoue Onsen
(on day bath trip - lodging)
- Genbudo Chaya (Soba restaurant)

From the parking area of Takinoue park, it takes 5 minutes to reach the trail's starting point. Then the curve starts to get step by step a little bit more abrupt. After that you'll reach a flatter area and find a path in the woods, with a crossing, keep going straight forward. Going further into the Japanese Beech forest, will have you end up walking along the river. You can refresh yourself while continuing deeper into the forest. The beginning of this trail was a bit rough, but now you can enjoy this water which is delicious and fresh all year long. After a steep ascension with a sulphur fragrance, your path will suddenly open on the east side, and you will be able to see Mt. Hayachine and Shiwasanzan. You'll arrive after another steep climb to Takinoue junction. There your trail merges with Okusando's.

These could also prove useful.

COLUMN

Tissue paper

Toilet paper rolls without a cardboard core last longer and should be chosen over the normal ones.

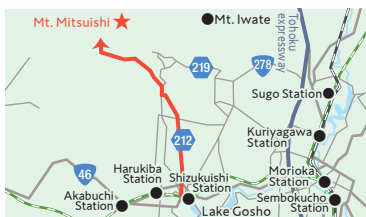


INFORMATION

● Access to Takinoue trailhead: 45 minutes from Morioka Exchange on Tohoku expressway, Genbu - Takinoue direction. 35 minutes by car from JR Shizukuishi Station. ※ There is no access by bus

Information:

- Shizukuishi Tourism Association TEL: 019-692-5138
- Amihari Visitor center TEL: 019-693-3777
- Shizukuishi Town (Tourism and business bureau)
TEL: 019-692-6407



Okusando Trail

Okusando-Omatsukura Trailhead- (40 min) - Trailhead- (5 min) -Takinoue Onsen junction - (35 min) -Mt. Mitsuishi summit- (30 min) -Mt. Mitsuishi cottage- (25 min) -Takinoue Onsen junction - (5 min) -Trailhead- (40 min) - Okusando-Omatsukura Trailhead.

Takinoue Onsen Trail

Takinoue Park parking area- (5 min) -Takinoue Onsen Trailhead-(120 min) -Takinoue Onsen junction- (35 min) -Mt. Mitsuishi cottage- (40 min) -Mt. Mitsuishi summit- (30 min) -Mt. Mitsuishi cottage- (25 min) -Takinoue Onsen junction- (5 min) -Takinoue Park parking area



**Lobelia
sessilifolia**

[First half of August]



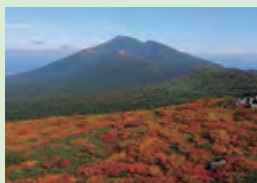
Beautiful

If you're lucky,
you can enjoy the view
of the Chestnut Tiger
Butterflies
frolicking.



Okusando Trail POINT

The closest watering places near Mt Mitsuishi cottage are a 3 minutes walk away. They sometimes get dry in summer so let's take a surplus of water supplies. During the Autumn Colors season, which is the high season, hundreds of mountain climbers walk up the mountain or use the toilets at the mountain cottage so please be prepared accordingly.





Miyamatsubo sumire
(Viola; *Viola verecunda* var.
fibrillosa) [middle of July]



Miyama Gentian
[End of July - early August]

**Takinoue Onsen Trail
POINT**

Compared to the Okusando trail, mountaineers are not so many, so it is possible to enjoy a peaceful and relaxing experience. There aren't so many thick clusters of plants, but different plants are quietly blooming here and there, looking for them while walking is also a fun experience! Since there are many bears on this mountain, let's bring a bear bell, a radio, or climb in lively chatting groups!



Mt. Eboshi - Senshogahara

Takinoue Onsen Trail

Mt. Eboshi -
Senshogahara
DATA

Difficulty level



Duration: 7h30

Elevation gain: 850 m

Mt. Eboshi elevation: 1478m

Senshogahara elevation: 1379m

Recommended season:
June to OctoberGreen
landscapesAutumn
colors
(Kouyuu)

Giant tree

Recommended spots

- Torigoe falls
- Ryukanso (lodging - one day bath trip)
- Genbudo Chaya (Soba restaurant)

From Takinoue's trailhead, let's head towards Shiranuma, while watching the big tree.

Shiranuma is a breeding ground for forest green tree frogs, so many egg-sacks looking like bubbles can be observed during the egg-laying season. In this area it is not uncommon to encounter baby frogs, so please be careful. After Shiranuma, you'll arrive to Mamushizaka slope. If you look behind you halfway through the trail, you can see Mt. Iwate and Mt. Mitsuishi, which are covered in red during the autumn colors season. After Mamushizaka, going on climbing will let you see the summit of Mt. Eboshidake. In summer you can find Nikko Day Lilies, Chinguruma (Sieversia pentapetala) and other alpine plants, but please also have a look at the 360° panorama on the summit.

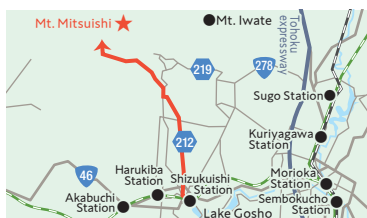
The climax of this trail is Senshogahara. This series of marshy grasslands of various shapes and sizes are a real joy to behold. This place having been used as a model for one scene in Ghibli's anime "Howl's Moving Castle", you might enjoy the feeling of living a legendary adventure.

INFORMATION

- The Taigakura ponds are full of koi carps, crucian carps, chargers, shrimps and other animals. In August, pygmy water lilies are blooming, which look like lotus flowers. This trail is rich in fauna and flora.

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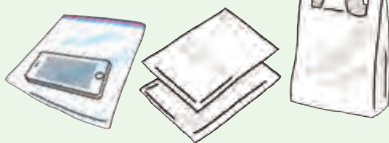
On the ridge of Taigaraku, lots of flowers are blooming, and in summer, the fresh wind coming from it will help you relieve your fatigue.



