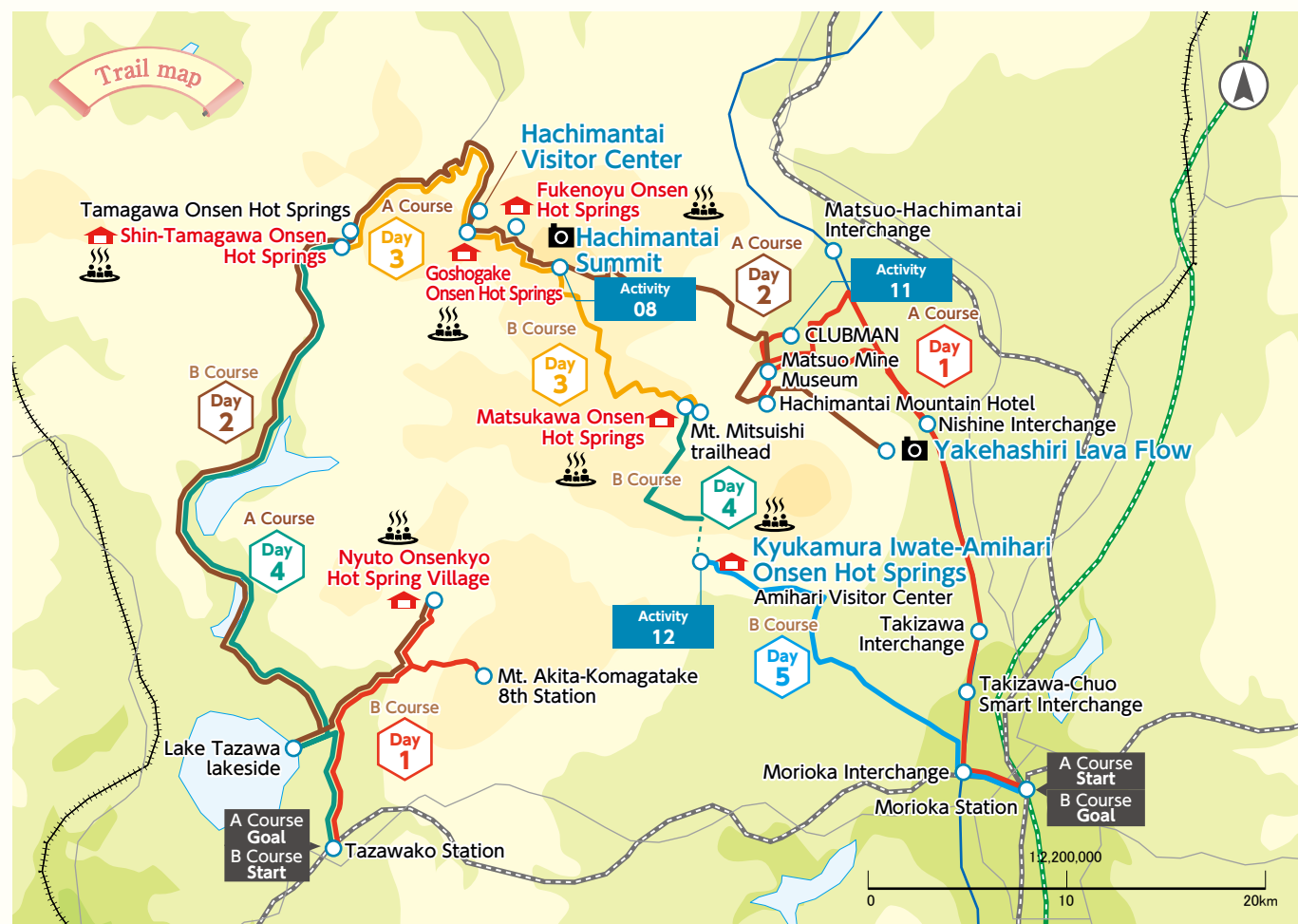


**Season** Green Season (May–October) **Duration of stay** 3 nights, 4 days or 4 nights, 5 days

## Four Volcanoes! A Hiking and Hot Spring Appreciation Tour that Lets You Experience the Power of Volcanoes

### Notes

Tour the Hachimantai area, which boasts a volcanic belt that's impressive even for Japan. Experience a hot spring therapy culture unique to the Tohoku region and feel the volcanic activity occurring beneath you with all your senses. Challenge yourself to serious hiking in the Hachimantai area. Enjoy a post-hike soak in a renowned hot spring each evening.



