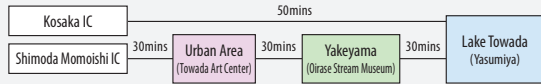
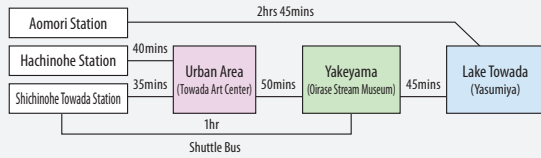


Transportation

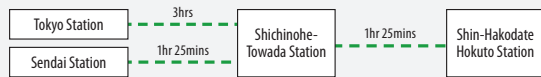
Car (Tohoku EXPY)



Bus (JR Bus Tohoku / Towada Kanko Dentetsu Co., Ltd.)



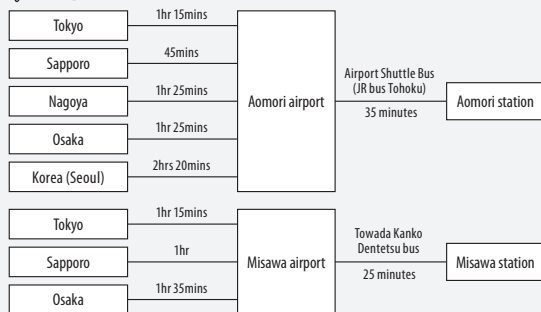
Tohoku Hokkaido Shinkansen (Hayabusa)



Aomori Railway / Towada Kanko Dentetsu Co., Ltd. (bus)



Airplane



Taxi

Aomori Taxi (Towada)
 0176-23-5155 15-18 Higashi-nijuichiban-cho, Towada

Sanbongi Taxi 0176-23-7155 10-41 Inaicho, Towada

Towada Taxi 0176-23-3155 3-27 Higashi-sanban-cho, Towada

Hakko Taxi 0176-23-8155 13-31 Nishi-niban-cho, Towada

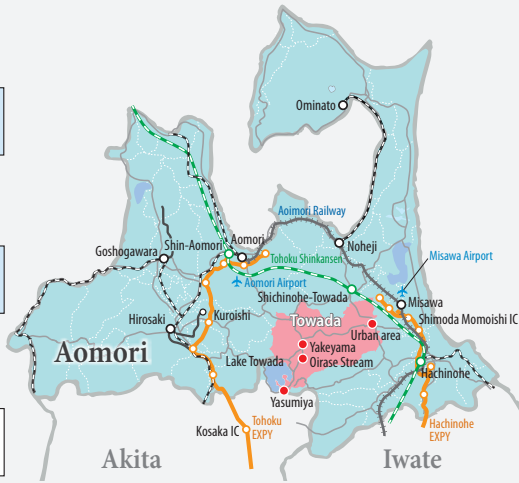
Rental Cars

100 Yen Car Rentals (Towada)
 0176-23-2305 3-32 Motomachi Nishi 1 Chome, Towada

J-Net Rent-a-Car (Towada)
 0120-119-083 7-1 Motomachi Higashi 3 Chome, Towada

Toyota Rent-A-Lease Co., Ltd. (Towada)
 0176-25-0100 21-2 Higashi-juyonban-cho, Towada

Carlife Stadium Rent-a-Car (Kirida, Towada)
 0176-25-2311 178-5 Namikinishi, Sanbongi, Towada



See videos & panoramas!

For smartphones and tablets, search for **COCOAR2** on the App Store for iOS, and the Play Store for Android. After downloading, open the COCOAR2 app and tap the scan mark.

View by holding over any image with this mark.

Video Mark

360° Panorama Mark

Check out the Digital Book!

<http://digibook.safekeeping.jp/towada/en/>



Tourist Information Center

Downtown

Towada Oirase Tourism Bureau

Art Station Towada 15-3 Inaicho, Towada, Aomori
 Tel: 0176-24-3006

Oirase

Oirase Stream Museum

183 Tochikubo, Okuse, Towada, Aomori
 Tel: 0176-74-1233

Lake Towada

Tourist Center Pratt

486 Towadakohan, Yasumiya, Okuse, Towada, Aomori
 Tel: 0176-75-1531

Towada Tourism Website

TRAVEL TOWADA

<http://towada.travel>



Downtown area



Oirase area



Lake Towada area



Tourist Guide to Towada, Aomori

TRAVEL TOWADA



Sometimes, doing nothing is everything



A variety of ways to have fun— Journey to Towada

If you came to Towada looking for a good time, you definitely came to the right place. See stunning works at the art museum, have a taste of Towada barayaki grilled meat, take in the impressive beauty of the Oirase mountain stream while enjoying an onsen bath, experience nature around Lake Towada, seek your fortune at Towada Shrine, and much more.

Mountains, lakes, streams, and the cityscape—Towada has it all, and anyone can experience their own journey here. Around the city, at Oirase, at Lake Towada... Make the most of your Towada journey.

Journey to Towada Contents

Downtown

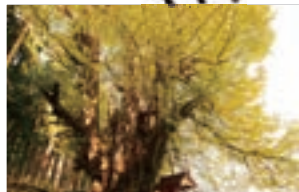
To Towada, the town of art	4
Savour the famous local products	10
Come and meet the horses	12
There's Japanese sake of repute at the home of great springs ...	14

Oirase

Enjoy the beauty of the mountain streams to the full at Oirase Gorge	16
Revel in these relaxing, secluded springs surrounded by mountains	20
Encounter the mysticism of the beech forests of Tsuta	24
A true beer of the area made using Oirase water	26

Lake Towada

Feel the power and breath of nature with all five senses	28
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To Towada, the town of art



"Ghost"
Inges Idee



The art works of Towada are what you can feel and see just in front of you. An artistic world around Towada Art Center extends to the downtown.

Works of modern artists active on the world stage are exhibited at Towada Art Center.

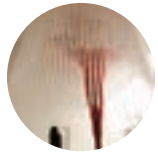
It's the center of "Arts Towada" exhibiting a variety of art work in spaces outdoors which resemble the whole of Kanchogai Street being in one art museum. Its distinctive feature is the exhibition rooms of all the works being distributed and arranged as "houses for art" in developing the architectural space for the works. Getting its concept from Kanchogai Street with its alternating buildings and plazas, the various sized exhibition rooms are joined by a glass hallway.

There is a museum shop and café in the Art center which are recommended places to drop in when on walks around the downtown.



"Love Forever, Singing in Towada" Yayoi Kusama (Picture: Kuniya Oyamada)
If you take one step in, you feel like you have become part of Kusama's world. The mysterious and cute objet d'art make the perfect spot for taking pictures.

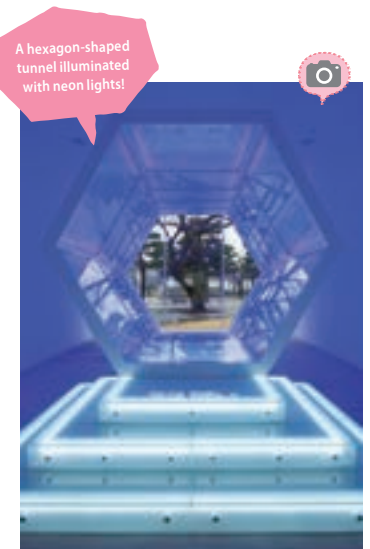
"Standing woman" Ron Mueck (Picture: Kuniya Oyamada)
This statue of a woman stands at about 4m. The feel of the skin, the blood vessels and sad expression on her face are real to the point you could mistake her for a real woman.



"Cause and Effect"
Suh Do-Ho



"Flying Man and Hunter"
Shin Morikita



A hexagon-shaped tunnel illuminated with neon lights!

"Bridge of Light" Ana Laura Aláez
The "Bridge of Light" shows the different expressions of day and night. Surrounded by light in pleasant silence, a spiritual world of meditation lies before you.



Have a picture taken in the pose of Yoroshiku Girl!

"Yoroshiku Girl 2012" Yoshitomo Nara
Yoshitomo Nara created this huge mural painting in 2012 when they held his exhibition "Aomiori no Chisana Chisana uchi" there. Why don't you have your picture taken in the same pose as the girl?



Towada Art Center

Designer:
Ryue Nishizawa

Tel: 0176-20-1127
Opening hours: 9:00-17:00 (last entry 16:30)
Closed: Mondays (Tuesday if Monday is a holiday), New Year Holiday
<http://towadaartcenter.com/>



A giant robot ant!

"aTTA" Noboru Tsubaki (©Mami Iwasaki)
This is a statue of an ant which is located facing Kanchogai Street. This deep red objet d'art is made huge like a robot and it has a great visual impact! If you look up at it, there's the illusion that you've lost your way in an insect world.



There's also souvenirs and a town café here Cube Café & Shop

After enjoying the art, drop in to the museum shop. There are postcards of the exhibits, stationery and cups on sale. There is also a café attached which you can enter directly from outside of the art center so you can drop in when on a walk around the downtown.
Tel: 0176-22-7789
Opening hours: (Café) 9:00-16:30 (Shop) 9:00-17:00
Closed: Mondays (or the following day if Monday is a public holiday)



Special Sweets of Aomori

Get a stylish souvenir as a precious memory of your trip

The more you walk, the more you'll love the city

After you've looked around the Towada Art Center, head into the downtown from Kanchogai Street. There are lots of artistic spots there. The more you walk, the more fun discoveries there are.

Towada City Center Map

Legend

- Parking Lots
- Hotels
- Restaurants and places to eat
- Coffee Shops
- Shops and souvenirs
- Bus stops

Registered as a tangible cultural property



Towada Catholic Church

Local sweets of the founding rulers



Otake Confectionery Shop

The staple of the shop is its Fromage Bran containing high quality cream cheese from France. The refreshing taste goes incredibly well with coffee.

Tel: 0120-39-4715
Opening hours: 8:00-19:00
Closed: Open all year

Kitazono Parking Lot

Chuo Hospital

Towada City Office

Aroma Café

Towada-Oirase Common Building for Government Offices

Courthouse

Health Care Center

Hakko Park

Nishinibancho Parking Lot

It feels like you can take a nap on this bench in the city center

Designed by the architect Ryue Nishizawa

Towada Art Center

Cube Café & Shop

Fire Station

Towada Chamber of Commerce and Industry

Gallery Café Sennohana (1st floor)

Police Box

Lawson (Convenience store)

Post Office

Hotel Route Inn Towada

14-54

Kanchogai Street lined with 156 cherry trees and 165 pine trees

Tanimura Shokudo

café Happy TREE

Tetsumen

Sakurada Liquor Store



Towada Tourism and Local Products Center

To Lake Towada-ko

Designed by the architect Tadao Ando

City library

Sakura Square

Chuo Parking Lot

Top 100 Roads in Japan—Kanchogai Street (Koma-kaido Road)

Tohoku Electric Power Co., Inc.

Art Square

Art Square

Art Square

Komakko Square

Art Station Towada

Tsukasa Barayaki Restaurant

Towada Tourism & Local Products Center

lenoya

Farm café orta

café if

Daigaku Street

Daishoen Restaurant

There are benches here and there around the town!

Machinaka Ichiba

Chiangmai Thai Restaurant

Higashi Sanbanmachi

The Arts Plaza is also popular with children!



Just a 2min walk from the art center! The katsu sandwich which uses Oirase Garlic Pork is very popular.