These could also prove useful.

Some plastic bags

Basic ethics require you to not leave anything behind you. Plastic bags will be useful for putting garbage or storing dirty clothes. Ziplock bags are better because they are waterproof.



COLUMN

Mt. Akita-Komagatake

Mt. Mitsuishi
Okusando Trail

Mt. Mitsuishi
Takinoue Onsen Trail

Eboshidake - Senshogahara

Mt. Iwate
Amihari Trail

Mt. Iwate
Omisaaka course

Kamakuramori
(winter mountain climbing)

Mt. Osuke

Cycling

Takinoue Onsen Trail

Takinoue Onsen trailhead – (70 min) – Shiranuma – (30 min) – Mamushizakaue marshlands – (100 min) – Mt. Eboshidake Summit – (45 min) – Senshogahara entrance – (20 min) – Senshogahara exit – (40 min) – Taigakura – (60 min) – Taigakuranuma marsh – (40 min) – Taigakuranuma trailhead – (45 min) – Takinoue Park Resting hut

※From the Netsukokanjo trailhead, it takes 30 minutes to reach the Takinoue Park resting area.



Nikko kisugetsu
(Nikko day lily)
[Mid-July to early August]

Eboshidake

Lake Tazawa
Excellent view!

Mt. Zarumori



Kinugasaso
(Paris; P. japonica)
[End of June to early July]

Mamushizaka
slope
marshland

(1:40)

Thick cluster of
Nikko day lilies
(Some snow remains
until early summer)

Thick cluster of
Nikko day lilies
(Some snow remains
until early summer)

(0:45)

Eboshidake
junction

Senshogahara
Entrance

Senshogahara
watering
place

(0:20)

Quite a lot of
"mamushi" vipers!
(Please be careful!)

Mamushizaka
(steep slope)

(0:30)

Shiranuma

Forest green
tree frog
Crucian carp
habitat



Kinkoka
(Narthecium
asiaticum)
[July]



POINT

Especially, the marshlands above the Mamushizaka slope remain snowy until the end of July, so please take care!

If you climb from Taigakuranuma trailhead, towards Senshogahara, you'll encounter a very steep slope midway. Then, when you arrive in Yaseone, the way becomes very slippery.



Mt. Iwate

Amihari Trail

Mt. Iwate
DATA

Difficulty level



Duration: 10h20
(one-way trip by lift takes 40 min)

Elevation gain: 728m

Elevation: 2080 m

Recommended season:
June to October



Outlook



Autumn
colors
(Kouyou)

Recommended spots

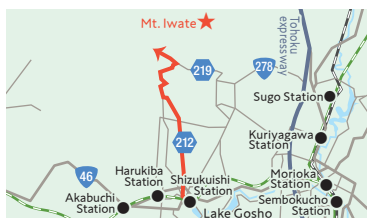
- Kyukamura Iwate Hamihari Onsen
- Amihari Visitor Center
- Arine Sanso (bath)

This trail is about taking Mt. Iwate from the west ridge, reach the seemingly inaccessible Onigajo, and aim at the peak. The trailhead is from Amihari Onsen, after 40 minutes of ride on the observation lift, just climb the wooden stairs 5 minutes and you'll reach the observation deck. From there you can see the steam of the Inukura crater from which the hot spring water of famous Onsen Amihari pours out, and also the Shizukuishi basin. You will soon arrive at the Inukura junction which will lead you away from Mt. Iwate's face. Let's head towards Mt. Ubakura junction. You will cross a forest of Maries'fir trees, which offers much welcomed resting places and watering points, and after a little climbing and sweating, reach the Mt. Ubakura junction. North of you is Hachimantai, and looking East will let you see the way from Onigajo to the summit of Mt. Iwate.

You will follow a wide and pleasant ridge with many flowers blooming, then walk along the flank of the fuming Mt. Kurokura to reach the Kiridoshi junction which is a starting point for the "Field of flowers" trail. If the weather is fine, from here you can start the Onigajo trail. The Marie's fir forest

INFORMATION

- Access to Mt Iwate (Amihari trailhead) :
40 minutes from Morioka Exchange on Tohoku expressway, Koiwai farm - Amihari direction. 30 min by car from JR Shizukuishi station. ※There is no access by bus
- Information:
 • Shizukuishi Tourism Association TEL: 019-692-5138
 • Amihari Visitor center TEL: 019-693-3777
 • Shizukuishi Town (Tourism and business bureau) TEL: 019-692-6407



will finally turn into a rocky area. Onigajo's ridgeline is located on the southern side of the outer rim of a caldera 1.3 km wide (north south) and 2km wide (east west) created by the repeated activity of the ancient western Iwate volcano.

That is why the southern slope opens the foot of the stratovolcano to the Shizukuishi basin, while the edge of the northern slope is very sharp. On the top part of the valley, which is still snowy until early summer, you can enjoy the sight of many flowers : chinguruma (Sieversia pentapetala), Nikko day lilies, Kinkoka (Narthecium asiaticum); on the rocky part, pincushion plants, clubmoss mountain heathers, komebatsugazakura (Arcterica nana) and other alpine plants.

Following the signs displayed on the rocky area, you will turn and turn and see the summit of Mt. Iwate look step by step bigger and closer. If looking back, you can see at the bottom of the caldera, a crater lake named Onawashiro, filled with blue water. From now on the slope will sometimes get very sharp or slippery, so please check your footholds (handholds) very carefully. Near the summit you can see Onigajo's highest point, it is located at the top of Omisaka valley. Here you will be walking on scoria gravel (black pumice stones). In July and August, Dicentra are blooming. A little further, the Onigajo junction merges your trail with the southern Omisaka trail. Both the Onigajo trail and the Omisaka trail lead you to the same part of the summit.