### Fall Foliage on Mt. Mitsuishi



### Activity 11 Hachimantai Mountain Biking with the Wind Against Your Face



Mountain bike through the wilderness of the national park's Hachimantai area, a region of gentle hills and forests of Japanese beech, Mongolian oak and other broad-leaf trees. Enjoy the perks of each season as you cycle through Hachimantai and Appi and feel peace of mind knowing that you're accompanied by an experienced guide.

### Oyunuma Pond



### Fukenoyu Onsen Hot Springs



Have fun soaking in open-air baths right at the source! Hot water gushes from three different fountainheads at Hachimantai's Fukenoyu Onsen Hot Springs, and soaking tubs have been prepared for your enjoyment and relaxation in the natural setting. Savor meals made with edible wild plants foraged in the area and enjoy local fruit juice.

### Nyuto Onsenkyo Hot Spring Village



Nyuto Onsen Hot Spring: Chosen first in a poll of dream hot spring destinations. There are seven different hot-spring hotels in town, and each has day-trip options to enjoy. Hop aboard the hot-spring tour bus to visit them all without wasting any precious bathing time.

	A Course (Appreciation Course)	B Course (Trekking Course)
<b>Day 1</b>	8:40a.m. Tokyo Station (Shinkansen Hayabusa 17) 135min Morioka Station 11:30a.m. Morioka Bus Center Station (Fixed-route bus) 102min Matsuo Mine Museum (Courtesy car) 5min CLUBMAN 1:30p.m. <b>Activity 11 Hachimantai Mountain Biking with the Wind Against Your Face (120min)</b> (Courtesy car) 5min Matsuo Mine Museum 4:15p.m. (Fixed-route bus) 10min Hachimantai Mountain Hotel [Accommodation] (Hachimantai Mountain Hotel is a hotel with guides. Guides with the Japan Mountain Guides Association are stationed at the hotel and are available for consultation so you can enjoy absolutely everything about staying at the mountain resort.)	6:32a.m. Tokyo Station (Shinkansen Komachi 1) 169min 9:21a.m. Tazawako Station Front 10:05a.m. (Fixed-route bus) 59min Mt. Akita-Komagatake 8th Station 11:04a.m. Explore Mt. Akita-Komagatake 3:15p.m. Mt. Akita-Komagatake 8th Station (Fixed-route bus) 23min Alpa Komakusa 4:09p.m. Alpa Komakusa (Fixed-route bus) 16min Nyuto Onsen Hot Springs Tour Nyuto Onsen Hot Springs [Nyuto Onsen Hot Springs Accommodation]
<b>Day 2</b>	15min Yakehashiri Lava Flow 15min Hachimantai Mountain Hotel 10:13a.m. (Fixed-route bus) 42min <b>Activity 08 Hachimantai Nature Exploration Bus Tour</b> 11:30a.m. Hachimantai Summit 10min 11:10a.m. Trekking Around Hachimantai Summit *Trekking time: 60min (May 15–June 11), 150min (June 12–September 17), 90min (September 18–October 18) 3:54p.m. Hachimantai Summit 25min Goshogake Onsen Hot Springs or Fukenoyu Onsen Hot Springs [Accommodation] Goshogake Onsen Hot Springs 20min Hachimantai Visitor Center (Access information on the Hachimantai area's nature (Mt. Hachimantai and Mt. Yakeyama), and get the latest updates on which flowers are in bloom, Asian black bear sightings, and more.) Goshogake Onsen Hot Springs or Fukenoyu Onsen Hot Springs [Accommodation]	7:50a.m. Nyuto Onsen Hot Springs (Fixed-route bus) 36min Lake Tazawa Lakeside Explore the Lake Tazawa Lakeside 9:41a.m. Lake Tazawa Lakeside (Fixed-route bus) 71min Tamagawa Onsen Hot Springs 11:00a.m. Walking Around Tamagawa Onsen Hot Springs (280–400min) (Hike from Tamagawa Onsen Hot Springs to Goshogake Onsen Hot Springs or Fukenoyu Onsen Hot Springs by way of Mt. Yakeyama. Mt. Yakeyama is the most recent of Towada-Hachimantai's volcanoes to erupt, having done so in 1997. If you descend from Onigajo to Beko-yachi Swamp before reaching Mt. Yakeyama, you will find Yunosawa, a natural hot spring.) Goshogake Onsen Hot Springs or Fukenoyu Onsen Hot Springs [Accommodation] 20min Hachimantai Visitor Center Goshogake Onsen Hot Springs or Fukenoyu Onsen Hot Springs [Accommodation]
