



# *Authentic* **TOHOKU**





羽黒山

**TRAIL 02 Dewa Sanzan Pilgrimage**



Climb up 2446 steps through the cedar trees in the forest that holds a green Michelin 3-star rating.

The Mount Haguro stone step trail comprises a 2446-step stairway lined with cedar trees hundreds of years old. This is an old approach to Dewa Sanzan (the Three Mountains of Dewa). Experience a special "trip to rebirth" that purifies your mind and body while walking the path that immerses you in the lush nature, history, and religious heritage.



Mt. Yudono



© Aditara - Azuma Nature Center

**TRAIL 01 Jodo-daira Trail**

A heavenly view expands across the volcanic landscape

There are various hiking trails around the Jodo-daira area, among which is the Issai Kyozan course, a five-hour hiking route starting from the Jodo-daira Visitor Center. From Issai Kyozan, hikers can enjoy a mystical view of the cobalt blue volcanic lake called the Witch's Eye, and take in the natural landscape of serene forests while strolling the boardwalk around the Kamanuma and Ubagahara areas.



**ACTIVITIES 03 Matagi Experience**

**The existence of Matagi, who coexist with the forest**  
The Ani-Moriyoshi region in Akiha Prefecture is the birthplace of the Matagi (mountain hunters) culture, where a lifestyle of giving thanks to the blessings of the mountains and respecting life is established. Experience edible wild plant and mushroom picking while walking through the mountain. Authentic Matagi food is also available.



**TRAIL 04 The Michinoku Coastal Trail**

Walk along the Pacific coast filled with the wonders of the forest and ocean where people greet you with a smile

The Michinoku Coastal Trail extends more than 1,000 kilometers along the Pacific coast from Hachinohe in Aomori Prefecture to Soma in Fukushima Prefecture. On this trail, visitors can enjoy the expanse of natural scenery encompassing the beautiful ocean, rivers, villages, and forestland that blend with people's lives, history, and culture. One of the greatest charms of this trail is the warm interaction with people you meet during the walk.



**Model course SCHEDULE: PROGRAMS**

MOUNTAIN



SEA



<b>DAY 1</b>	Hotel » <b>Jodo-daira Trail</b> » Jododaira Rest House [Lunch] » Shukubo [Temple Monastery House]
<b>DAY 2</b>	<b>Shukubo [Morning Ritual]</b> » <b>Haguro Mountain 2,446 Stone Steps Trail</b> » Saikan[Lunch: Shojin Ryori] » <b>Mt. Yudono Worship</b> » Hotel
<b>DAY 3</b>	Hotel » Yamamo Miso & Soy Sauce Brewery [Factory Tour and Lunch ] » Kakunodate Guided Tour » Rice Ball making experience [Cultural Experience and Dinner ] » Hotel
<b>DAY 4</b>	Hotel » Akita Nairiku Line [From Kakunodate Station to Ani Matagi Station] » <b>Matagi activity</b> » <b>Hachimantai [Making Local Cuisine]</b> » Hachinohe[Miroku Yokochi Bar Hopping] » Hotel
<b>DAY 5</b>	Hotel » <b>Michinoku Coastal Trail [Kabushima]</b> » Fisherman's Lunch » Sanriku Railway [From Kuji Station to Fudai] » <b>Michinoku Coastal Trail [Kitayama Beach]</b> » Hotel
<b>DAY 6</b>	Hotel » <b>Kayaking Experience [Jodogahama-Beach]</b> » Wanko Soba Noodles [Lunch] » Tohoku Shinkansen [From Morioka to Sendai] » Sendai Local Experience [Dinner]

# Basho Trail



Take in the natural landscapes with Basho's scenic vision on a journey of harmonization between timeless values and ever-changing trends

"The months and days are travelers of eternity. The years that come and go are also voyagers." Matsuo Basho, a Japanese poet in the early Edo period, known as "Taihei no Yo" (peaceful period), traveled the Tohoku region in 1689 and described his 2,400-kilometer journey over 150 days in his book *The Narrow Road to the Interior* ("Oku no Hosomichi"). Follow the footage of Basho's trip from the Pacific coast to the coast of Sea of Japan and discover the different aspects of nature and culture at the scenic sites and poetic landmarks once visited by Basho.



**CULTURE**  
**D5** **Tsuruoka**  
Learn about the world of mountain worship and experience its spiritual culture

The Shonai area lies between the Sea of Japan and mountain ranges, with its old castle town cityscape amid a rich natural environment. Visits to the Three Mountains of Dewa ("Dewa Sanzan") have continued as a "trip to rebirth."



**ACTIVITIES**  
**D4**

## Naruko Onsen

Hot spring resort where you can enjoy seven mineral spring types

With a history stretching back over 1,200 years, Naruko Onsen has long been a healing retreat, welcoming people from all over the Tohoku region for long-term stay. It stands out among Japan's many hot spring resorts, being home to seven of Japan's ten mineral spring types. The small volcano brings not only soothing waters, but also woodworks represented by its kokeshi dolls and unique food culture.