POINT

The part of the Tozando trail next to the Ubakura junction is surrounded by spots with a high risk of crumbling, so please be careful not to deviate from the trail. Also, this trail will have you climb rocky areas. Please be extremely careful in case of rainy or windy weather. One part of the cutting path to the Hanabatake trail has a high risk of collapsing too, so be very careful there too, especially, once again, in case of rainy or windy weather. The trekking trail which, using the lift, takes you to the summit of Mt. Inukura is also enjoyable. From the observation deck at the summit, you'll have a view of Hachimantai, Mt. Mitsuishi, Mt. Eboshi, and Mt. Akita-Komagatake. There are benches so you can seat and open your bento box. The summit is a 30 minute walk from the lift terminus. It's an easy and relax trail but don't forget to bring your rain gear ! The Amihari trail covers a pretty long distance and might thus take longer than expected, which could result in missing your lift. Don't forget you will have to descend the mountain. Also it could be wise to plan a little bit of extra time if you end up having to descend the mountain via the Omisaka trail or the Uмагаeshi trail (Takizawa city).

Mt. Iwate

Omisaka Trail

Mt. Iwate
DATA

Difficulty level



Duration: 8h30

Elevation gain: 1428 m

Elevation: 2038 m

Recommended season:
June to SeptemberGreen
landscapesAutumn
colors
(Kouyou)

Falls

Recommended spots

- Amihari Visitor Center
- Arine mountain cottage (Onsen)
- Koiwai Farm Park

This is a path which has been walked since the ancient times: people used to do pilgrimages from the shrine at the bottom of Mt. Iwate to the shrine deep inside the mountain. Nowadays, the trail head has a parking lot and there is a prefectural road next to it. You will walk up Japanese larch woods, which will soon turn into a Mongolian Oak forest.

Once you've reached the spot called Warajinugiba, you will enjoy the sight of Japanese beech trees, maple trees, azalea, a forest landscape which can be breathtaking in spring, summer and of course during the famous "Autumn colors" season. This beautiful path will lead you to the "Otaki falls" observation deck: you will face a capricious and dreamlike fall, visible only in May and June when the snow melts, or after heavy rain.

From the deck, a steep ascension will continue, so let's take time to enjoy the alpine forest landscape until we reach a scree slope where the visual field will become even larger. This way is paved with many rocks so let's climb carefully. Next is a place called Kasajime and a creeping pine forest to climb through which will lead you to an impressive lava form.

INFORMATION

- Access to Mt Iwate: 30 minutes from Morioka Exchange on Tohoku expressway, Koiwai farm - Amihari direction. 30 min by car from JR Shizukuishi station. ※ There is no access by bus
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After finishing crossing this fantastic forest, you will reach Onigajo junction, where your path can merge with the Amihari trail. Now you can see the submit and other mountaineers climbing up the trail. A little bit down from here is a place called Fudotai, a slope full of beautiful flowers, especially Japanese wood poppy. There is also a cabin where you can have a picnic or just take a rest. From Fudotai to the summit, you can choose between two paths. Let's climb the one on your right ! On your way up you'll find accumulations of pumice stone but also beautiful komagusa flowers blooming in July and August, so let's climb slowly. Let's walk the edge of the large summit's crater clockwise and you'll have reached the highest peak of Kitatohoku mountains: Mt. Yakushi. You can also visit the shrine deep inside the crater like the pilgrims of the past !



POINT

We also recommend the ascension to the "Otaki falls" observation deck. In May, dogtooth violets are buoyantly blooming along the trail. On the first ten days of October, the Otaki valley is covered by magnificent nuances of red. From the end of May to June, yukiwarikozakura (Primulaceae; *Primula modesta* var. *fauriei*) blossom in full glory with their lovely shades of pink; you can enjoy their sight while climbing the rocky stretch from the scree slope to Kasajime.

A rope is installed, but there still a risk of overbalancing so please choose your footholds wisely.

Mt. Akita-Komagatake

Mt. Mitsuishi
Okusando TrailMt. Mitsuishi
Takimoue Onsen Trail

Eoshidake - Senshogahara

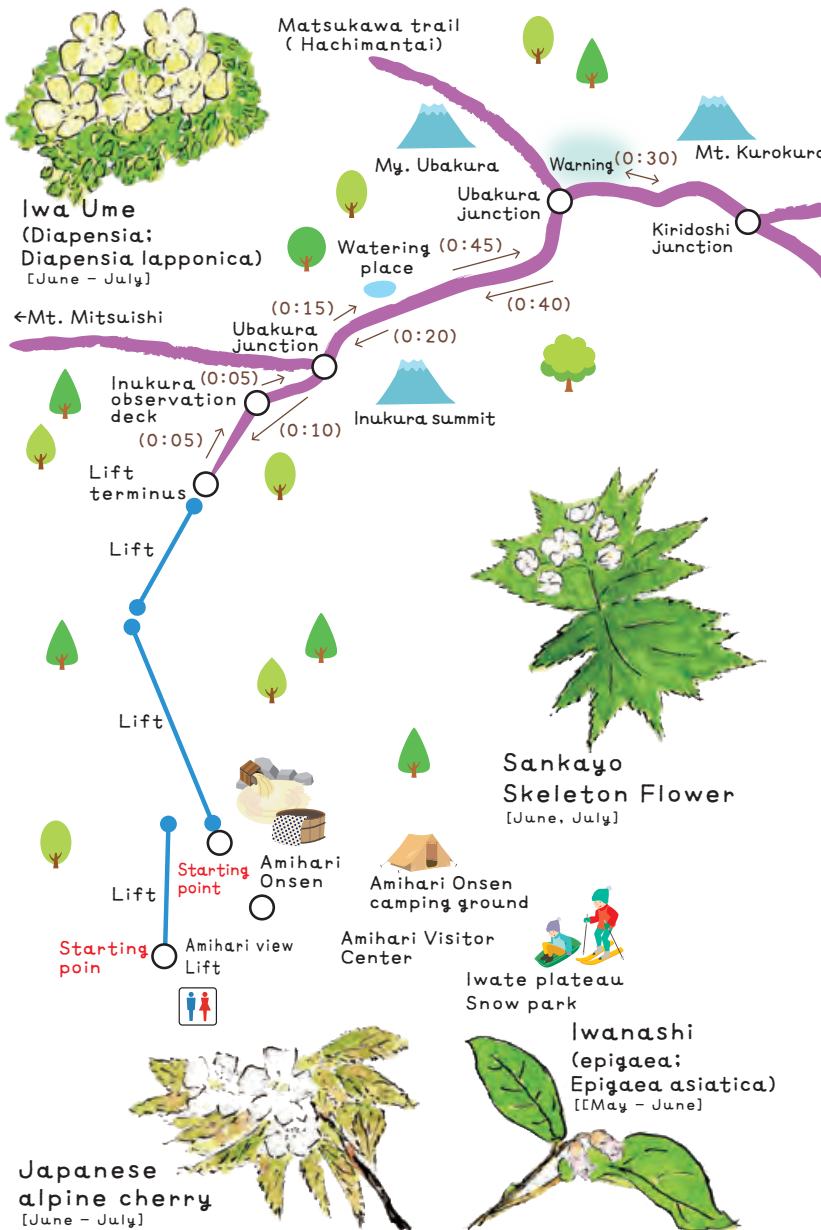
Mt. Iwate
Amihari TrailMt. Iwate
Omisaka courseKamakuramori
(winter mountain climbing)

