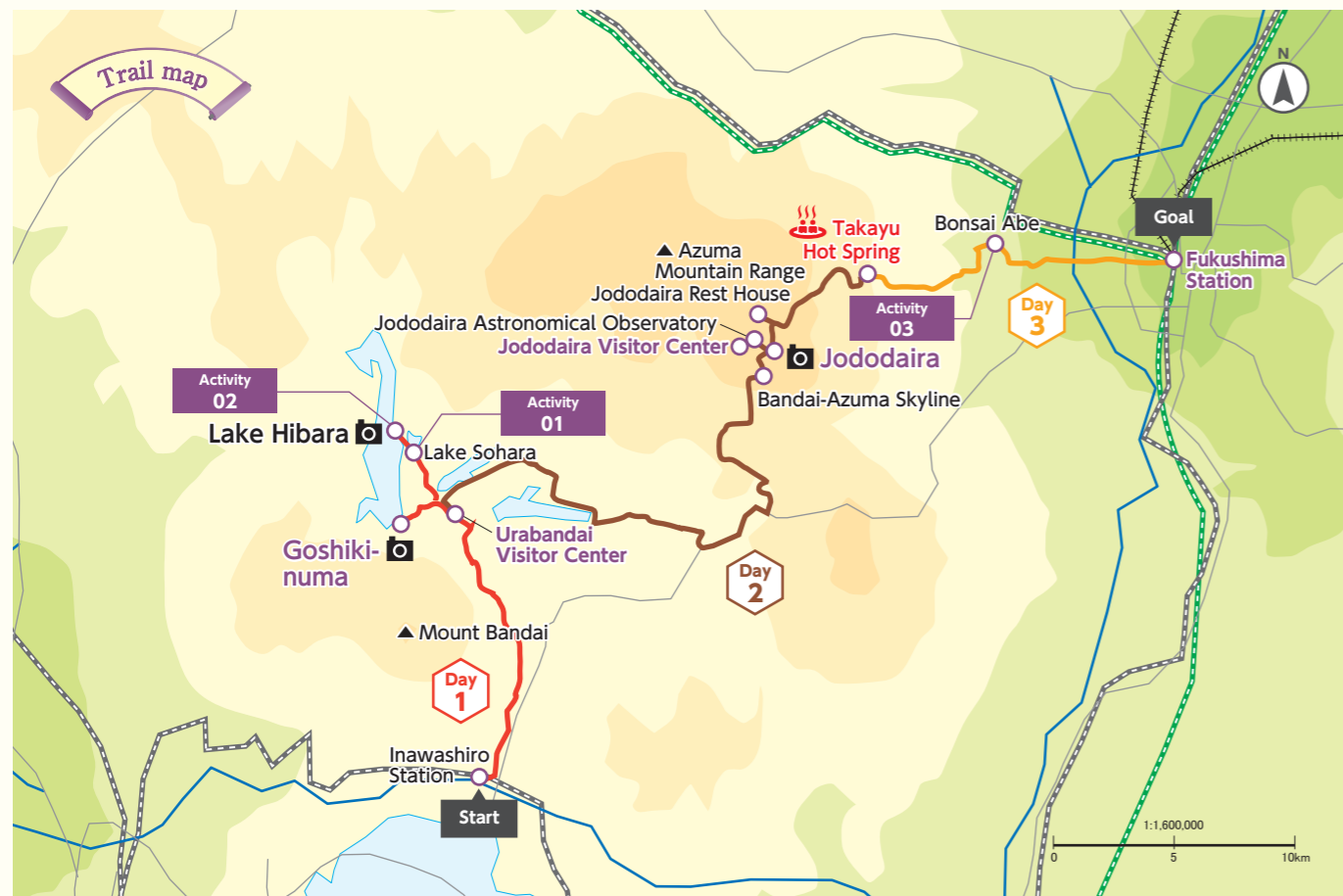


Season All seasons except winter **Duration of stay** 3 nights, 4 days (includes night of arrival)

The “Blessings of Volcanoes” Course

Notes

- Visit two volcanoes – Mt. Bandai, which last erupted in 1888; and Mt. Azuma, which is still active – and discover the positive aspects of volcanoes.
- Enjoy a range of activities, such as light trekking, canoeing, hot springs and bonsai.
- Revel in the fiery foliage of fall, the most beautiful season of all.



