

十和田  
**開運**  
 KAIUN  
 Lake Towada & Yasumiya  
 Power Spot Guide Plus

“Kaiun” is good fortune.  
 This brochure will introduce the way to enjoying your trip in Lake Towada.  
 You can have good fortune.

✦ 開運 Enjoy your trip and get cheered up!

Take a hot spring to relieve your fatigue



**Handmade apples pies made of apples from Aomori**

They are made with affection

Towadako Marine Blue  
 Tel.0176-75-3025  
 Open: 8:00-18:00  
 Close: Closed from mid-November to end-April

**Enjoy local cuisine**

Be grateful for the food and eat mindfully.  
 Enjoy eating seasonal foods and local dishes that makes you energetic and happy.  
 Recommended food in Lake Towada  
 “Towadako Himemasu”, kokanee salmon, that lives in Lake Towada is famous as Towada-brand.



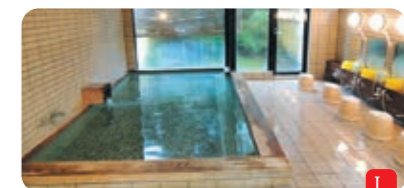
**Recommended Himemasu dish “Kaiun Himemasu Oyako-meshi”**

Seafood rice bowl with sashimi and rare roe of Towadako Kokanee. Rice is prayed in Towada-jinja Shrine  
 Souvenir Shop and Restaurant Morita Tel. 0176-75-2206  
 Open: 9:00-18:00 (restaurant: 11:00-15:00)  
 Close: Closed in winter (December to April) Except Jan.1 -5th

There is one-day hot spring in Yasumiya.  
 Take a rest in a hot spring when you are tired with your trip



**Hotel Towada-so** Tel.0176-75-2221  
 15:00-21:00/Adult: 500yen, Children 300yen



**Towadako Shinzan-tei Inn**  
 Tel.0176-75-2711 11:30-21:00/  
 Adult:500yen, Elementary school students:300yen,  
 Under elementary school students:200yen

Information to enjoy more about Towada



<https://www.towada.travel/>



Published: Towada Commerce and Tourism Bureau  
 Tourist Information Center“Puratt” Tel.0176-75-1531

“TOWADA KAIUN Plus” Lake Towada & Yasumiya Power Spot Guide  
 This information is made in September 2019.They may be sometimes changed.



✦ Shinsen-en

There are Nanso-den and Towada Seiryu Daigongen-sha in Shinsen-en where you look down at Uрана-ba.  
 The god of blue dragon, Seiryu-Daigongen who is a reincarnation of Nanso-no-bo, is worshipped. **He makes every kind of people's wishes come true.**  
 Nanso-den was worshipped as a place of rebirth where the spirits from the after world gather and pray for their happiness in the next world.

If you want to know more about Lake Towada, contact with . . .

**Towadako Shizen Guide Club**  
 Telephone : 090-5181-7658  
 Hours : 8:00~17:00

Yasumiya early morning stroll  
 Application : unnecessary  
 Hours : 6:00~7:00 (meeting time 5:55)  
 Fee : 500 yen (fare is free for children less than primary school children)  
 Period : From the end of April to the early of November  
 Meeting Place : Tourist Information Center “Puratt”  
 Hotel Towada-so (Only Tuesday)

\*More details about history on Tuesday

✦ Kumano-jinja Shrine



This shrine is regarded as **protecting marriage, fertility, harmony**, and marital safe birth, according to tradition, Nanso-no-bo came to Lake Towada because he had a revelation in Mr. Kumano. People dedicated Japanese old-style sandals, waraji, to pray for safety travel and a good walk to be share in good luck of Nanso-no-bo.

✦ Old avenue of cedars



Take a therapeutic walk in woods  
 There are more than several hundred-year-old trees in front of Hotel Towada-so  
 built to lead a way for worshippers in Edo period (1603-1868).  
 Recognized as a holy place from ancient times. The avenue of cedars which starts from in front of Hotel Towada-so was built to lead a way for worshippers in Edo period (1603-1868).  
 Trees are more than several hundred-year-old. Take a therapeutic walk in woods

✦ Let's visit shrines  
 Feel refreshed among a divine atmosphere



**Towada-jinja Shrine**  
 Tel.0176-75-2508  
 This shrine is believed to have been built by Sakanohe Tamura-marō in 807 and dedicated Yamato Takeru-no-Mikoto. This shrine is also known as the home of the water and the Towada blue dragon spirit.

**How to go to spiritual energy spots by a boat.**

A motor boat shows you spiritual spots and a magnificent view on Lake Towada. Enjoy and have good luck



can go there only by a motor boat.  
 Peninsula where a god lived at one time. You and throw Oyori-gami while facing Ogura Nakayama Peninsula. **People used to pray in opposite side of Towada-jinja Shrine in in Lake Towada.** This place is located in the Uрана-ba is the best spiritual energy spot

Two islands, which appear to be floating on the shore of Gozen-ga-hama. Daikoku Island (god of wealth) is located in the front. Ebisu Island (god of fishing and prosperity) is located behind Dikoku Island. First, throw a coin to the island from the bank, and then your wish come true if the coin reach the island according to tradition.