Mt. Osuke

Cycling

Amihari Trail

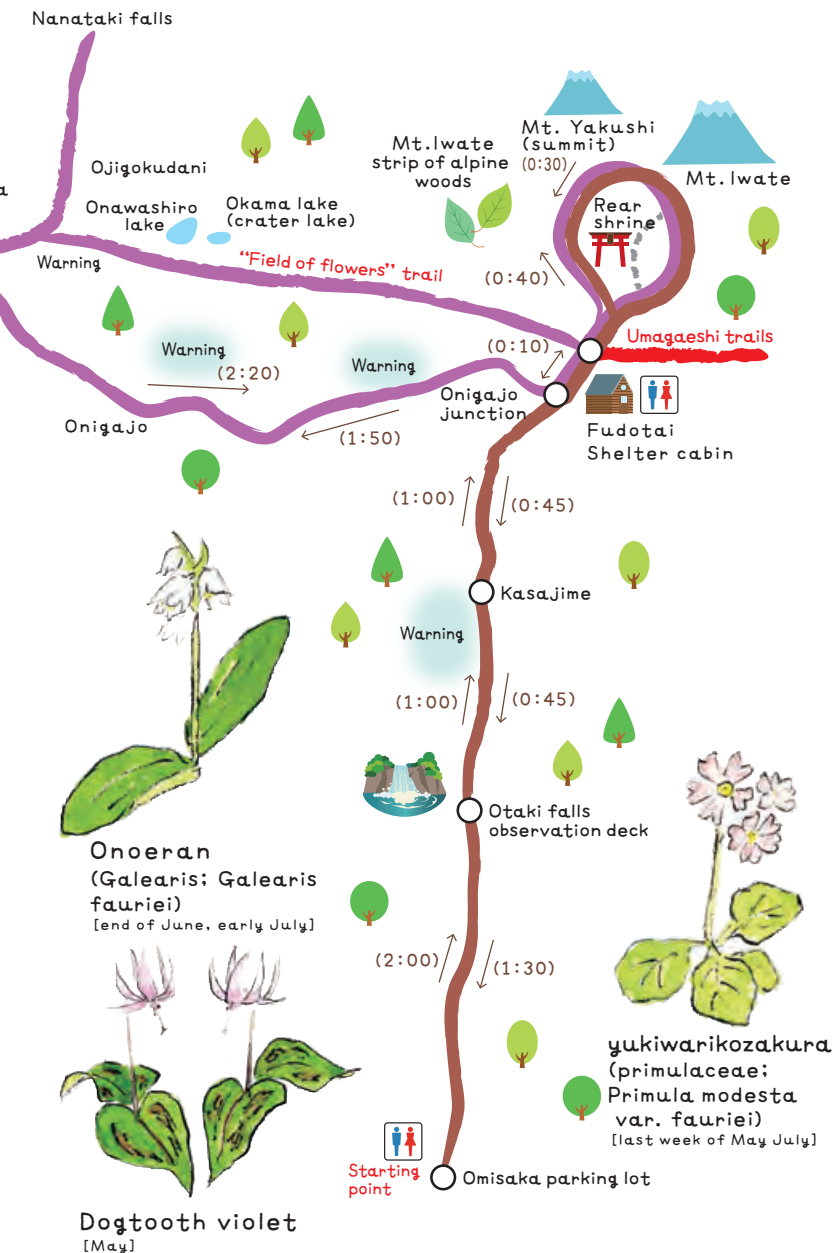
Amihari Observation Lift — (40 min) — terminus n°3 — (5 min) — Inukura observation deck — (5 min) — Inukura junction — (15 min) — watering place — (45 min) — Ubakura junction — (30 min) — Kiridoshi junction — (140 min) — Onigajo junction — (10 min) — Fudotai — (40 min) — Iwate's highest peak — (30 min) — Fudotai — (10 min) — Onigajo junction — (110 min) — cutting trail — (30 min) — Ubakura junction — (40 min) — watering place — (20 min) — Inukura junction — (10 min) — terminus n°3 — (40 min) — Amihari Observation Lift





Omisaka Trail

Omisaka trailhead—(120 min)—Otaki observation deck—(60 min)—Kasajime—(60 min)—Onigajo junction—(10 min)—Fudotai—(40 min)—Iwate's highest peak—(30 min)—Fudotai—(10 min)—Onigajo junction—(45 min)—Kasajime—(45 min)—Otaki falls observation deck—(90 min)—Omisaka trailhead