**CULTURE**  
**D3** **Hiraizumi**

The city of gold eyed as the Buddhist Pure Land

Hiraizumi is a medieval hub established with the aim to create a Buddhist utopia. Five cultural sites in the city are registered as world heritage.



**CULTURE**  
**D1** **Sendai**

A lush city known as the "City of Trees"

While being the largest city in the Tohoku region, Sendai is a beautiful city known as the "City of Trees," traversed by the Hirose River and overlooked by Mount Aoba. Visitors can enjoy strolling the unique streets with arcades and interesting alleys.



**CULTURE**  
**D2** **Matsushima**

A picturesque spot known as one of the Three Most Scenic Places of Japan

The beautiful landscape made up of 260-odd pine-covered islands in the Matsushima Bay is counted among the Three Most Scenic Places of Japan. The breathtaking beauty also marveled Matsuo Basho and is said to have left him speechless.



©Matsushima Tourism Association

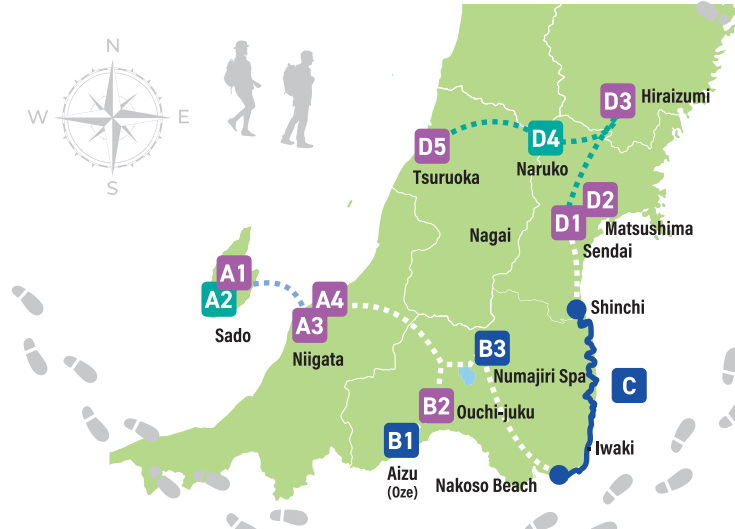


**CULTURE**  
**A1**

## World Heritage Site "Sado Island Gold Mines"

Largest gold mines in Japan with historic significance

Sado is known as the largest island on the Sea of Japan. It features former gold mines now classified as World Heritage, set amongst a rich culture that coexists with nature.



**TRAIL**  
**B3**

## Extreme Onsen

Unique adventure along mountain trails

Aizu Numajiri EXTREME ONSEN has the highest output any single source. Natural bath surrounded by rugged wilderness and stunning views. Enjoy a half-day adventure exploring a wild and natural hot spring set in breathtaking volcanic landscapes.



**CULTURE**  
**B2**

## Ouchi-juku

Travel back in time to the Edo period

Ouchi-juku is a historical village that once flourished as a post station of the Aizu Nishi Kaido highway during the Edo period (1603-1868).



©Fukushima Coastal Trail Association

**ACTIVITIES**  
**A2**

## Tub-boat Ride

Enjoy an easy breezy seaborne trip on a tub-boat

Take a ride on the tub-boat and enjoy a beautiful ocean view while learning about traditional fishing techniques.



**CULTURE**  
**A3**

## Japanese sake tasting at a shrine

Enjoy sake tasting in historic shrine

A special tasting experience awaits you at a shrine, where you can learn about the history of Japanese sake.



**CULTURE**  
**A4**

## Niigata Furumachi Geigi

Signature cultural experience with 200 years of tradition at a port city of Niigata

Niigata welcomes you with its time-honored restaurants that serve local specialties accompanied by captivating performances of Geigi dressed in glamorous kimono.



**TRAIL**  
**B1**

## Oe Marsh and Lake Ozenuma Trail

Feel the vibrancy of the four seasons through blossoming alpine flora

The Oze National Park hosts some of the 100 famous mountains in Japan. It is the largest mountainous wetland in Japan. Hikers can see pristine wilderness while trekking across the Oe Marsh, known as a treasure box of alpine plants, and through the unworlthy atmosphere of Lake Ozenuma.



**TRAIL**  
**C**

## Fukushima Coastal Trail

Fukushima's modern trail that extends from the Michinoku Coastal Trail

This trail stretches more than 200 kilometers along the seacoast of Fukushima Prefecture, featuring the natural view of the Pacific and the local history and living.