**Ebisu Island & Daikoku Island**



The single sacred tree stands in front of a purification station on the way to Towada-jinja Shrine. People throw a coin at the a hole of the sacred tree and pray for pregnancy and safe birth.

**Here are mystical spots in Lake Towada**  
 Send a wish to their figures  
 Megi (Kodakara Tree)



**Uрана-ba**

Uрана-ba is the best spiritual energy spot in Lake Towada. This place is located in the opposite side of Towada-jinja Shrine in Nakayama Peninsula. **People used to pray and throw Oyori-gami while facing Ogura Peninsula where a god lived at one time.** You can go there only by a motor boat.

Open : 8:00~16:30  
 Location : Yasumiya  
 Telephone : 090-7321-3956

Open : 9:00~16:00  
 Location : Uтарыbe  
 Telephone : 0176-75-2755

Open : 8:00~16:00  
 Location : Yasumiya  
 Telephone : 0176-75-2510





"TOWADA KAIUN Plus"

# Lake Towada / Yasumiya Power Spot Guide

Lake Towada itself has been worshiped as a mysterious place with the spiritual power. It is a good-luck beginning to enjoy an encounter with the power of great nature.



- Nature trail
- Hotel / Traditional guest house
- Store/Restaurant
- Coffee/Light meal
- Shop/ Souvenir
- Parking lot
- Tourist Information Center
- Clinic
- Gas station
- Sightseeing boat/Rental boat/Canoe
- Bus Stop
- Office
- Shrine/Spiritual energy spot
- Temple
- Post office
- Public toilet for wheelchair
- Public toilet
- Police box
- Free Wi-Fi
- QR code area



## Kaiun no Komichi, a way to a good fortune

### Walk path with your wish

There are 6 holes that are the traces by which mountainous ascetics trained themselves when Lake Towada was called a sacred place. Now 6 gods are defied in each hole one by one.

- God of Wind (Kaze-no Kami)**  
This god takes away sins and stigma and makes everything clear. He also prevents typhoons.
- God of Fire (Hi-no Kami)**  
This god keeps fire of a kitchen range, protects property, and prevents fire.
- Goddess of Mountain (Yama-no Kami)**  
She is god of the mountain, water, and the fields as well as god who protects hunters.
- God of Metal (Kane-no Kami)**  
This god is originally known as god of a mine, ironworking, metal processing and sales. Though, many people nowadays think of him as god of money.
- The Sun Goddess (Hi-no-Kami)**  
Amaterasu-Omikami is enshrined. She is god of happiness, good fortune, and national prosperity and believed to be the ancestor of the imperial family.
- God of Enormous Strength (Amano-Iwato)**  
Amanotajikara-Onomikoto opened a heavy door of a cave of heaven the Sun Goodness hid in. He is a symbol of unparalleled strength and god of the victory and warding off bad luck.

Yasumiya is full of good-luck spots. Stroll around Yasumiya

## Recommended route of good-luck spots

- Collect information in "Pratt"
- Walk along a lakeside and take a breath
- Go to Towada-jinja through the approach.
- Have good luck in Kaiun no Komichi, a way to a good fortune.
- Have a lunch and take a break at a nearby restaurant.
- Go to Uranai-ba by a boat cruise.
- Enjoy a hot spring and recover from your fatigue.

**QR Enjoy with the QR Code**  
If you scan a QR code installed on signs or in tourist spots, you can download tourist information and travel brochures.

**Rules and Manners in the National Park**  
● Do not hunt animals and plants, and do not take stones home with you. This will cause an imbalance in the ecosystems, and other visitors after you will not be able to enjoy the nature.  
● Keep walking on the board walk and walking path. This will keep on track, as well as prevent the natural environment from being damaged by the trampled plants or the scrapped soil. Please use protection cap for trekking stick to prevent mountain path erosion.



## Get the power of nature

Look for plants that have lucky meanings

- Rowan**  
Careful, Wise, Charm
- Kitagoyo tree**  
Perpetual youth and long life  
The Japanese Imperial family planted this tree in 1921.
- Katsura tree**  
Invariable  
This tree with heart shaped leaves is lucky because it extend straight to the sky.
- Maple**  
Important memory, beautiful change
- Linden**  
Marriage, intense devotion, and tied love
- Horse Chestnut**  
Philanthropy, healthy
- Beech**  
Prosperity, independence, courage
- Aster microcephalus**  
Long life, happiness

Better fortune point

**Manners when passing through Torii, the gate of the shrine**  
Before walking through the gate, bow lightly and avoid walking in the center of the path which is the passage of deity.

### Towada Lake Overview Guide