Kamakura forest

Winter Trekking

Kamakura forest
DATA

Difficulty level



Duration: 3h50

Elevation gain: 557m

Elevation: 1317 m

Recommended season:
January to March

Outlook

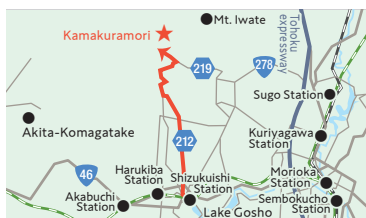
周辺のおすすめスポット

- Kyukamura Iwate Amihari Onsen
- Amihari visitor center
- Arine sanso

There is no actual mountain trail from Kamakura forest so this trail can be climbed only when the mountain is covered in snow. From the Amihari Visitor Center's parking lot, let's head towards the camping grounds: there you'll find the starting point we recommend. North of the camping site, a gentle slope offers a way through a strip of mongolian oaks and other trees. To your right you'll find a forest of Japanese cedars. Broadleaf trees will gradually be replaced by big Japanese beech trees. Now 1 km around you lays a flat land called "Obunadaira". Why not take a break and enjoy the view? After this, the slope will step by step become more abrupt. Between Tschonoski's maple trees and Erman's birch trees, you will encounter smaller Japanese beeches which growth was hindered by the cold temperature and the arid atmosphere. The ridgeline will narrow around 1170 meters high and on your right some overhanging snow will be a potential danger so please take care. Its safer to choose a path along the line of trees on your left. When you'll start seeing conifers on your alright, it will mean that the summit is not far! Behind the summit, if the weather conditions are good, you'll be rewarded with a nice view of Mt. Iwate. Then when you will start going down, please keep in mind that the snow quality might have changed! Take care!

INFORMATION

- Access to Kamakura forest: 30 minutes from Morioka Exchange on Tohoku expressway, Koiwai farm - Amihari direction. 30 min by car from JR Shizukuishi station. ※There is no access by bus
- Information:
 - Shizukuishi Tourism Association TEL: 019-692-5138
 - Amihari Visitor center TEL: 019-693-3777
 - Shizukuishi Town (Tourism and business bureau) TEL: 019-692-6407



Kamakura forest

Amihari Visitor Center—(10 min)—Amihari Onsen camping-ground—(50 min)—Obunatai—(60 min)—Overhanging snow—(20 min)—Kamakura forest summit—(20 min)—Overhanging snow—(30 min)—Obunadaira—(30 min)—Amihari Onsen camping-ground—(10 min)—Amihari Visitor Center—Parking lot



Since this trail is only open in winter, you cannot enjoy the alpine plants, but you can follow the footprints of rabbits, foxes, martens and other wild animals who live in the forest. You might also see bear's claw marks on trees!

**POINT**

Since there is no visible track or even any sign, you have to create your own itinerary. You might find pin tape on some trees, but this is nothing official, so don't rely on them. Add to this, since this is a winter ascension, you will need special gear, and since the texture of the snow is always changing, you should bring different styles of snowshoes with you. Huge amounts of snow can fall on your head from trees or from the skies so please be careful. Once again never wander near overhanging snow areas or even mountain streams.

These could also prove useful.**COLUMN**

Special underwear, keeping you warm and easy to dry, warming woolen fabric clothes, can help you keep your temperature. Please bring also lighter clothes in your backpack.

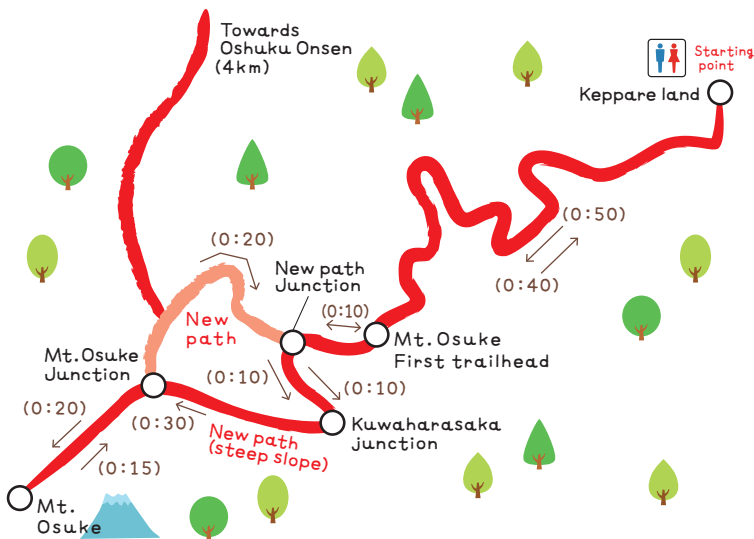
- ① Warm and waterproof boots are also mandatory.
- ② Gloves and hats, hats with a leather layer inside will protect you against the cold and the freezing winds. It's even better to combine layers of woolen fabric on top of these. Your hat should of course cover your ears.
- ③ Your outerwear will be more efficient against cold if it's made of GORE-TEX style rainproof textile. A hoodie style one might be the best.

Mt. Osuke

Keppare Land Trail

(TN.: Keppare means “do your best” in Nanbu dialect)

In Shizukuishi, the national park is not the only thing to enjoy. In summer the ski resort becomes a cross country running area, in winter you can enjoy ski or snowboard waterjump in Keppare Land which will be the start of your trail. Mt Osuke summit junction. The summit of Mt. Osuke offers an interesting view. Around lake Gosho, a nice rural landscape opens in front of your eyes, starting by Mt. Iwate on your left, Mt. Himekami, Mt. Nansho, then Shiwasanzan. If the weather is nice enough, you might also have a glimpse of Mt. Hayachine and Mt. Yakushi.



POINT

Kuwaharasaka's (old path) slope being a very steep one, we recommend descending it rather than ascending it. For people who feel uncomfortable with very steep slopes, we recommend a round trip using the new path. As for the Oshuku Onsen trail, it is full of ups and downs, steep slopes, and is recommended for very good walkers.