Tel: 0176-25-3132 Opening hours: Weekdays 11:30-14:00 (Sunday/Holidays 11:30-14:30) and 17:30-19:30 Closed: No fixed days off

Ramen Nankinro

TONTON

Restaurant Towada

Sanbongi Street

Super Hotel

Totetsu Eki Soba Shop

Yosaku Yakiniku and Ramen Shop

Civic Koryu Exchange Plaza "Towaare"

Hapitano Café

Gyoza Shokudo

Samba Street

Towada City Hotel

Supage Tei

Izakaya and other venues color the night scenery of Towada at this dining district.

Shyokza

Taisozuka

Lucky Items "Horseshoes"

On Kanchogai Street, also known as Koma-kaido Road, there are horse motifs and horseshoes to be found here and there. If you find one, good things may happen.

There's a carillon in Sakura Plaza



A café with a terrace facing the garden, serving various parfaits, cakes, and more.

Tel: 0176-58-6350
Opening hours: 10:00-18:30
Closed: No Set Dates

Take a rest at this café

Sanbongi Park

Civic Cultural Center

Shidokan Sports Center

Home for Working Youth

Cake House Shiroimori

Designed by the architect Kengo Kuma

Matsumoto Chaho Tea Shop

Ministop (Convenience store)

Nakajima Sweets Shop

Fukuda Kashiho Sweets Shop

Takamura Grocery Store

Start of the walk around Towada!

Yosaku Yakiniku and Ramen Shop

Katsu curry ramen

Recommended for people who want to eat tonkatsu, curry and ramen together at once. It looks very filling and heavy but it's surprisingly light. You can only have this dish at Yosaku in Towada.

Tel: 0176-22-6265 Opening hours: 17:00-2:00 following day (Sundays 17:00-0:00 following day) Closed: Mondays

Shops that are a collaboration with art

Shuji Yamamoto's Tenori is on sale

Takamura Grocery Store

Tel: 0176-23-2301
Opening hours: 9:00-19:00
Closed: No fixed days off

This liquor store synchronizes exhibitions with Towada Art Center. The sake Tenori which the sake factory Hatomasamune and the artist Shuji Yamamoto collaborated on is on sale.



A coffee corner created by an artist

Fukuda Confectionery Shop

Tel: 0176-23-2523
Opening hours: 9:00-19:00
Closed: No fixed days off

A confectionery shop popular for their brandy cakes. Sales of apple pies made with Aomori apples, as well as sake cakes made with Tenori nihonshu, and sake pudding are also available.



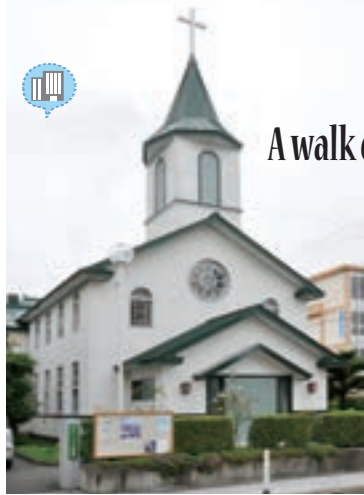
Although it's a tea room, is it also the 2nd art center?

Matsumoto Tea Shop

Tel: 0176-23-2138
Opening hours: 9:30-19:00
Closed: No fixed days off

There are works of art by permanent artists of Towada Art Center in the shop's exhibition room and many customers look forward to the proprietor's discourses on art when they visit here.



A walk exploring Towada's art for a 2 days, 1 night stay

It's Towada where time passes idly by so you can walk wherever you want to go.

A beautiful Romanesque style church

Towada Catholic Church

Tel: 0176-23-2561
Opening hours: 9:00–18:00
 (Sunday mass 9:00–11:00)
 The church was built in 1932. An atmosphere of solemn prayer drifts in the air and it's soothing to the soul.



Registered as a national tangible cultural property



Designed by Tadao Ando

Towada Public Library

Tel: 0176-23-7808 **Opening hours:** 9:00–20:00
Closed: Every 4th Thursday of the month, New Year Holiday (29th December–4th January), during inspections of the book collection
 A facility designed by the Tadao Ando Architectural Research Institute which acts as a library and an education and training center. The large sun-room makes a big impression.



A place to relax designed by Kengo Kuma

Civic Center Plaza Toware

Tel: 0176-58-5670 **Opening hours:** 9:00–21:00
Closed: New Year Holiday (29th December–3rd January)
 *closed temporarily at times including during checks of the facilities
 Kengo Kuma is a designer of kabuki theatres in Tokyo and Ginza. This building is fitted out with a multi-purpose hall and it's renowned as a place aimed at social intercourse across the generations.



Please check out the many buildings designed by famous architectures!

Towada Day 1

- 10:30 Towada Art Center**
 Don't forget to do some shopping at the museum shop, Cube Café & Shop!
- 11:30 Start your walk around the city center**
 The start is at the Art Plaza in front of the Towada Art Center.
- 12:30 Take a look at the buildings of famous architects**
 The design of the Civic Center Plaza Toware was by the world renowned architect Kengo Kuma. The Towada Public Library designed by Tadao Ando is also a must see.
- 13:00 Have your fill of Towada's soul food, Towada Barayaki**
 As a souvenir you can buy tare sauce for the barayaki at the Towada Tourism and Local Products Center, Towada Art Station.
- 14:00 Restart your strolling in the downtown**
 Go shopping after having dessert at one of the fashionable cafés.....
- 18:00 Check in at a hotel at the downtown**
- 18:30 Go on a tour of the izakayas and bars**
 Savour the local sakes and horse meat. Try the local cocktails like Sakurahime at one of the bars. Finish the night with a katsu curry ramen

Cute horse shaped cookies that could only be from a horse town



(Towada Tourism and Local Products Center)

There are lots of works of art and lots of architectural structures designed by famous architects!



There's also a kids room!



A great selection of products for a liquor store and not only alcoholic beverages

Import Store Sakurada Liquor Store

Tel: 0176-23-3201 **Opening hours:** 9:30–19:00 (Monday to Friday) 10:00–19:00 (Saturdays and Holidays) **Closed:** Sundays
 The original blend coffee Hakkoda no Zansetsu, which the actor Ken Takakura loved drinking when on location making the film Hakkoda-san, is popular here.

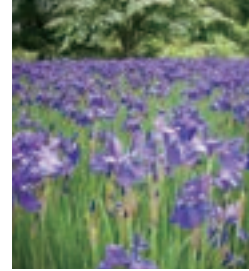


You can take a walk with a pony at Komakko Land.

Go to the Tezukurimura Risokyo and see the irises.



This is a place where you can experience the wonderfulness of nature and food with the five senses. Flowers of the season bloom in the grounds with the iris garden being the centerpiece.



Tezukurimura Risokyo **Open:** From Late April to October *We are open on Sundays from August 1st to October 31st. Reservations are required for weekdays/ 9:00–17:00 **Closed:** From November to late April.

Towada Day 2

Travel around in a rental car!

- 10:00 Check out the hotel**
- 10:10 Michi no Eki Towada Towadapia**
 Experience Nanbu Sakiori (weaving)
- 12:00 Have a lunch at a fashionable café**
- 13:00 Meet and learn about horses at Towada Bajikoen Komakko Land...**
 Learn about the culture surrounding horses at the horse museum Shotokukan which is a rare type of museum in Japan. Storytellers tell legends and folklore stories about horses at the weekends.
- 16:00 Depart from Towada Bajikoen**
- 16:50 Arrive at Shichinohe-Towada Station**

It's also recommended to go to further to the Tezukurimura Risokyo (handworks museum)

You can try Nanbu Sakiori (weaving), a handicraft born of the ingenuity of the women of the snow country



In the north of Japan where cotton wasn't grown, cotton goods were very precious. Worn out kimonos that had been repaired many times were finally torn up and became yarn for sakiori (weaving).

The distinctive feature of Towada's Nanbu sakiori is it's done on a machine called a Jibata which is rare in Japan. The Nanbu women weaved for the benefit of their family on these machines made by the men. The red trimming of the clad of a kotatsu was included in the woven material as a wish to have no fires. There are lots of colorful and bright fabrics using the red colour in this way.



Nanbu Sakiori Preservation Group

37-21 Tairakubo, Denpoji, Towada-shi
 Tel: 0176-20-8700

Nanbu Sakiori Experience

Details: You will weave a tablecloth (width 20cm, length 25cm)
Times: Every week Tuesday–Sunday 10:00–16:00 (last booking 14:45)
Duration: About 60mins
Price: 1,600 yen

This is a place you can go shopping, eat and try hands-on activities

Michi no Eki Towada Towadapia



There's a sanchoku corner where local agricultural and livestock products are on sale along with processed goods, a tokusanhin corner where all kinds of local souvenirs are on display, a restaurant which serves dishes made with local ingredients and a workshop where you can have a go at sakiori. There's also the renowned sweet of Michi no Eki Towada, a thick ice cream that has a soft cream base made from local soya beans and rice with a sauce topping made from the vegetables or fruits of the season. Definitely give it a try!

Various tastes of the season's thick ice cream



Michi no Eki Towada Towadapia

37-2 Tairakubo, Denpoji, Towada-shi
 Tel: 0176-28-3790
Opening hours: 9:00–20:00 (November–March 9:00–19:00) **Closed:** January 1

Famous Local Products

Savour the famous local products

If you talk about the fun of a travel destination, it's the local foods that spring to mind. Towada is just full of delicious foods you must try like the local dish Towada Barayaki.



Towada Barayaki

Beef rib meat fried with lots of sliced onions is Towada's soul food. The aromatic smell of the tare sauce stirs up your appetite. The taste of tare sauce differs depending on the shop so why not compare them.

Tsukasa Barayaki Taishu Shokudo Restaurant
Tel: 080-6059-8015
Opening hours: 11:00-14:30 and 17:30-23:00
Closed: Mondays *We are closed on Tuesday when Monday is a holiday.



Towada Barayaki Seminar Group
Head of the Seminar Group: Shita Hatanaka



The Towada Barayaki Seminar Group won the Gold Grand Prix at the 9th B-1 Grand Prix in Koriyama!

It's very filling!

Local dishes that are special to a horse-rearing area



Horsemeat Dishes

Taste the original tare sauce at the horsemeat restaurant Kiccho and try the recommended Yoshitsune Nabe or the Baniku (horsemeat) Nabe. There are two kinds of basashi (Sashimi of horsemeat) here, marbled meat and lean meat, so you can experience different tastes and textures.

Baniku Ryori Kiccho Restaurant

Baniku (horsemeat) Nabe is amazingly good with local Japanese sake.

Tel: 0176-24-9711
Opening hours: 11:00-14:00 and 17:00-22:00 Closed: Sundays

How to enjoy Towada Barayaki Do you know about Tower Yaki?

The Towada Barayaki Seminar Group is revitalizing the city through food. Since being formed in 2008, they have been promoting barayaki with the slogan "creating a town full of life through Towada Barayaki". The group is active not only within the city but also outside the prefecture. At the 9th Revitalizing Towns with Local Foods Festival! B-1 Grand Prix in Koriyama in 2014, they realized their wishes and won the Gold Grand Prix Prize.

"Tower Yaki" is a cooking method of the barayaki to heap up meat highly like a tower on the iron plate with sliced onions, and to bake.

The Towada Barayaki Seminar Group hold "La vie en rose with Tower Yaki" at Tsukasa Barayaki Taishu Shokudo Restaurant. People wear tuxedos and dresses and enjoy Tower Yaki with members of the Towada Barayaki Seminar Group. The more people there are, the higher the tower of meat gets. It's a sight worth seeing.