Night of arrival	Inawashiro Station (It is possible to stop by Lake Inawashiro en route. You can enjoy views of the slopes of Mt. Bandai.) [Bus] Approx. 20 min → Inawashiro Town [Accommodation] (Relax in hot spring baths at the accommodation.)
Day 1	Morning: Inawashiro Town [Bus] Approx. 30 min → Urabandai Visitor Center (30min) (Explanation of natural features of the Urabandai area. Taking advantage of being in an area of heavy snowfall, the center employs a natural cooling system that relies on accumulated winter snow. The accumulation of snow can be observed.) [Photo Spot] Goshikinuma Pond Trail: Guided Tour (150min) (Admire beautiful landscapes of vividly colored volcanic lakes and mountains in Urabandai.) Urabandai Bussankan [Bus] Approx. 15 min → Urabandai Visitor Center [Bus] Approx. 5-30 min → Noon: Kitashiobara Village, Urabandai District Aizu Salt Ramen or Mt. Bandai Geo-Curry (Lunch) (60min) (Mountain salt is refined by boiling down hot spring water, and has been produced since the Heian period. 7th-11th century) [Bus] Approx. 20 min → Afternoon: Lake Sohara [Activity 01] Kayak Experience at Lake Sohara (Kayak in expansive volcanic lakes, and enjoy Mt. Bandai's beautiful scenery.) OR [Photo Spot] Lake Hibara [Activity 02] Canoeing Activity at Lake Hibara (Marvel at Lake Hibara's stunning sunsets. Enjoy hot spring baths.) [Bus] Approx. 20 min → Kitashiobara Village, Urabandai District → Kitashiobara Village [Accommodation] (Explore brilliantly colored volcanic lakes by canoe, and enjoy gorgeous views of Mt. Bandai.)
Day 2	Morning: Kitashiobara Village (En route, you will pass the Bandai-Azuma Lakeline, and the Bandai-Azuma Skyline, one of Japan's prominent mountain roads. This route boasts fantastic views.) [Bus] Approx. 90 min → [Photo Spot] Jododaira → Jododaira Visitor Center (30min) (Discover the natural aspects of the Jododaira District.) Jododaira Astronomical Observatory (20min) (This is Japan's highest altitude observatory, where you can observe starry skies in crisp, clean air. If the conditions are right, the sun can be observed even during the day. The observatory is open in the evening until 10:00 p.m.) [Activity 03] Trekking around Jododaira (30-240 min) (Choose one of several courses based on your fitness level, and enjoy a variety of marshlands, volcanoes, and volcanic lakes.) → Noon: Jododaira Rest House (60 min) → Afternoon: Jododaira [Bus] (Admire the views along the Bandai-Azuma Skyline, one of Japan's prominent mountain roads.) Approx. 30 min → Takayu Hot Spring Visit Takayu Hot Spring's Source (Learn about the history of hot springs, the mechanics of transporting hot-spring water, the methods of cleaning hot springs, and the testing of hot spring efficacy, which will be demonstrated in front of you. After the tour, relax in the nearby the public bath that draws its water from the source.) [Bus] Approx. 5-45 min → Hot Springs in Fukushima City [Accommodation] (Choose from a variety of hot springs according to your needs, including Takayu Onsen Hot Spring, Tsuchiyu Onsen Hot Spring, and Nuruyu Onsen Hot Spring.)
Day 3	Hot Springs in Fukushima City [Bus] Approx. 10-30 min → Bonsai Abe [Activity 03] Bonsai Experience at Bonsai Abe (120 min) (Behold bonsai cultivated from an Azuma goyomatsu pine — one of Japan's three major pine varieties — from Mt. Azuma. Enjoy a bonsai-making demonstration, a visit to a bonsai garden, and refreshments at a Japanese-style residence.) [Bus] Approx. 20 min → Noon: Around Fukushima Station (60 min) → Fukushima Station [Train]