Keppare Land Trail

Keppare Land—(50 min)—Mt Osuke first trailhead—(10 min)—“New path” junction—(10 min)—Kuwaharasaka junction—(30 min)—Mt. Osuke summit junction—(20 min)—Mt. Osuke summit—(15 min)—Mt. Osuke summit junction—(20 min)—“New path” junction—(10 min)—Mt Osuke first trailhead—(40 min)—Keppare Land

INFORMATION

- Access to Mt Osuke:
40 minutes from Morioka JR station. 20 minutes from Shizukuishi JR station. From Shizukuishi station, you can take the anekko bus Omura line (a reservation is needed) which will take you to Kuwaharasaka in around 30 minutes.
- Information:
 • Shizukuishi Tourism Association TEL: 019-692-5138
 • Oshuku Onsen Tourism Association TEL: 019 695 220
 • Shizukuishi Town (Tourism and business bureau) TEL: 019-692-6407



Cycling Trail

From hill climbing to flat trails, the mountains around Shizukuishi, the green meadows, the golden fields, everything is here for you to enjoy cycling. Let us introduce you to the best trails! First there is the Kyukamura Iwate Amihari Onsen (elevation 760 m) round trip trail. But for people who don't feel that confident on climbing up slopes, we recommend the "Matsubokkuri (gelato)" round trip, revolving around Bonbanadaira.

You can easily rent bicycles from the Shizukuishi town Tourism Bussan Center, hotel Choeikan or Matsunomi, so please enjoy cycling!



INFORMATION

● Bicycle rental /

- Choeikan TEL.019-695-2121
- Shizukuishi town Tourism Busan Center TEL.019-692-5900
- Nagayama Farm Products Matsunomi (next to Matsubokkuri) TEL.019-693-1301

● Information /

- Shizukuishi Tourism Association TEL.019-692-5138
- Nagayama Farm Products Matsunomi (next to Matsubokkuri) TEL.019-693-1301

※ Rental price is 500 yen a day. Please return the bicycles before 5 PM

List of the alpine plants you can see in Shizukuishi

※There are actually countless varieties of other plants to discover too

Illustrations provided by Koji Hirano

Nikkokisuge (Nikko day lily)

●Mid-July to early August

This flower starts blooming at dawn and withers in the evening. During full bloom, the land is covered in a golden color so bright which it will refresh your body and soul.

➔P.4



Japanese wood poppy

●June

This flower is characterised by its light purple petals. You can see them halfway between Mt. Yokodake junction and the Amida cabin.



Chinguruma

(geum; *Sieversia pentapetala*) ●July

They are blooming on one full side of the way from between Moomin valley (horse riding path) and the Amida cabin. What a



Takane sumire (viola; *Viola crassa*)

●Second half of June

The petals are of deep yellow and the leaves a glossy green color. They can be found on the gravel of Shomori or Oyakesuna.



Komakusa (dicentra; *Dicentra peregrina*)

●July and August

These flowers are growing in magnificent thick clusters in Shomori and Oyakesuna.



Sawagigyo

(*Lobelia*; *Lobelia sessilifolia*)

●First half of August

You can find these lovely purple flowers in the Mitsuishi marshlands, located on the saddle between Omatsukura and Mt. Mitsuishi.

➔P.7



Miyamatsubo sumire

(*Viola*; *Viola verecunda* var. *fibrillosa*)

●mid-July

These white and light purple flowers with red veins can be found on marshy grasslands.



Gentian

●end of July, early August

These are bluish purple flowers on egg-shaped purplish red stems.



Kinugasaso

(*paris*; *P.japonica*)

●end of June, early July

The rare, showy white star-like flower is borne above a single whorl of about eight stem leaves.

➔P.11



Kinkoka(Narthecium; *N. asiaticum*)

● July

On top of the stem, a yellow star shape flower with 6 petals bossoms in full glory in Senshogahara .

**Bog-rosemary**

● mid-june early July

The flowers are bell-shaped, white to pink.



➔ P.12

Japanese alpine cherry

● June, July

These cute flowers are growing on high places.

➔ P.17

**Iwa Ume**(Diapensia; *Diapensia lapponica*)

● June, July

As the name suggests (Iwa means "rock" and Ume means "plum"), this flower's white petals look like Japanese plum tree flowers, and it is usually found in rock crevices.

**Sankayo Skeleton Flower**

● June, July

The petals of this flower get transparent when soaked in rain which gives them a beautiful yet mysterious glow. When dry, they revert to white.

**Iwanashi**(Epigaea; *Epigaea asiatica*) ● May, June

These pink flowers grow on rocky areas. They bear fruits which taste like Japanese pear.

**Onoeran**(Galearis; *Galearis fauriei*)

● end of June, early July

These flowers grow on damp rocks or amidst the grass, in sunny areas. You can recognise them by the "W" shape of the flowers.

**Yukiwarikozakura**(primula modesta; *Primula modesta* var. *fauriei*)

● end of May, June

The leaves are broad ovate with steep narrow bases. It grows a flowering stalk and blooms pale magenta flowers. You can find them on the Omisaka trail.

**Katakuri Dogtooth violet**

● May

They can be found around Kirihaagi. The petals are peach pink with pointed ends. Sometimes, but rarely, you can find some with white petals.

**Nirinso Flaccid anemone**

● end of April, early May

Many stems have two flower stalks characteristically extending from one stem, and this is the origin of the plant's Japanese name (literally, 'two-flowered plant'). The plant spreads with rhizomes, and so it often forms communities.