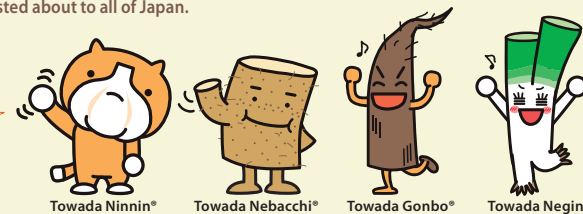
La Vie en Rose Joint Enterprise Cooperative Towada Barayaki Seminar Group

7-4 Nishinibancho, Towada-shi
Tel: 0176-25-7758 No. of participants: 1-20
Duration: 1 hour Reservations: By 3 days before

Vegetables

Towada with its clean soil, water and air is a famous location for vegetables. There are lots of vegetables here including Garlic, Chinese yams, Burdock and Japanese leeks that can be boasted about to all of Japan.

The character mascots of Towada's famous vegetables. They go around all the areas, in particular the city center, and promote Towada's vegetables.



Towada Ninnin*

Towada Nebacchi*

Towada Gonbo*

Towada Negin*



Garlic

Towada produces the most garlic in Japan. The highest quality garlic, Fukuchi White Roppen, is distinctive with its head being white like snow and the large size of each clove.



Chinese Yams

These are light in colour and very sticky. They are distinctive with their crunchy texture along with not having much of a bitter taste. They have sweetness and good flavor so are delicious eaten raw or boiled.



Burdock

Its distinctive features are being rich in minerals, fresh and juicy with a great aroma. One boast of Towada's burdock is that it's so soft you can eat it raw.



Japanese Leeks (Bokeshirazunegi)

The beautifully clear distinctive green and white parts is characteristic of the Japanese leeks here and it's due to the thoroughness in managing the cultivation of them. You can enjoy the unique combination of their spiciness and sweetness.

Time to introduce the shops where you can taste the vegetables Towada is proud of!

The vegetables of Towada where there are many blessings of nature are in these shops

Enjoy healthy food at shops that have vegetable sommeliers

Noen Café Hibiki

Taste dishes with vegetables as the main in an old house surrounded by nature. In addition to the Noen Kagomori Lunch, cakes and ice creams are also popular.

Tel: 0176-27-6626
Opening hours: 11:00-16:00 (Apr-Nov), 11:00-15:00 (Dec-Mar)
Lunch: until 14:00
Closed: Wednesday, New Year's holidays, Bon holiday



Pleasant meals for body and soul

Garden kitchen Tariho

Garden Kitchen Tariho, along with the chiropractic office next door, offer a place to heal your mind and body. Tariho Zen is a popular choice for those looking to have a real taste of Towada cuisine.

Tel: 0176-58-6441
Opening hours: 11:30-13:30 (Last Order.), Saturdays: 14:00 (Last Order)
Closed: Sundays and holidays



Be healthy with a hamburger containing lots of burdock

Hapitano Café

A neighborhood café that you can drop in on at leisure. Popular dishes at lunchtime are the Goboiri (burdock) Hamburger steak and the Nagaimo (Chinese yam) Fuwafuwa Hamburger steak. There's a healthy choice on the menu with lots of vegetables grown in Towada used.

Tel: 0176-23-0853
Opening hours: 11:00-18:00 (food until 16:00)
Closed: Sundays and holidays



Italian food made with organic vegetables from the farm's garden

Farm Café Ota

This is a restaurant that serves food made using local natural ingredients and organic vegetables that the couple grew themselves. The wine and lemonade made with no chemical additives is recommended.

Tel: 0176-25-0185
Opening hours: Lunch 12:00-15:30, Dinner 18:00-21:00 Closed: Mondays, every 1st / 3rd / 5th Tuesday April to October: Lunch of Tuesday, Wednesday, Thursday



Spend times with the horses in Towada, a horse-rearing area

Come and meet the horses

Towada has been a special production localities of horse since before the war. Even now these culture has been remaining in the citizen's life.

Competitive Yabusame (Horseback Archery)

During yabusame, or horseback archery, archers take aim at targets while riding. This martial art has been practiced since long ago, but has had some modern elements added to it over time to present day, making for an enjoyable new style of horseback riding.

Competitions are held in April, during Sakura Yabusame, and in October, during the Yabusame World Championships, where visitors can spectate competitions by top-level riders from around the world.

Sakura Yabusame received the Prime Minister's Award, one of the highest honors, in 2016 during the 20th Furusato Event Awards, which recognizes unique and outstanding events that utilize the individual personality of each region of the country. In 2019, the event was also considered for "Cool Japan" certification by judges from around the world, and selected to be part of the general category of the 2019 Cool Japan Award. Sakura Yabusame has also attracted attention both domestically and from abroad in receiving the Agency for Cultural Affairs Award during the 2016 Sports, Culture, and Tourism Awards, which honor outstanding efforts in sports and culture.



An event held at Towada's Chuo Park



A world competition of Yabusame! Yabusame World championship

A competing event by world class horse riders from all over the world.

Held Middle of October



A festivity for women horse riders! Sakura yabusame

The only competing event (Under the cherry trees) in Japan that is exclusive to women horse riders.

Held Late April



Picture of Koma-kaido Highway a long time ago (main entrance of the War Horses Replacement Section)

The history and development of Towada as a horse-rearing area

Towada has prospered from long ago as a horse-rearing place of Nanbu horses. In 1885 in Towada town area the Aomori Branch Office of the War Horses Office of the Department of War (currently Sanbongimura) was founded (later becoming the Sanbongi War Horse Rearing Center and later still the War Horses Replacement Section) and great effort was put into rearing war horses here. In those times, Towada was a lively place due to the horse auctions here. Until being disbanded in 1945, they turned out a

great number of good horses at this facility and its name as a horse-rearing location spread throughout Japan and contributed to the development of the city.

You can learn about the history of those times at the Shotokukan at Towada Bajikoen. It's a museum where you can learn about the history of horses here and people's relationships with the horses. There are horse accessories and horse toys on display and between April and November (on Sundays and holidays) there are storyteller performances.

A little adventure!

Experience horse riding

Would you like to try horse riding?



There are courses offer suitable for tourists wanting to try some horse riding right through to people wishing to get horse riding licenses. Reservations necessary for all courses. There are also different routes you can go on outside the grounds including being able to see the sights of Towada on horseback.

Towada Joba Kurabu Group

Tel: 0176-26-2945 Opening hours: 9:00-17:00/Reservation necessary for the horse-riding Closed: Tuesdays

Experience Yabusame Course

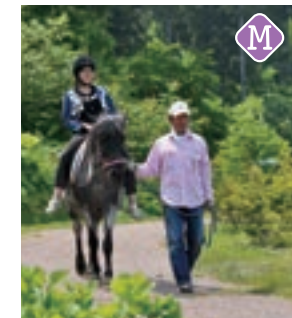
Program period: April-November Duration: 60mins Aimed at: Elementary School 5th grade and older Capacity: 3-5 people Fee: 2,400 yen for person *A yabusame outfit can be borrowed (fee charged)

Towada Bajikoen Kommako Land

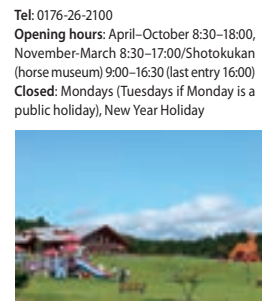


We'll leave the horses to you!

There's the Kommako Bokujo where you can come into contact with and pet the horses, the Koryukan where you can rest and have light meals and the Shotokukan where you can learn about the history and culture of horses that are rare in Japan. There are lots of fun things to try at the Kommako Bokujo including feeding carrots to the horses, riding horses, taking rides in the horse carriages (or horse sleighs in winter) and walking ponies.

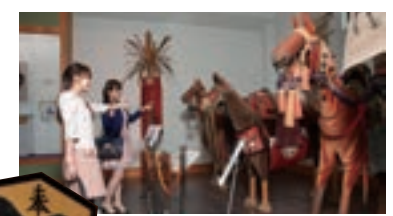


Try horse riding where the horse is led by a rope. You can also learn how to give horse food.



There is a playground area within the grounds outside of the area where you can enjoy different activities with the horses.

Tel: 0176-26-2100
Opening hours: April-October 8:30-18:00, November-March 8:30-17:00/Shotokukan (horse museum) 9:00-16:30 (last entry 16:00)
Closed: Mondays (Tuesdays if Monday is a public holiday), New Year Holiday



Horse carriages are fun!

You can learn about the history surrounding the horses of Towada and see the accessories of the horses at Shotokukan (horse museum).



There's Japanese sake of repute at the home of great springs



Takumi Sato continues the making of Hatomasamune sake as the chief brewer at the sake factory. The freshly squeezed namashu (pure sake) "Sato Takumi" series of products is popular.



When you take a trip here, have some special Japanese sake that could only be from Towada at one of the local izakayas.



Have Japanese sake made from the clear underground water of Hakkoda and Oirase together with some local food.

Hatomasamune

The staple product of Hatomasamune "Hakkoda Oroshi" uses "Hanafubuki" which is a shuzo koteikimai (rice suitable for sake brewing) of Aomori Prefecture. You can experience the sensation of the gorgeous aroma and refreshing taste.

Tel: 0176-23-0221 <http://www.hatomasa.jp>



Lake Towada, Oirase Gorge and the area surrounding Hakkoda are designated as Towada-Hachimantai National Park. The land here, with its tough, rich nature being kept unchanged, is the source of the water of Towada. There are lots of great tasting things in Towada including sake made from the water, rice, vegetables and of course the water itself.

Hatomasamune, the only sake factory within Towada City, has continued to use the manufacturing method of long ago to create the taste of Towada since being founded in 1899. Come and try Hatomasamune sake which has won various prizes including the gold medal by the National Research Institute of brewing and the Monde selection.

Oirase Genryusui

Natural mineral water pours out from the vast sea of trees of the native beech forests of Hakkoda. This soft water has a distinctive delicate taste.



Tours & Experiences

Kamikita Agricultural and Processed Products Agricultural Cooperative

You can watch the process of making Staminaigen tare sauce which is loved locally from start to finish.



Tel: 0176-23-3138
Availability of Factory Tours: Weekdays
Factory Tour Opening hours: 9:00-12:00 and 13:00-15:00 (tour is about 1 hour long)
Reservation necessary (1 month before)
Price: Free

Maboroshi no Anazeki Tunnel

Venture into this unfinished "phantom tunnel," left just as it existed back when Nitobe Jujiro began excavation during the late Edo period.



Tel: 0176-26-2755
Availability: 9:00 - 16:00 (closed monday)
General Admission: 700 yen (individuals), 600 yen (groups)
Elem - HS Student Admission: 400 yen (individuals), 300 yen (groups, reservation required)

Wadakan Co. Ltd.

This is a long-established soy sauce maker. You can watch the process and the machines making the soy sauce.



Tel: 0176-25-2111
Factory Tour Availability: April-October (excluding holidays) Necessary No. of People: 10 or more
Factory Tour Opening Hours: 10:00-16:00
Reservation necessary (2 weeks in advance). You can book by phone, fax or email
Price: Free

Towada Agricultural Experiences Liaison Council

They provide agricultural experiences and farm accommodation for school excursions, individuals or groups from within Japan or from overseas.



Tel: 080-8206-5608
Opening hours: 9:00-17:00
Reservation necessary (1 week in advance)
Closed: Inquire for details
Price: 1,600 yen (half-day)

Souvenirs of the art town

A memory of a fun trip.
Here are some souvenirs typical of Towada.