<b>Day 3</b>	Goshogake Onsen Hot Springs 目の前 Goshogake Nature Observation Trail 60min Goshogake Onsen Hot Springs Lunch 1:44p.m. 37min Shin-Tamagawa Onsen Hot Springs 15min Tamagawa Onsen Hot Springs Natural Hot-stone Spa 15min Shin-Tamagawa Onsen Hot Springs [Accommodation]	8:58a.m. or 9:06a.m. Accommodation Facility 17–25min Walking Around the Hachimantai Summit (440min) (The Ura-Iwate Traverse, which connects mountains including Mt. Mokko (1,577 m) and Mt. Morobi (1,516 m) along the ridgeline that extends southward from Hachimantai, passes through Mt. Obuka before descending to Matsukawa Onsen Hot Springs. Very different from Hachimantai with its crowds of sightseers, the area is a prime spot for admiring spectacular views on a quiet walk through the mountains.) 440min Matsukawa Onsen Hot Springs
<b>Day 4</b>	9:37a.m. Shin-Tamagawa Onsen Hot Springs 45min 10:52a.m. Lake Tazawa Lakeside 32min Kyukamura Hotel Lunch (60min) (Lunch can be eaten at Tsurunoyu Onsen Hot Spring, Kyukamura Nyuto Onsenkyo Hot Springs, and other locations. Enjoy yama-no-imo hotpot (Japanese yam hotpot), a local specialty prepared with dumplings made of Japanese yams.) 12:30p.m. Nyuto Onsen Hot Springs Tour Bus (240min) 4:38p.m. Kyukamura Hotel 45min 6:10p.m. Tazawako Station (Tohoku Shinkansen Komachi 42) 174min 9:04p.m. Tokyo Station To your next destination	Mt. Mitsuishi Trailhead Walk (330min) (This walking course traverses Matsukawa Onsen Hot Springs, Mt. Mitsuishi, Mt. Omatsukura, and Amihari Onsen Hot Springs and is suitable for experienced walkers. Admire the spectacular fall foliage on Mt. Mitsuishi (1,466m), and once past Mt. Omatsukura and its incredible views, enjoy the mountainscape that stretches from Mt. Inukura to Mt. Iwate. Descend to Amihari Onsen Hot Springs by lift. As there is no evacuation route along the way, be sure to prepare properly before taking on the challenge.) Amihari 3 Lift Amihari 2 Lift Amihari 1 Lift (*Lifts operate on designated days only) Kyukamura Iwate-Amihari Onsen Hot Springs <b>Activity 12 Starry Skies, Waterfalls, and Hot Springs: Nighttime Tour of Mt. Iwate's Sennyu-no-Yu Hot Spring (60min)</b> (Enjoy a hot soak beneath the stars in this mixed natural open-air bath normally only open between 12:00 p.m. and 6:00 p.m.)
<b>Day 5</b>		Kyukamura Iwate-Amihari Onsen Hot Springs 10min Amihari Visitor Center (Learn about the nature and history of Mt. Iwate and the many aspects of Amihari Onsen Hot Springs. Outside the visitor center, a promenade passes through Amihari no Mori Forest and takes approximately 1 hour to complete.) Kyukamura Iwate-Amihari Onsen Hot Springs 60min Morioka Station (Tohoku Shinkansen) 133min Tokyo Station To your next destination

Legend for itinerary symbols  
Itinerary times defined  
Airplane Train/JR Car (rental car) Taxi Fixed-route bus/shuttle bus Boat Ropeway Bicycle Walking Photo spot  
Dawn 4:00a.m.–6:00a.m., Early morning 6:00a.m.–8:00a.m., Morning 8:00a.m.–12:00p.m., Noon 12:00p.m.–1:00p.m., Afternoon 1:00p.m.–5:00p.m., Evening 5:00p.m.–7:00p.m., Late evening 7:00p.m.–11:00p.m., Night 11:00p.m.–4:00a.m.