Authentic **TOHOKU**



TRAIL  
**1** Shirakami-Sanchi  
River Trekking

Story of the beech forest and people encountered in Shirakami-Sanchi, a World Natural Heritage Site

The Shirakami-Sanchi, a World Heritage Site, reveals the marvels of nature as you step into the lush virgin beech forest and the clear waters of the river that runs through. During a special walking event where you can hike along the river, you can take in nature — the clear waters, beautiful forest, and fresh air — with all five senses.



CULTURE  
**6** Kakunodate

"Little Kyoto of Michinoku" where the cityscape of Edo period castle town still remains today

Kakunodate has more than 400 years of history as a castle town. Visitors can see historical architecture in various corners of the area, Kabazaiiku, traditional Japanese crafts using the bark of a cherry tree, is said to have originated as a side job of the samurai in this area.



ACTIVITIES  
**7** Mifuchi Gorge

Enjoy an exhilarating activity on the clear river!

The 29.4-km long Okitamano River flows from the Mifuchi Gorge. The gorge is known as a spiritual hotspot. Enjoy boating and canoeing in a fantastic yet relaxing atmosphere.



ACTIVITIES  
**8** Submerged Forest Canoe Tour

Canoe trip through the miraculous "submerged forest of Shirakawa Lake"

A submerged forest appears at Shirakawa Lake with the melting of the snow in spring. The spectacular scenery of budding willows and the snow-capped Mount Iide in the backdrop can only be seen during the period from late March to late May.



©TOWADA TRAVEL

TRAIL  
**2** Oirase Gorge

A series of spectacular views along the clear stream to explore.

Flowing from Lake Towada, the Oirase Stream offers a dynamic scenery with ever-changing hues and views of the waters overcast by the surrounding natural forest. Highly-recommended visit for an immersive forest bathing.



CULTURE  
**3** Appi Lacquerware

Traditional craftsmanship with 1,300 years of heritage in Appi region in Hachimantai City, Iwate Prefecture

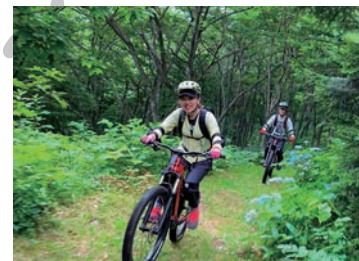
This traditional craftwork has been passed on by generations of artisans for 1,300 years in the Appi region in the city of Hachimantai. Characterized by its sturdy beauty, it developed in a community living remotely in the mountainous area.



TRAIL  
**4** Hachimantai Nature Trail Course

Walking trail where you can casually enjoy the magnificent nature of Hachimantai

As its name suggests, Hachimantai is a stratovolcano with a terraced flat summit. The flat terrain at the top and the well-built, visitor-friendly trail make it a casual trekking course for all ages.



ACTIVITIES  
**5** E-bike Touring

Exciting activity that takes you through the nature of Hachimantai

The e-bike activity available in the Hachimantai area takes you on a venture through the exciting mountain scenery, filled with nature's wonders.



# Getting to TOHOKU



## By Train

TOKYO	Tohoku Shinkansen	<b>Shin-Aomori</b>
	About 3h	
	Tohoku Shinkansen	<b>Morioka</b>
	About 2h 10min	
	Tohoku Shinkansen	<b>Sendai</b>
	About 1h 30min	
	Akita Shinkansen	<b>Akita</b>
	About 3h 50min	
	Yamagata Shinkansen	<b>Yamagata</b>
	About 2h 45min	
Tohoku Shinkansen	<b>Fukushima</b>	
About 1h 30min		
Joetsu Shinkansen	<b>Niigata</b>	
About 1h 50min		



## By Air

HANEDA	JAL	<b>Aomori</b>
	1h 15min	
	JAL	<b>Misawa</b>
	1h 25min	
	JAL / ANA	<b>Akita</b>
	1h 5min	
	ANA	<b>Odate Noshiro</b>
	1h 20min	
	JAL	<b>Yamagata</b>
	1h 5min	
ANA	<b>Shonai</b>	
1h		
OSAKA	JAL / ANA	<b>Aomori</b>
	1h 30min / 1h 40min	
	JAL	<b>Misawa</b>
	1h 30min	
	JAL / ANA	<b>Akita</b>
	1h 15min / 1h 30min	
	JAL	<b>Yamagata</b>
	1h 15min	
	JAL	<b>Hanamaki</b>
	1h 20min	
JAL / ANA	<b>Sendai</b>	
1h 20min		
ANA	<b>Fukushima</b>	
1h 10min		



Check here for information about Tohoku tourism and convenient tickets that make travelling around Tohoku easily and affordable

### JR EAST



<https://www.jreast.co.jp/multi/en/>



### BASE TOHOKU



<https://www.tohokukanko.jp/en/base>



### TOHOKU DRIVE ROUTE



<https://www.tohokukanko.jp/en/driving-route>



Tohoku Tourism Promotion Organization