Art goods from the art center

Fashionable art goods that are great as a present or to use yourself. There are a variety of types including mugs and stationery.



Nanbu Sakiori

A traditional handicraft made from long ago in the Nanbu area. Born of the ingenuity of women treasuring their cloth.



Kimigara slippers

Kimi is corn. Slippers made from the skin of the corn have a reputation of being cool in summer and warm in winter.



Premium Garlic Powder

This is powder which is made from garlic grown in mineral cultivation and processed to have a weaker smell. This is a handy product to use whenever you want to add a hint of garlic to food.



Towada Bijin Gonbo Series

Without it being a bad habit, you'll become addicted to this pickled burdock with its crunchy texture and great aroma. It's perfect as a side dish with rice or as a snack with a drink.



Fukamochi Apple Juice

Three generations of women Nakako Orchard, an apple processing factory in Fukamochi District. The juice made from the carefully selected apples there is ideal as a souvenir.



Towada Gobo Tappuri Dressing

This dressing uses burdock from prepared soil and is perfect as a sauce for pasta, fish and meat dishes and of course as a salad dressing.



Aomori's Majo no Toro Nama Chocolate Sandwich

This won the prize at the 2nd Local Sweets Championship. It's smooth like a mousse and its soft texture is distinctive.



If you come to Towada get this! A local specialty souvenir



Matured Black Garlic (medium sized) of Aomori Prefecture

It has a distinctive sweetness and sourness like dry fruits. Garlic that is high in sugar content grown in the famous garlic growing area of Towada is matured in a unique manufacturing process.



Towada Barayaki Tare Sauce

You can enjoy two kinds of tare sauce: sesame flavoured and salty-sweet. You can make proper Towada Barayaki even at home!



Sutaminagen Tare Sauce

This is a yakiniku tare sauce with the tastes of the local agricultural goods, garlic and grated apple, packed into it. This is a long selling product that continues to be loved by the people of Aomori Prefecture.

A Special Place of Scenic Beauty – Oirase Gorge

Enjoy the beauty of the mountain streams to the full at Oirase Gorge

There are a number of ways to enjoy Oirase Gorge.

Look at the scenic beauty, enjoy being immersed in the forest, take a look at the moss.....
Enjoy the beauty of the changing faces of nature with the seasons and the weather here.



Oirase River is the only river to flow out from Lake Towada. The Oirase Gorge section is about 14km long, from Nenokuchi to Towada-bashi Bridge at Yakeyama. Oirase Gorge is also known as "Bakufu Kaido (Great Waterfall Road)" because of the numerous waterfalls dotted along the mountain stream.

In May while the winter snow still remains, the flowers of species of anemone bloom and the green season of Oirase starts. Not only is there the beauty of the sunlight shining off the fresh greenery and the wonderful

waterfalls, you'll also be captivated by the glossiness of the species of mosses covering the rock surfaces. The scenery is even more incredible in autumn when the leaves of the broad-leaved trees turn yellow, orange and red.

A travel writer of Meiji era, Keigetsu Omachi, spoke highly of Ashuranonagare Stream. Come and enjoy the different mountain streams here which each have their own special kind of beauty.



A spray of water that rises with a thunderous sound **Choshiotaki Waterfall**

This is a waterfall worth seeing with a height of 7m and width of 20m. Also known as Uodome (fish stop) no Taki Waterfall as this waterfall hinders the fish going upstream to Lake Towada.



A manly stream popular with cameramen **Ashuranonagare Stream**

The scenery here is representative of Oirase Gorge. Furiously flowing between the shadowy thick clumps trees, the river is just like Asyura of its name (a Buddhist god symbolizes force and violence).

Lake Towada is a caldera lake where water collected after the land subsided many times due to volcanic activity that started about 200,000 years ago. Part of the rim of the crater broke down and a huge flood eroded the plateau and created a deep valley creating the Oirase Gorge we know today. Currently, Oirase Gorge, including Lake Towada, is designated as a national park and the rich nature is protected here with great care.



There are lots of spots for taking pictures!

Guides show people around Oirase

Lake Towada and Oirase are full of mysteries of nature. Knowing about these elements of the lake and mountain streams makes walking here even more enjoyable.

Towada Oirase Kunizukuri University (NPO)

Authorized guides of Oirase, Towada give information about the nature, history and culture here during each of the seasons.
163-3 Oboritai, Okuse, Towada-shi
Tel: 0176-72-2780

Lake Towada and Oirase Sightseeing Volunteer Group

Many of the guides are local farmers. It's deeply interesting listening to them explain about Oirase and Tsuta in the local tongue.
86-15 Maekawara, Horyo, Towada-shi
Tel: 0176-23-0568 (fax also possible) Season: Late April-mid November

Oirase Nature, Tourism and Resources Research Group (NPO)

With the theme of "standstill so you can begin to see things", nature tours are conducted centered around observing the mosses, mushrooms and ferns.
Sun green 103, 23-11-1 Nishi, Towada-shi
Tel: 0176-23-5866

Oirase Recommended route

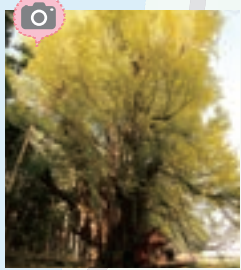
- 8:30 **Depart from Nenokuchi, Lake Towada by bus**
Start walking around Oirase
Walk around the mosses or go rambling together with a guide
- 11:00 **Oirase Stream Museum**
Have fun making a moss ball (ornamental plant grown in a ball of soil covered by moss) or shopping
- 12:00 **Have lunch at Towadako Onsen Hot Spring Village**
Enjoy the lunches made using Towadako Wagyu Beef and local vegetables
- 13:30 **Walk around Tsuta-numa Pond**
- 16:30 **Stay at a hot spring like Tsuta-onsen Hot Spring, Sarukura-onsen Hot Spring or Yachi-onsen Hot Spring**

Camera: a recommended spot for pictures!



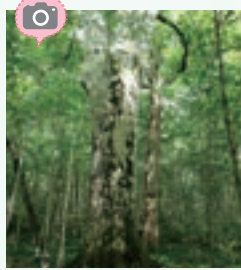
If you hold your smartphone over images with this mark on you can watch short video clips or images of panoramas.

Special large trees within Towada City area



Horyo no Ichō (Ginkgo Tree)

There's a tale that this tree was planted in person by Nansonobo who is part of Lake Towada Legend. Estimated to be 1,100 years old, it is also known as "Chichi Morai no Ichō (Ginkgo Tree)".
16-2 Ginnagi, Horyo, Towada-shi



Giant Beech "Forest God" (Morinokami)

This tree is 400 years old with a circumference of 6m. This large tree was split into three parts by a woodcutter long ago and is known as "Morinokami (god of the forest)" as it's worshipped as a god. Poronaiyama National Forest, Oirase, Towada-shi

Oirase Keiryu, Stream Walking Map



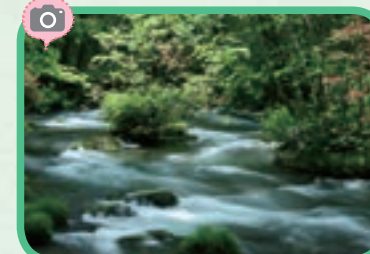
Beautiful waterfalls amidst a sea of trees Shiranuno Falls

It can be seen in the depths of the forest with the appearance of the water lightly sprinkling down being like the beauty of the feathered robes of a nymph from the heavens.



Ishikedo Rest-House

You can use this as a rest spot while walking in Oirase and there are also light meals served including soba and ramen.
Opening times: 8:30-17:00 **Closed:** Wednesdays (December-March) **Tel:** 0176-74-2355



The meeting point of 3 streams Samidare Current

The abundant amount of water creates a dynamic scenery. There are lovely flowers on top of the moss-covered stones in spring.

Look at the mosses with a magnifying glass!



Oirase area

Legend

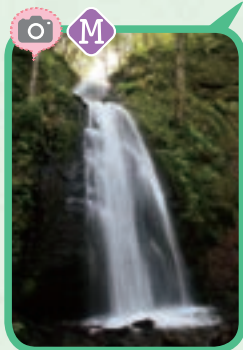
- Walkways
- Roads (National Highway 102)
- Oirase River
- Bus stops
- Parking lot



It's not just a waterfall. The geological layers are also worth seeing!

Kudan Falls

The complex strata have been eroded by the waterfall. This is a precious waterfall that allows us to see the geological structure of Oirase.



This waterfall that bends then drops is worth seeing.

Kumoi Falls

This has a drop of around 20m. The spray hitting the rocks looks like a cloud and that's how it got its name (kumo means cloud).



The area around Kujukushima

The scenery is completely different by the four seasons



Rental bikes

These bikes are handy for taking walks around Oirase. There are also electrically-powered bikes that offer assistance for those without confidence in their fitness levels.
Basic prices: City bicycle 4 hours 1,000 yen, electrically-assisted bicycle 4 hours 1,500 yen
Rental areas: Oirase Stream Museum, Ishikedo Rest-House, JR Nenokuchi Bus Stop



About 14km

Estimated times on foot

Bus stop

Please be aware that there are few restrooms along the walking trails!

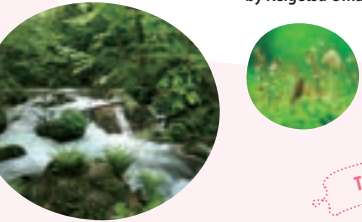
Picking any fauna or flora and removing rocks are prohibited. Thank you for protecting our ecosystem, and keeping this area beautiful for other visitors.

Please do not feed the wildlife.

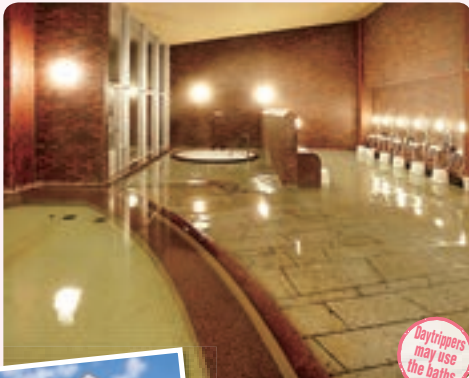
Duration ▶ Yakeyama-Nenokuchi About 14km, takes 4-5 hours Ishikedo-Nenokuchi About 9km, takes 3-4 hours

Revel in these relaxing, secluded springs surrounded by mountains

"The mountains of Tsuta are intertwined with the lives of the people. A place where hot water wells up is a place with beautiful water."
There are well-known hot springs in Towada to soak in including Tsuta-onsen Hot Spring which was featured in a piece of work written by Keigetsu Omachi.



The Yakeyama Area



Daytrippers may use the baths

Eat Oirase cuisine until your heart's content Oirase Mori no Hotel

Their motto is "to give the best hospitality to valued customers". The main dinner course is roast beef produced within the prefecture. Come and try the creative dishes that don't fit a set genre of food.
36-20 Yakeyama, Horyo, Towada-shi
Tel: 0176-70-5000
● 11:00-15:00 ● Adults (JHS and over) 500 yen, Children (elementary school) 300 yen, Below elementary age Free



Lunch: 11:30-14:00 (Please call for a reservation for parties of 10 and more.)

Have a casual lunch here

Featuring lunches made with seasonal ingredients. From a-la-carte, to course meals, enjoy the many tastes that the hotel has to offer. Day trip lunch plans are also available.