Shizukuishi lodging and tourism map



Institutions implied in the Shizukuishi tourism industry

1 Amihari Onsen ski resort

020-0585 Shizukuishi-cho Nagayama Komatsukura
☎ 019-693-2211

2 Amihari Visitor Center

020-0585 Shizukuishi-cho Nagayama Komatsukura 1-2
☎ 019-693-3777

3 Amihari Onsen Arine Sanso

020-0585 Shizukuishi-cho Nagayama Komatsukura 13-7
☎ 019-693-3232

4 Iwate kogen snowpark

020-0585 Shizukuishi-cho Nagayama Iwatesan 22-362
☎ 019-693-4000

5 Shizukuishi golf club - Shizukuishi ski resort

020-0584 Shizukuishi-cho Nishine Kurikidaira 152
[Golf club] ☎ 019-693-1133 [Ski] ☎ 019-693-1111

6 Koiwai Farm

020-0507 Shizukuishi-cho Maruyachi 36-1 ☎ 019-692-4321

7 Flower studio LALA club

020-0585 Shizukuishi-cho Nagayama 24 Nanatsuda 7
☎ 019-692-6001

8 METAL Craft RYU

020-0585 Shizukuishi-cho Nagayama Nanatsuda 28-5
☎ 019-691-2340

9 Roadside station Shizukuishi Anekko

020-0582 Shizukuishi-cho Hashiba Sakamoto 118-10
☎ 019-692-5577

10 Shizukuishigawa Gyogyo Kyodokumiai (Fishing information)

020-0524 Shizukuishi-cho Teranoshita 49-1
☎ 019-692-0569

11 Lake Goshogawa Kawamura Museum of Arts

020-0572 Shizukuishi-cho Nishianiwa 11-55-6
☎ 019-692-5931

12 Shizukuishi YUYU Farm

020-0573 Shizukuishi-cho Minamida 33-23-14
☎ 019-681-7828

13 Hachimantai Country Club

020-0573 Shizukuishi-cho Minamida 32-85-1
☎ 019-695-2326

14 Jukoen

020-0574 Shizukuishi-cho Oshuku 10-21-1
☎ 019-695-2465

15 Flower & Garden Mori no Kaze

020-0574 Shizukuishi-cho Oshuku 10-64-1
☎ 019-691-8787

Mt. Akita-Komagatake

Mt. Mitsuishi
Okusando TrailMt. Mitsuishi
Takinoue Onsen Trail

Eboshidake-Senshogahara

Mt. Iwate
Amihari TrailMt. Iwate
Omisaka courseKamakuramori
(winter mountain climbing)

Mt. Osuke

Cycling



Shizukuishi's lodging facilities

Amihari Onsen

◎Kyukamura Iwate Amihari Onsen
020-0585 Shizukuishi-cho Nagayama Komatsukura 14-3
☎ 019-693-2211

Minami Amihari Arine Onsen

◎Yukotan no Mori
020-0585 Shizukuishi-cho Nagayama Nekozawa 3-6
☎ 019-693-3600

Taki no Ue Onsen

◎Ryukanso
020-0584 Shizukuishi-cho Takakurayama 159 ☎ 019-656-1866

Genbu Area

◎Genbu Furryutei
020-0585 Shizukuishi-cho Nagayama Amihari 1-11
☎ 019-693-3000

Genbu Onsen

◎Onsen Pension Kumasanchi
020-0585 Shizukuishi-cho Nagayama Arine 5-35
☎ 019-693-0227

◎Shikinosato
020-0585 Shizukuishi-cho Nagayama Amihari 1-38
☎ 019-693-3360

◎Lodge Tachibana
020-0585 Shizukuishi-cho Nagayama Arine 3-5
☎ 019-693-3356

Takakura Onsen

◎Shizukuishi Prince Hotel
020-0584 Shizukuishi-cho Nishine Kurikidaira 152
☎ 019-693-1114

Kunimi Onsen

◎Kumini Onsen Ishizuka Ryokan
020-0582 Shizukuishi-cho Kunimi Onsen ☎ 090-3362-9139
◎Kunimi Onsen Morisano
020-0582 Shizukuishi-cho Kunimi Onsen ☎ 090-1930-2992

Ryokan

◎Sasaki Ryokan
20-0527 Shizukuishi-cho Nakamachi 12-6 ☎ 019-692-2017
◎Uwano Ryokan
020-0527 Shizukuishi-cho Nakamachi 7-2 ☎ 019-692-2033

Pension

◎Amihari Lodge (pension)
020-0585 Shizukuishi-cho Nagayama Iwatesan 22-289
☎ 019-693-2313
◎Pension Sanzoku
020-0585 Shizukuishi-cho Nagayama Iwatesan 22-194
☎ 019-693-4044
◎Pension Sanrinsha
020-0585 Shizukuishi-cho Nagayama Iwatesan 22-195
☎ 019-693-2311
◎Pension Shara
020-0584 Shizukuishi-cho Nishine Kurikidaira 104-6
☎ 019-693-3277
◎Pension Momiji
020-0585 Shizukuishi-cho Nagayama Iwatesan 22-394
☎ 019-693-3450
◎Pension Kurokumakun
020-0585 Shizukuishi-cho Nagayama Iwatesan 22-294
☎ 019-601-5539
◎Villa Kan Kan Club
020-0585 Shizukuishi-cho Nagayama Kohachimori 14-67
☎ 019-693-3339
◎Hanarenoyado Cresson Pension
020-0585 Shizukuishi-cho Nagayama Bonbandaira 126-19
☎ 019-693-1755

Guesthouses

◎Guesthouse Oyanagi
020-0584 Shizukuishi-cho Nishine Nishishinozaki 57-2
☎ 019-693-2525
◎Guesthouse Sakaiso
020-0585 Shizukuishi-cho Nagayama Hayasaka 27
☎ 019-693-2945
◎Guesthouse Shizukuishiso
020-0584 Shizukuishi-cho Nishine Nishishinozaki 33-2
☎ 019-693-2739
◎Guesthouse Shirakaba
020-0584 Shizukuishi-cho Nishine Nishishinozaki 65-1
☎ 019-693-2733
◎Guesthouse Daiku
020-0584 Shizukuishi-cho Nishine Nishishinozaki 52-1
☎ 019-693-2746
◎Guesthouse Takamiso
020-0584 Shizukuishi-cho Nishine Nishishinozaki 71-1
☎ 019-693-2736
◎Guesthouse Chosuke
020-0585 Shizukuishi-cho Nagayama Hayasaka 124-1
☎ 019-693-3077
◎Guesthouse Nakagawa
020-0585 Shizukuishi-cho Nagayama Shinokawara 174
☎ 019-693-2422
◎Lodge Sode (Guesthouse)
020-0584 Shizukuishi-cho Nishine Omiya 155-1
☎ 019-693-2727