Towada Onsen Hot Spring Village is a gateway to Lake Towada and Oirase Gorge National Park and is a hot spring village that draws its water from Sarukura-onsen Hot Spring around 12km away. You can enjoy soaking in the spring while looking out at the beautiful scenery of each of the four seasons from the outside bath. It's loved as a base for tourists in Oirase Gorge throughout the year including in winter when it's alive with tourists visiting the area for skiing.



The only hotel along Oirase Stream Hoshino Resort Oirase Keiryu Hotel

A perfect accommodation for long-stayers as well. We have guest rooms and outdoor hot springs overlooking the Oirase stream. "Keiryu shuttle bus" is also available.
231 Tochikubo, Okuse, Towada-shi
Tel: 0570-073-022
(Hoshino Resorts Reservation Center)



For guests only.

Oirase Keiryu Hotel Mori no Shinwa Lounge

A lobby area famous for its fireplace sculpture, *Mori no Shinwa* (Myth of the Forest), created by Okamoto Taro. At night, the space transforms into a relaxing bar lounge.



Daytrippers may use the baths



It's a free flowing source hot spring so you can take a bath 24 hours a day



A hot spring hotel where you can feel the warmth of the wood Nonohana Yakeyama-so Inn

You can spend a relaxed, leisurely time in the building which is made from Aomori Hiba (a type of Japanese evergreen tree) and is all tatami. The pride of the inn is its puffy, soft textured kamameshi (rice, meat and vegetables boiled together in a small pot) made with seasonal ingredients from Aomori.
64 Yakeyama, Horyo, Towada-shi Tel: 0176-74-2345
● 13:30-17:00 (necessary to call before going) ● Adults 600 yen, Children (elementary school age and under) 300 yen

There are more Hot-spring bath on a day trip facility

Oirase Green Hotel

● 64-232 Yakeyama, Horyo, Towada-shi
● 9:00-20:00 ● 0176-74-2211
● Adults (Middle school students and above) 500 yen, Children 300 yen

Hachinohe People's Recreation Senshin-so Hotel

● 64-184 Yakeyama, Horyo, Towada-shi
● 10:30-18:00 ● 0176-74-2146
● Adults (Middle school students and above) 370 yen, Children (4 years old and above) 110 yen, Below 4 years old no charge

Shimin-no-le

● 64-164 Yakeyama, Horyo, Towada-shi
● 9:00-21:00 (Closed: 3rd Wednesday of the month, 12/31, 1/1)
● 0176-74-2007
● Adults (Middle school students and above) 300 yen, Children (Elementary school students) 150 yen, younger than elementary school age no charge

Guest house Nanbuya

● 11-41 Tochikubo, Okuse, Towada-shi
● 11:00-18:00 (Services after 18:00 are negotiable.)
● 0176-74-2047
● Adults (Middle school students and older) 400 yen, Children (Elementary school students) 200 yen, Children (Before elementary school) no charge

Akari to Kaede, Oirase Onsen

● 64-108 Yakeyama, Horyo, Towada-shi
● 11:00-22:00 (closed tue, wed, thur) *varies by season
● 0176-74-1102 ● 600 yen (adults, middle schoolers and older), 300 yen (children)

Yachi and Sarukura Area

Japanese martens can be seen from December to April



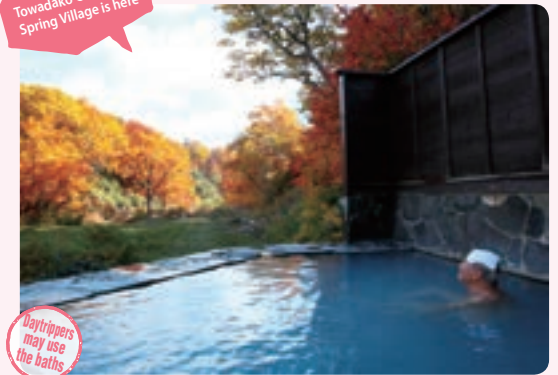
Daytrippers may use the baths



One of the top three secret hot spring in Japan Yachi-onsen Hot Spring

It has a history of 400 years and is known as a powerful hot spring. High temperature, milky spring water and low temperature, clear spring water well up from the base of the hot spring bath.
1 Yachi, Horyo, Towada-shi
Tel: 0176-74-1181
● 10:00-17:00 ● Adults (JHS and over) 600 yen, Children (elementary school) 450 yen, Below elementary age Free

The source of the Towadako Onsen Hot Spring Village is here



Daytrippers may use the baths



A hot spring where there's a sense of unity with nature Sarukura-onsen Hot Spring

The spring quality of the water which is white with a hint of blue is a gypsum bitter hydrogen sulphide spring. From the outside bath you can sense a closeness to the nature of Southern Hakkoda. Naturally the source is free flowing.
1 Sarukura, Okuse, Towada-shi
Tel: 0176-23-2030 (Towada City Contact Point) 080-5227-1296 (the hot spring itself)
● 9:00-15:00 ● Adults (JHS and over) 500 yen, Children (elementary school) 300 yen, Below elementary age Free
*Closed during the winter (End of October-mid April) Day trip bathing is only available on weekends and holidays.

Have a great time doing lots of activities and relaxing in a hot spring

In the green season of spring you can go trekking and / or play golf.
In the snow season of winter you can enjoy skiing or snow-rambling.
After enjoying some activities in the Yakeyama area, finish with a hot spring.



Go to a treasure trove of alpine plants

Mt. Hakkoda

Mt. Hakkoda is a general term for over 20 mountains in the Northern Hakkoda mountain range and Southern Hakkoda mountain range. It is well known across Japan as place for seeing the autumn leaves. Between Kasamatsu-toge Pass on the border of Towada City and Aomori City and Sui-ren-numa Pond, there is a wetland called Takadayachi where you can see clumps of Asian skunk cabbage.



Snowboarding is available on all of the courses

Towadako Onsen Ski Resort

This is a ski resort suitable for beginners too. Bottom of the ski hill is Towadako Onsen Hot Spring Village so you can enjoy a hot spring and skiing!
64-122 Yakeyama, Horyo, Towada-shi
Tel: 0176-74-2008
Opening times: 9:00-22:00 December-March



Restaurant and Pension Keigetsu

Lake Towada Onsen Hot Spring Village Map



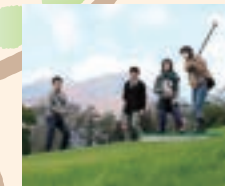
Legend

- Hotels
- Ryokans
- Inns
- Bus stops
- Parking lot
- Hot springs (ok for day trips too)
- Restaurants and cafeterias
- Gas stations



Revel in the special scenery of winter
Snow Rambling
Wear snowshoes or snow ramblers and go walking across the snow fields. You can come across scenes special to winter like icicles and frozen falls.

Lake Towada Guide house Kai
Tel: 080-1681-1036
Season: From late December to late March



A golf course that makes good use of its natural topography

Hakkoda Panorama Park Golf Club

If you just have one club and one ball, golf is a sport that can be enjoyed by children through to adults. You can look out over the Hakkoda mountain range while enjoying a game of golf.
64-458 Yakeyama, Horyo, Towada-shi
Tel: 0176-74-2277
Opening times: 8:30-16:30
Late April-early November



A nature experience where you can enjoy the mysteries of the forest and mountain streams

Nature Rambling

A leisurely walk with a nature guide through Tsutanomori Forest and Oirase Gorge. You can experience the mysteries and beauty of nature.
Lake Towada Guide house Kai
Tel: 080-1681-1036
Season: From late April to Early November



Relax and fish for rainbow trout

Fishing pond

You can try fishing for rainbow trout at a reasonable price in a fishing pond in the grounds of the ryokan, Yugyo-so. The fishing equipment is free to use and you can take the fish you catch home with you. They'll prepare the fish for you for free so they're ready for you to cook.

64-120 Yakeyama, Horyo, Towada-shi Tel: 0176-74-2202
Open: In the daytime on Saturdays, Sundays and Public holidays Price: 1kg 1,300 yen

Base for dispatch of information about Oirase Gorge Oirase Stream Museum



There is a display of exhibits on Oirase Gorge, souvenirs on sale and you can also try making a Kokedama (moss ball). In the coffee corner, you can have hot coffee freshly made from the Oirase Gen ryu sui water source from the adjoining Oirase Yusui-kan, sterilization & bottling factory, Well and apple pie.

183 Tochikubo, Okuse, Towada-shi
Tel: 0176-74-1233
Opening times: 9:00-16:30 Closed: Open all year

There is a limited amount of water drip ice coffee made from water extracted from the Oirase Gensui-ryu water source over 12 hours served here. (May to October)

Have the maccha and chocolate which represents the moss and trees of Oirase! Koke soft cream 350 yen

Handicrafts Experience Corner



Kokedama (moss ball) Making Experience

~ as a memory of Oirase ~
Make a Kokedama after walking in Oirase as a representation of the moss-covered rocks of Oirase. It's a popular activity and even children can make one in around 30mins.
*Moss and plants supplied by a horticultural center are used.

Oirase Moss-ball Workshop
Price: 2,000 yen per person
(You may choose any plant you like.)

Oirase Lamp Workshop

~ an expression of beauty with moss and light ~
Let's transform the Oirase's natural beauty into a lamp by drilling some holes on a gourd.
The picture shows a lamp created with Conocephalum conicum which can be seen in Oirase stream as a subject material.

Oirase Lamp Workshop
Price: 5,000 yen per person
(A wooden stand for LED included.)
*This workshop takes about 60 minutes.





Nature Trail and Tsuta Area

Encounter the mysticism of the beech forests of Tsuta

Tsuta-numa Pond is surrounded by thick beech forest. The forest which is a haven for wild birds is a sanctuary for walking.



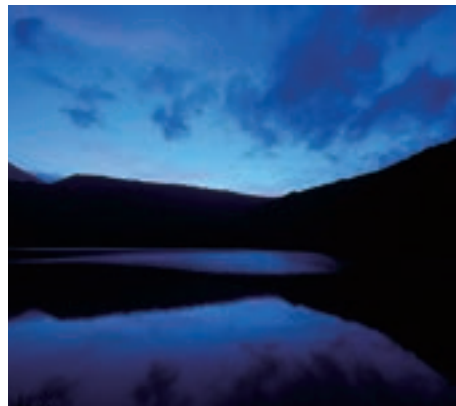
Tsuta-numa Pond

Tsuta-numa Pond with a circumference of 1km and area of 6 hectares is the largest of the seven ponds in Tsuta. You can see the scenery coloured red at the beginning of the season of the autumn leaves.

You can savor the nature of Tsuta-numa Pond which differs from Lake Towada and Oirase Gorge. There are 7 ponds in the area that surrounds Tsuta-onsen Hot Spring; Tsuta-numa Pond, Kagami-numa Pond, Tsuki-numa Pond, Naga-numa Pond, Suga-numa Pond, Hyotan-numa Pond and Aka-numa Pond. The seven ponds are known as Tsutanana-numa (seven ponds of Tsuta) and with the exception of Aka-numa Pond they are all joined by a nature trail. This area is a haven for wild birds. If you listen out for the chirping of the wild birds, walking is even more enjoyable.

The biggest pond, Tsuta-numa Pond, is known for its beautiful sunrises. On calm days with no wind the trees are reflected on the surface of the pond and there's a peaceful beauty here.

Take a rest at Tsuta-onsen Hot Spring after a walk. Keigetsu Omachi, a travel writer of the Meiji era, loved it here and this hot spring where he spent his later years will relieve the weariness of your travels.



Dancing vigorous lights flutter through the summer nights

Tsuta-numa Pond Firefly Viewing

You can see two species of firefly amongst the rich nature of Tsuta-numa Pond. Come and see fireflies which come right up close to you.

Hoshino Resort Oirase Keiryu Hotel
Tel: 0570-073-022 (Hoshino Resorts Reservation Center)
Season: Mid July-late July (usually) *For lodgers ONLY.



Popular spot for taking pictures!

Suiren-numa Pond

Alpine plants are abundant at this pond in the vicinity of Kasamatsu-toge Pass. The view of the scenery of Hakkoda from here is amazing!

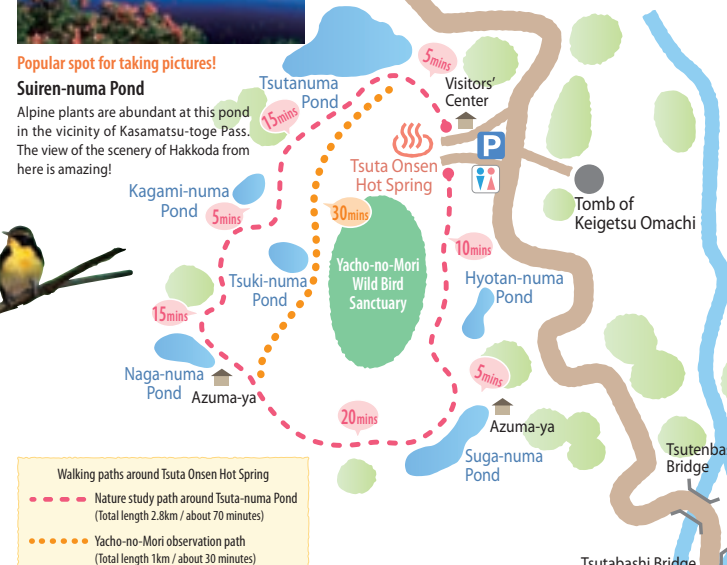
Yacho-no-Mori Wild Bird Sanctuary

Alpine plants are abundant at this pond in the vicinity of Kasamatsu-toge Pass. The view of the scenery of Hakkoda from here is amazing!

Walking paths around Tsuta Onsen Hot Spring
 - - - Nature study path around Tsuta-numa Pond (Total length 2.8km / about 70 minutes)
 - - - Yacho-no-Mori observation path (Total length 1km / about 30 minutes)

Tsuta-numa Pond Walking Map

Tsutanana-numa, where seven ponds of varying sizes are dotted about. With the exception of Aka-numa Pond, the ponds are joined by a nature trail and you can enjoy walking with the background music of the birds chirping.



Become familiar with Keigetsu through the exhibits

Keigetsu Omachi Museum

This is a museum where you can learn about the life and paths of Keigetsu Omachi who loved Oirase. It's in Tsuta-onsen Hot Spring where Keigetsu spent his later years.

1 Tsutanoyu, Okuse, Towada-shi
In Tsuta-onsen Hot Spring
Tel: 0176-74-2311
Opening times: 10:00-18:00



Daytrippers may use the baths



The only place to stay that's surrounded by the beech forests

Tsuta-onsen Hot Spring

This secluded hot spring was loved by the travel writer Keigetsu Omachi. The current building was built in the Taisho era. The spring wells up from bottom of the bathtub made out of hiba (a type of evergreen tree that grows in Aomori) wood.

1 Tsutanoyu, Okuse, Towada-shi Tel: 0176-74-2311



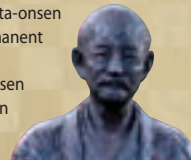
Restaurant Tsuta

You can enjoy eating Inaniwa-style udon boiled in spring water from Tsutanomori Forest and / or freshwater fish dishes here. The Seiryuzaru Udon is recommended. This is a convenient restaurant for when you go walking around Tsuta-numa Pond.

The travel writer who communicated the appeal of Towada Keigetsu Omachi

A literary person who was from Kochi Prefecture. He first visited Lake Towada in 1908. On returning to Tokyo he spread the word about how wonderful Lake Towada was by publishing his article Ouu Isshu in the magazine Taiyo. He drafted the document when they requested for Lake Towada to be designated as a national park. He had a great love of Tsuta-onsen Hot Spring and visited many times. In his later years he made it his permanent place of residence.

There is a museum for Keigetsu Omachi in the grounds of Tsuta-onsen Hot Spring which is free for people staying there or taking a hot spring on a day trip there.



A true beer of the area made using Oirase water

Oirase Beer-kan was the first place in Aomori Prefecture to make a local beer. You can enjoy good quality beers here that have won several beer contests.



You also try the seasonal beers that are available for limited periods!

- * **Natsu Gentei Beer (summer beer)**
Sold mid June
It has an easy-to-drink fruity taste!
- * **Aki Gentei Beer (autumn beer)**
Sold mid August
A rich-tasting beer with an alcohol content of 6%



Michi no Eki Oirase Oirase Roman Park
Local beer restaurant, Oirase Beer-kan



Michi no Eki Oirase Oirase Roman Park

There's the souvenir shop Shikisai-kan, the steak house Mirai-kan and local beer restaurant Oirase Beer-kan amongst other facilities within the large grounds of Michi no Eki Oirase.

Tel: 0176-72-3201 Opening times: 9:00-19:00
Closed: 12/31, 1/1
Shikisai-kan Tel: 0176-72-3201
Mirai-kan Tel: 0176-72-3341
Oirase Beer-kan Tel: 0176-72-3231
Miraku Kobo (dairy products made here)
Tel: 0176-72-3101
39-1 Sekimichi, Okuse, Towada-shi

- 👑 **IPA**
2018 International Beer Cup **Gold Winner**
- 👑 **Dark Lager**
2016 Asia Beer Cup **Gold Winner**
2015 Asia Beer Cup **Gold Winner**
- 👑 **Amber Lager**
2013 Asia Beer Cup **Gold Winner**



Pictured Reference Book of the Oirase Tastes

There are superb famous local foods that are produced with or made using the clear waters of Oirase Gorge.

Definitely check them out whether it's for lunch or for a souvenir.



Towadako Wagyu Japanese Beef

The beef is made from Japanese Black cattle that graze amidst the nature surrounding the base of Mt. Hakkoda. It's tastes great and has a distinctive fine texture like a marbling. The beef seems to melt in your mouth.



Castella Sponge Cake made with Oirase Honey

Made using honey from acacia trees in Yakeyama which has a natural, refined taste. The cake has two layers, a sponge layer and a vanilla pudding layer, which have a smooth, creamy texture when you eat them.



Wasabi (horse radish)

The Heichishiune Method is a technique only used in Towada. The natural taste that you can savor of the wasabi grown with the pristine waters here is very popular.



Oirase Garlic Pork

This is a brand of pork where the pigs are fed and raised on a powdery feed containing garlic. The vitamin B1 content is higher than normal pork and it's a first-class delicacy with its sweetness and tenderness.



Towada Oirase Gyoza

These gyoza are made one by one with hand. 20 kinds of ingredients from Towada are used to make the gyoza including garlic grown in Towada and Oirase Garlic Pork. They're delicious to eat even without tare sauce.



Oirase Nomu (Drinking) Yoghurt

This yoghurt has a rich, mild taste and is made using milk produced locally. It's cultured at low temperatures and has a good balance between sweetness and sourness.

Oirase Genryusui

This is natural mineral water that wells up in the native beech forests of Hakkoda. You can look around the factory where it's bottled in the Oirase Yusui-kan Water Museum.



Oirase Coffee

Made using carefully selected coffee beans blended and roasted using an original roasting method with 30% of the water welled in Oirase.



Picturesque area in the north - Lake Towada

Feel the power and breath of nature with all five senses

The legend of Nansonobo and Hachinotaro remains at Lake Towada.
Towada Jinja, Shrine is a spiritual place,
and all of Lake Towada is shrouded in mystery.



Lake Towada is a double-caldera of some volcanic activities, and is surrounded by various mountains of 600-1000 meters high, such as Mt.Ohanabe and Mt. Towada.
The volcanic activity of the lake began before one hundred thousand years ago. That activity had made a stratovolcano of lava & ash, however, the enormous eruption which had been happened before thirteen

thousand years ago caved the stratovolcano and made the original shape of the present Lake Towada. The 327-meter deep lake between Ogura and Nakayama peninsulas is the 3rd deepest lake in all of Japan. You can feel the amazing power of such eruption and feel long period of the time for these formations.



Viewing the sea of clouds from the observation deck

At Lake Towada, visitors can gaze at a sea of clouds early in the morning from spring to summer. The sea of clouds is caused by water vapor that evaporated as a result of radiative cooling hitting the surrounding mountains and becoming fog. As the sun rises and the temperature increases, the fog disappears around 10 o'clock. This mysterious scenery only manifests when the weather conditions are right.

The eyes appear to be meeting your gaze regardless of what angle you look from.



Towada Hachimantai National Park Towada Visitors' Center



The Towada Visitor's Center is a facility where visitors can learn about the rich nature around Lake Towada and see exhibitions explaining the structure of the "double caldera lake" and the process through which past volcanic activity formed Lake Towada. After learning about the history of Lake Towada, go outside for a walk.
Opening hours: 9:00-16:30
Closed: Every Wednesday, December 29th-January 3rd (Open every day from late April-early May and late July-late October)
Fee: Free
Tel: 0176-75-1015

There are also books!



Animal calls can be heard from all over. There's also a corner for handicrafts made with nuts and branches of trees.

Camera: This area is recommended for taking photos.



Lake Towada walking path rest area Tourist Center "Pratt"

This is a convenient facility for sightseeing around Lake Towada. Visitors can view Towadako Kokanee swimming in an aquarium and materials relating to Kotaro Takamura and Sadayuki Wainai.
Open: Throughout the year
Tel: 0176-75-1531

The Bronze Statue of Maidens statue is Kotaro Takamura's last great work.



This monument of a statue of a naked lady is an award presented to Towada National Park for distinguished service

The Symbol of Lake Towada The Bronze Statue of Maidens

A statue of two women that stands at the end of the "Otome Lakeside Path." This statue was made by the poet and sculptor Kotaro Takamura, and is said to be modeled after his wife, Chieko. The figures face each other and their hands touch. The statue embodies the brightness of the lake and displays shadow and form. Their feet are firmly on the ground expressing the appearance of being able to withstand the harshness of Lake Towada.



M P Holding your smartphone above images with this mark will show videos or panoramic photos.

Observation deck tour map

Wake up in the morning to birds singing!

A mysterious lake shrouded in legend

Lake Towada creates different impressions depending on the time of day and season, from observation decks or down by the surface. Enjoy a relaxing journey to this beautiful lake where you can slow down and enjoy each moment.



Please stay on the paths and wooden walkways while walking. This is not only to keep you from getting lost, but also to prevent changes in the natural environment due to vegetation being trampled and soil being eroded. When using hiking poles, please use tip protectors to help keep the mountain trails from eroding.

Walk around all the beautiful viewing points around the lake and in the mountains

Sightseeing boat

Experience the mysterious landscape from on the lake. Both Course A between Nenokuchi and Yasumiya, and Course B leaving from Yasumiya take about 50 minutes.