Oshuku Onsen

◎Akai Fusha
020-0574 Shizukuishi-cho Oshuku Dai10-75-2
☎ 019-695-2311
◎Onsen Guesthouse Akebonoso
020-0574 Shizukuishi-cho Oshuku 9-65-1 ☎ 019-695-2245
◎Onsen Guesthouse Sakaeya
020-0574 Shizukuishi-cho Oshuku 7-51-2
☎ 019-695-2109
◎Kawacho
020-0574 Shizukuishi-cho Oshuku 10-31-23
☎ 019-695-2171
◎Seikoso
020-0574 Shizukuishi-cho Oshuku 6-14-1 ☎ 019-695-2136
◎Choeikan
020-0574 Shizukuishi-cho Oshuku 6-7 ☎ 019-695-2121
◎Uguisu Hotel
020-0574 Shizukuishi-cho Oshuku 7-28 ☎ 019-695-2036
◎Kairakuen Hotel
20-0574 Shizukuishi-cho Oshuku 10-3-1 ☎ 019-695-2111
◎Kagasuke Hotel
020-0574 Shizukuishi-cho Oshuku 7-47 ☎ 019-695-2216
◎Hotel Mori No Kaze Oshuku
020-0574 Shizukuishi-cho Oshuku 10-64-1 ☎ 019-695-3333

Goshoko Onsen

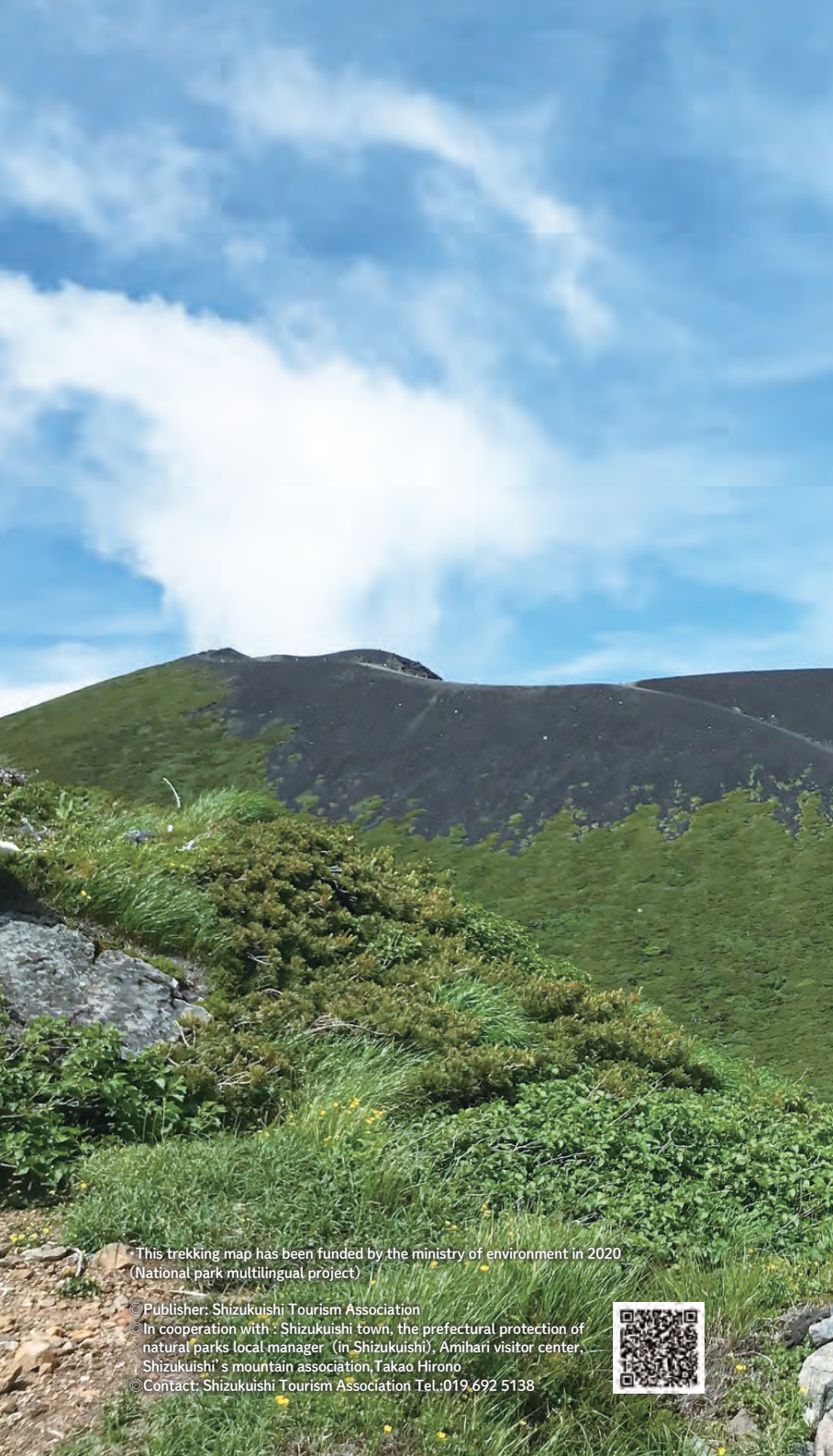
◎Goshoko Onsen hana no Yu
020-0572 Shizukuishi-cho Nishianiwa 27-4-1
☎ 019-692-1050

Taxi

◎Shizukuishi Taxi ☎ 019-692-3131
◎Kogawa Taxi - Shizukuishi Office
☎ 019-613-4545

Charter bus

◎Miyago Bus Morioka Office ☎ 019-684-6161



• This trekking map has been funded by the ministry of environment in 2020
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