Towada Kanko Dentetsu Co., Ltd. Tel: 0176-75-2909



View from the observation deck

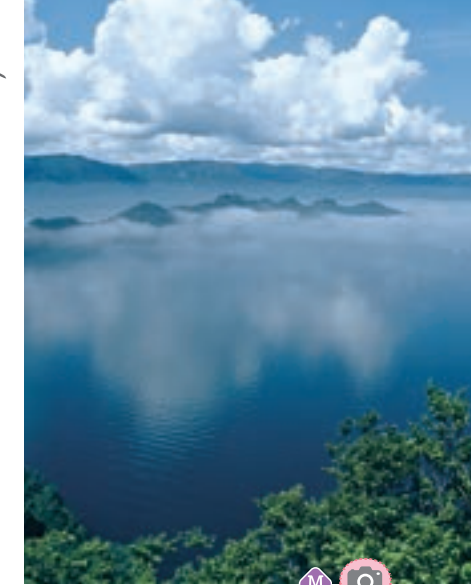
This observation deck provides a breathtaking view of Lake Towada and is a great place to take photos from.

(Close from late November to early May)



Mt. Ohanabe

The highest point (1011 meters) in the mountains surrounding the lake provides a spectacular view.



Kankodai Observatory

The observatory is on top of a cliff face that faces the deepest part of Lake Towada, Nakanoumi (Middle Lake). The sightseeing boat that passes below is visible from there, making it an ideal spot for sightseeing.



Come and enjoy fishing from the shore, or go rowing on the lake and enjoy a bird's eye view of the natural beauty here.

Experience both the lakeshore and middle of the lake

Go on an outdoor adventure on the lakeshore

Utarube Campground

A campground surrounded by beech and maple trees. There are cottages and a shower building, so even people new to camping can enjoy themselves. It's very close to Oirase Gorge and other sightseeing spots, and is perfect for long stays.

Open: July 1–October 31
Tel: 0176-75-2477

Fishing for a legendary catch

Towadako Kokanee fishing

The Kokanee salmon of Lake Towada have been protected by local people ever since they were successfully released by Sadayuki Wainai. These Kokanee salmon, called legendary fish, can be fished during specific periods.

Kokanee salmon fishing season

[Boat fishing] October–December, April–June 20, July 11–July 20
[Shore fishing] October–June 20, July 11–July 20

*Subject to changes based on Kokanee salmon growing conditions and weather. Please inquire in advance.

For a limited time only!



Kokanee salmon fishing license

[Boat fishing] 2,000 yen/day
[Shore fishing] 1,000 yen/day
Tel: 0176-75-2612 (Lake Towada-ko Fishery Propagation Cooperative)

They manage the Kokanee salmon fishing licenses.



Get a bird's eye view of the lake

Lake Towada canoe tour

Let's start our journey from Yasumiya rest area with a Canadian canoe. Our tour guide will show you the beauty of the Lake Towada and the deeper levels of the wonders and pleasures of nature.

Open: From late April to early November
Tel: 080-1681-1036 (Lake Towada Guide house Kai)

Dogs are welcome!



Picking any fauna or flora and removing rocks are prohibited. Thank you for protecting our ecosystem, and keeping this area beautiful for other visitors.



Please do not feed the wildlife.



Recommended locations of spiritual power

Towada-jinja Shrine

An old shrine surrounded by large Japanese cedar

Towada-jinja Shrine

Tel: 0176-75-2508

Until the Edo era, this shrine was a center of Towada faith to a water deity, and said to be a place where mountain priests practiced their religion. Now the enshrined deity is Yamato Takeru no Mikoto.



Kodakara Tree

Visitors who take the Kaiun no Komichi path on the way to Towada Shrine will come across the shrine's *goshinboku* (sacred tree). Many visitors place a monetary offering into the hole of this tree, and wish for the safe birth of their child, or to be blessed with a baby.

Branching off from a road lined with cedars, visitors will find the solemn main building of Towada Shrine. Towada Shrine is currently used to honor the deity Yamato Takeru no Mikoto, but up until the Edo period, it served as part of the Towada mountain faith, dedicated to Towadasan Seiryu Daigongen, a dragon deity and spirit of the lake.

The shrine's finely detailed engravings in the *gongenzukuri* style are quite impressive. From the three-dimensional *mari* balls, to the koi shooting upstream, the imagery of the elder men and women, and of Lake Towada—each one is worth seeing.



A blessing to bring good fortune

Towada Jinja Shrine talismans

The shrine is shrouded in mystery, and said to be a place of great spiritual power that can grant blessings. They have talismans for health, academic achievement, and other benefits.

Legend of Lake Towada

Lake Towada is home to the legend of Hachinotaro and Nansonobo. As it goes, a young man from Kazuno in Akita, named Hachinotaro, was eating an *iwana* charr fish, which he just caught in the river. In doing so, he was breaking the *Matagi* (local hunters) law. Also terribly thirsty, he blocked the flow of the river, and began drinking the water. Suddenly, the river had become a large lake (Lake Towada), and he was transformed into a great serpent. In his grief, Hachinotaro cried out, and sank to the bottom of the lake, where he became its guardian.

As for Nansonobo, he received a message from a deity in Kumano, a land of mountain faith, commanding him to "set forth on a journey in a pair of iron sandals, and settle down forever wherever you may be when the straps break." Upon arriving at Lake Towada, the straps finally broke, and it was there that he faced Hachinotaro in battle. Winning the fight, he became the new guardian of Lake Towada.



Nanso-boya

There is a divine favor to have children or to get married!



Wishing for luck at Lake Towada

Kaiun no Komichi Course ("A way to a good fortune")

A path connecting Towada Shrine to the lakeside area (Gozegahama). Gently curving in an S-like shape, the path is lined with wayside shrines, carved out by volcanic activity, to the deities of wind, fire, mountain, gold, Ama no Iwato, and the sun. Surrounded by a lush forest, visitors will also find a pleasant arboreal scent along the path.

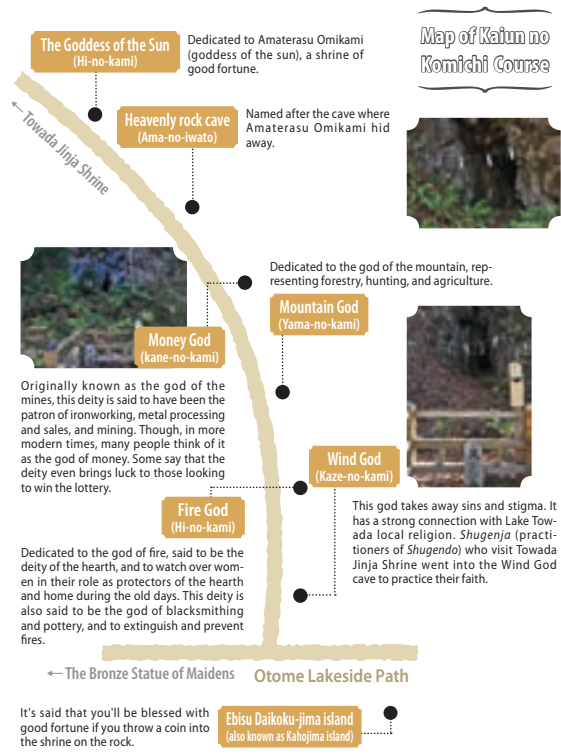


This shrine houses the Kumano Gongen deity

Kumano-jinja Shrine

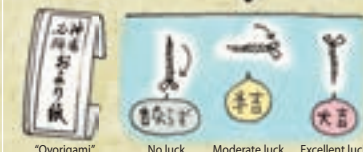
A smaller shrine located off to the right of Towada Shrine. Replicas of the iron sandals worn by the Kumano mountain monk, Nansonobo, are enshrined here.

Lake Towada area



The most sacred place in Lake Towada Fortune-telling area

It's said that if you fold up the *oyorigami* paper, which is available at the shrine, and toss it into the lake, a great ambition of yours may come true.



*Since the ladder leading down to the divination area is currently closed, please throw your paper from other waterside locations such as Gozegahama, or water near home.

Lakeside Towada Small Exploration Map



Shops that provide the handiwork of artisans
Yuzuriha (Towada Main Shop)

This is a select shop that deals in arts and crafts from the Tohoku region. These pieces all display the thoughts and feelings of the artisans, including *sakiori* weaving and *sashiko* stitching. Everything that you would want to reward yourself or give to close friend are here.

Yuzuriha Shop Map A
Address: 486 Yasumiya, Towada-kohan, Okuse, Towada-shi
Tel: 0176-75-2290 **Opening hours:** 10:00-17:00
Closed: Closed during winter (mid-November to mid-April)

This is the place for sightseeing information about Lake Towada! There's a free rest area as well



Whether you enjoy local foods while walking around the lake, relaxing in a hot spring, or purchasing some souvenirs, it is our pleasure to welcome you at Lake Towada.

West Lake (inner lake)



A pillar formed out of molten rock
A huge rock in front of the Bronze Statue of Maidens is also known as a columnar joint as it looks like a pile of pillars.

The Bronze Statue of Maidens



Towada-jinja Shrine



Lakeside Natural Woods

A virgin forest, untouched by human hands with a precious ecosystem. In the summer-time this a great place to see *Hotaria parvula* (a species of firefly).



Lake Towada area



Lake Towada-ko Model course

- 10:00 **Towada Visitors' Center**
Learn the history of Lake Towada.
- 10:30 **Tourist Center "Pratt"**
On the 2nd floor learn about authors that have a connection to Lake Towada.
- 10:40 **Explore "Otome Lakeside Path" Lakeside Promenade**
- 11:00 **The Bronze Statue of Maidens**
- 11:20 **Pray at Towada Shrine**
Improve your fortune at this spiritual location!
- 12:00 **Take a walk up and down the Kaiun no Komichi Course, and enjoy lunch at a nearby shop**
Enjoy eating Kokanee salmon.
- 13:30 **Take a ride on a sightseeing boat and walk around the area**
- 16:00 **Check in at a hotel**
Relax in a hot spring...

- ① Minshuku Shunzanso Pension
- ② Minshuku Himemasu Sanso Pension
- ③ Minshuku Towadako-sanso Pension



Made after the Bronze Statue of Maidens
Otome mochi
Sweet miso is spread soft, moist mochi (rice cake) and then fried.

Shops along the approach to Towada Jinja Shrine

Souvenirs and Dining Morita Map ⑧
Address: 486 Yasumiya, Towada-kohan, Okuse, Towada-shi
Tel: 0176-75-2206
Opening hours: 9:00-18:00 (Restaurant hours: 11:00-15:00)
Closed: Closed for the winter

The fried okara konnyaku, Konkatsu (250 yen), is also popular!

Boat rentals and cruises also available (August - October)



Using apples from Aomori
Handmade apple pie
Long, narrow homemade apple pies carefully made and baked by hand. (500 yen for 1 cut, or 3,000 yen for the entire pie)

- Legend**
- P Parking Lots
 - H Hotels
 - H Minshuku lodge
 - 🍴 Restaurants and places to eat
 - ☕ Coffee Shops
 - 🛍️ Shops and souvenirs
 - 🍽️ Restaurant with Kokanee salmon dishes
 - 🛀 One-day bath services



A legendary flavor Towadako Kokanee

If you're coming to Lake Towada, you've got to try Kokanee salmon!

I saw the legendary fish Sadayuki Wainai



Photo courtesy of Kosaka Municipal Museum Furusato Hall

Long ago, no fish lived in Lake Towada. This is supposedly because fish were unable to climb the Choshiotaki fall on Oirase Gorge. However, Sadayuki Wainai, who was working at the Kosaka Mine, started working in fish breeding. Sadayuki quit his job at the mine, and in 1884 (Meiji 17) he released 600 young carp. He continued to release young fish after that, but his efforts ended in failure. He tried one last time, releasing Kokanee salmon called "Kapa" Cheppo from Hokkaido, which returned two years later in 1905 (Meiji 38). The result was the "Towadako Kokanee," a land-locked fish that now makes its habitat in Lake Towada. After that he devoted the rest of his life to the development of tourism there, and Sadayuki and his wife are now enshrined at the "Wainai Jinja Shrine."

Lake Towada Fishery Propagation Cooperative Union

Union President
Yoshimi
Kobayashi



Please come and try
Towadako Kokanee!

This local brand proudly carries out the wishes of our predecessors

110 years have passed since Sadayuki Wainai's labors. Now, the Lake Towada Fishery Propagation Cooperative Union is continuing his legacy. Towadako Kokanee salmon is recognized as an area brand and it was registered as a regional collective trademark in January 2015.

Kokanee salmon taken from Lake Towada in the morning and provided fresh to local shops every day.



A *minshuku* where
the oldest Kokanee
salmon fisherman
lives

Enjoy Towadako Kokanee as sashimi or salt-grilled.

In Japanese, the word for Kokanee salmon is a homonym for princess, and the flavor lives up to that illustrious name. It is particularly delicious when eaten raw as *sashimi*. Its pink flesh has a unique texture and sweetness that people love.

Additionally, it is lauded as being full of the healthy compounds anserine and anstaxanthin.

Box lunches with tempura
and the Kokanee salmon
"oyako" with rice are also
recommended.



The restaurant
close to The Bronze
Statue of Maidens

① Minshuku Shunzanso Pension Reservation required Map page 35

Address: 5-1 Yasumiya, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2607

Lunch features the "Kokanee salmon set (2,000 yen including tax)" and includes salt-grilled and raw Kokanee salmon, Towada *bara-yaki* (a stir fry), as well as a small bowl of wild vegetables, and *senbei-jiru* soup. Reservation required at least a day in advance.

⑥ Souvenir Shop and Restaurant Morita

Address: 486 Yasumiya, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2206

Area
A

Map page 34/35

② Minshuku Himemasu Sanso Pension

Address: 16-15 Yasumiya, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2717

③ Minshuku Towadako-sanso Pension Reservation required

Address: 294-1 Yasumiya, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2710

④ Kaede-shokudo Restaurant Closed for the winter

Address: 486 Yasumiya, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2126

⑤ Shinshuya Restaurant

Address: 16-11 Yasumiya, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-3131

⑦ Towada-shokudo Restaurant Closed for the winter *

Address: 486 Yasumiya, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2768

⑧ Tochi-no-Chaya

Address: 486 Yasumiya, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2231

Area
B

⑨ Towadaya Restaurant Closed for the winter

Address: 74-4 Utarube, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2810

⑩ Lakeside Promenade Drive In Rest Area Restaurant

Address: 165 Utarube, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2159

Area
C

⑪ Mizuumi-tei Restaurant

Address: 469 Nenokuchi, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2875

⑫ Nenokuchi Lakeside Restaurant Closed for the winter

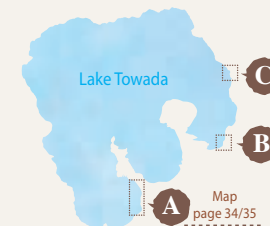
Address: 471 Nenokuchi, Towada-kohan, Okuse, Towada-shi

Tel: 0176-75-2226

Closed for the winter

Closed over the winter, generally from late November–early April.

* Open during the "Towadako Winter Story" event. Kokanee salmon dishes may not be available depending on the quantity harvested.



Lake Towada

Four seasons

Brilliant budding

Spring



When the cherry trees stretch their branches out over the lake, and buds begin to burst from the young leaves, visitors feel the vitality of their breath. The reflection of the trees over the quiet surface of the lake is a sight that shouldn't be missed.



Pass the time actively

Fall

Set off from the shore on a canoe and enjoy a completely different beauty than what is visible from land. Enjoy a waterfowl's eye view of the lake.



In the spring, the melting snow raises the water level of the lake. After the harsh Aomori winter, the melting snow brings an explosion of blooming plants around the shore of Lake Towada from spring ephemerals to Anemone pseudo-altaica.



The mountains around Lake Towada burst into color during the fall, and show a completely different side during the green season. Also, October and November is the season for Kokanee salmon at Lake Towada. Visitors can enjoy the fatty Towadako Kokanee while viewing the beautiful fall colors.



Enjoy nature

Summer



Lake Towada changes its appearance from moment to moment. From the sea of clouds in the morning to the orange sky of the sunset, visitors staying a number of nights can enjoy each moment.

Lake Towada Water Festival



A summer tradition at Lake Towada. The great fireworks flowers that blossom in the night sky display a unique beauty that differs from the beauty of winter fireworks.
[Date] Saturdays and Sundays in mid-July
[Venue] Lake Towada Yasumiya



Dreamy and mysterious

Winter



When Lake Towada is covered in ice and snow it reveals a natural beauty completely different from the lush green and bring fall colors. The winter really brings about a dreamy feeling to the landscape.



Lake Towada Winter's Story

[Date] Early February – late February [Venue] Lake Towada Yasumiya Special Event Grounds
Tel: 0176-75-1531 (Lake Towada Winter Story Executive Committee)

This event features snow sculptures, an illumination of the Bronze Statue of Maidens, fireworks, and other participatory programs. The spiced mulled wine is a favorite. Every year there are original glasses, and many visitors come yearly to collect them all.

Mulled wine

The spiced mulled wine is hot wine that warms up your body as you drink it form a special Winter Story glass.



There's a slide made of snow!

Tunnel of Light

The "Tunnel of Light" stretches to the event grounds. The illumination in the dark night creates a fantastical atmosphere.



Events to Experience Towada

A festival that tells the story of the local history and land. Visit during the festival, and have a great time!



Spring

Towada Spring Festival



Summer

Lake Towada Festival



Fall

Towada Fall Festival



Winter

Oirase Gorge Ice Fall Tour

Spring

April 20 – May 5

- Towada Spring Festival**
- Late April Sakura Yabusame
- May 3 Inaoi River Walk

Summer

Late June – Late July

- Hanashobu Iris Festival
- Early July Oirase Roman Park Festival
- Mid July **Lake Towada Festival**
- August 14 Towada Summer Festival Fireworks Display

Fall

September (2nd Fri, Sat, Sun)

- Towada Fall Festival**
- Late September Towada Yosakoi Yume Festival
- Mid October World Yabusame Championships
- Mid October Oirase Stream Eco Road Festival

Winter

Early Dec – Mid February

- Arts Towada Winter Lights Display
- Mid January – Mid Mar **Oirase Gorge Ice Fall Tour**
- Early – Late February Lake Towada Winter Story

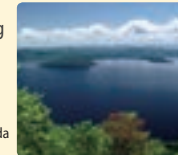
2-Day, 1-night Towada Tour Course

From downtown, to the Oirase Stream and Lake Towada



Towada Day 1

- 10:00am Depart Shichinohe Towada Station via rental car
- 10:30am Visit the Towada Art Center, and take a walk down Kanchogai Road.
Towada barayaki grilled meat for lunch!
- 1:30pm Oirase Roadside Station
Buy some local microbrews gifts
- 2:00pm Walk along Oirase Stream *Catch a spectacular view of Lake Towada from the observatory!*
- 4:00pm Drive around Lake Towada
- 5:00pm Check in at the hotel along Lake Towada



Lake Towada

Towada Day 2

- 7:00am Wake up early and take a walk around Lake Towada
- 10:00am Check out from the hotel
- 11:00am Tsuta Onsen
Walk around Tsutanuma
Take a dip in the hot spring waters at Tsuta Onsen
- 3:30pm Depart Tsuta Onsen
- 4:50pm Depart Shichinohe Towada Station



Kanchogai Road



Oirase Stream



私は日本語を話せませんので、このシートを利用してお話させていただきます。
該当する質問を指差して下さい。

I can't speak Japanese, so I'll use this sheet to communicate.
Please point to the question you have.



道案内について質問 Direction Questions

●●に行きたいのですが、どこにありますか。
I want to go to ____, where is it?

●●が欲しいのですが、どこにありますか。
I would like ____, where is it?

●●までのような方法で行けますか。
How do I get to ____?

●●行きのバスに乗りたいです。
I want to take the bus going to ____.

バスはいつ出ますか。
When does the bus leave?

●●までの距離はどのくらいですか。
How far is it to ____?

時間はどのくらいかかりますか。
How long will it take?

切符はどこで買えますか。
Where can I buy a ticket?

●●には駐車場がありますか。
Is there a parking lot at ____?

この周辺の見どころは何ですか。
What tourist sites are around here?

道案内について解答 Direction Answers

むこうにあります。(指をさしながら)
It's over there (while pointing).

地図を指差してみてください。
Please point to the spot on this map.

案内するのでついてきてください。
I'll show you, please follow me.

この近くにはありません。
There isn't one near here.

バスで行けます。
You can go by bus.

徒歩で行けます。
You can go on foot.

約●時間(●分)くらいです。
It takes about ____ hours (____ minutes).

約●kmくらいです。
It's about ____ kilometers.

場所 Places

バス停 Bus stop	観光案内所 Tourist information center	銀行・ATM Bank / ATM	トイレ Restroom
警察署 Police station	お土産屋 Souvenir shop	宿 Hotel	駐車場 Parking lot
乙女の像 Statue of Maidens	十和田神社 Towada-jinja Shrine	カフェ Cafe	日本料理店 Japanese restaurant
レストラン Restaurant	タクシー乗り場 Taxi stand	駅 Station	レンタカー Rental cars
			コインロッカー Coin lockers

買い物・食事についての質問 Shopping, Dining Questions

メニューをください。
Please give me a menu.

これと同じものを●個ください。
Please give me ____ items like this one.

これはいくらですか。
How much is this?

特産品やおすすめはありますか。
Do you have any recommendations or local products to buy?

違う種類のものはありますか。
Do you have any other kinds?

スプーン/フォークはありますか。
Do you have spoons/forks?

お会計をお願いします。
Check, please.

別々に会計をお願いします。
We'd like to split the check.

支払いに●●は使えますか。
Can I use ____ to pay?

タバコを吸ってもいいですか。
Can I smoke here?

Wi-Fiは使えますか。
Is there Wi-fi here?

店内を利用するにあたり、注意点はありますか。
Is there anything I need to be aware of here?

私は食べられないものがあります。
I am not able to eat certain foods.

十和田ビジターセンター
Towada Visitor's Center

十和田湖ひめます料理店
Lake Towada sockeye salmon restaurant

コンビニ
Convenience store

遊覧船乗り場
Sightseeing boat
boarding point

キャンプ場
Campsite

温泉
Hot springs

買い物・食事についての解答 Shopping, Dining Answers

●●の商品が人気です。
The ____ items are popular.

少々お待ちください。
One moment, please.

売り切れ(品切れ)です。
It's sold out (out of stock).

ご注文が決まりましたらお呼びください。
Please call when you've decided what to order.

ここは禁煙です。
This area is non-smoking.

喫煙席はこちらです。
The smoking lounge is here.

写真撮影はご遠慮ください。
Please refrain from taking pictures.



0	1	2	3	4	5
6	7	8	9	10	11
12	20	30	40	50	60
70	80	90	100	200	300
400	500	600	700	800	900
1000	2000	3000	4000	5000	
6000	7000	8000	9000	10000	
円 yen	ドル dollars	午前 A.M.	午後 P.M.		
●時 __ hours	●分 __ minutes	メートル meters	キロメートル kilometers		