

Shizukuishi

Guide Book for Tourists

Shizukuishi, Everyone Loves It Here!



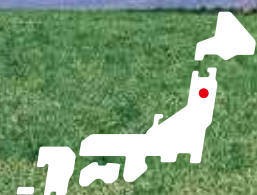
ひとしずく
あなたの心に思い出の一滴を
SHIZUKUISHI

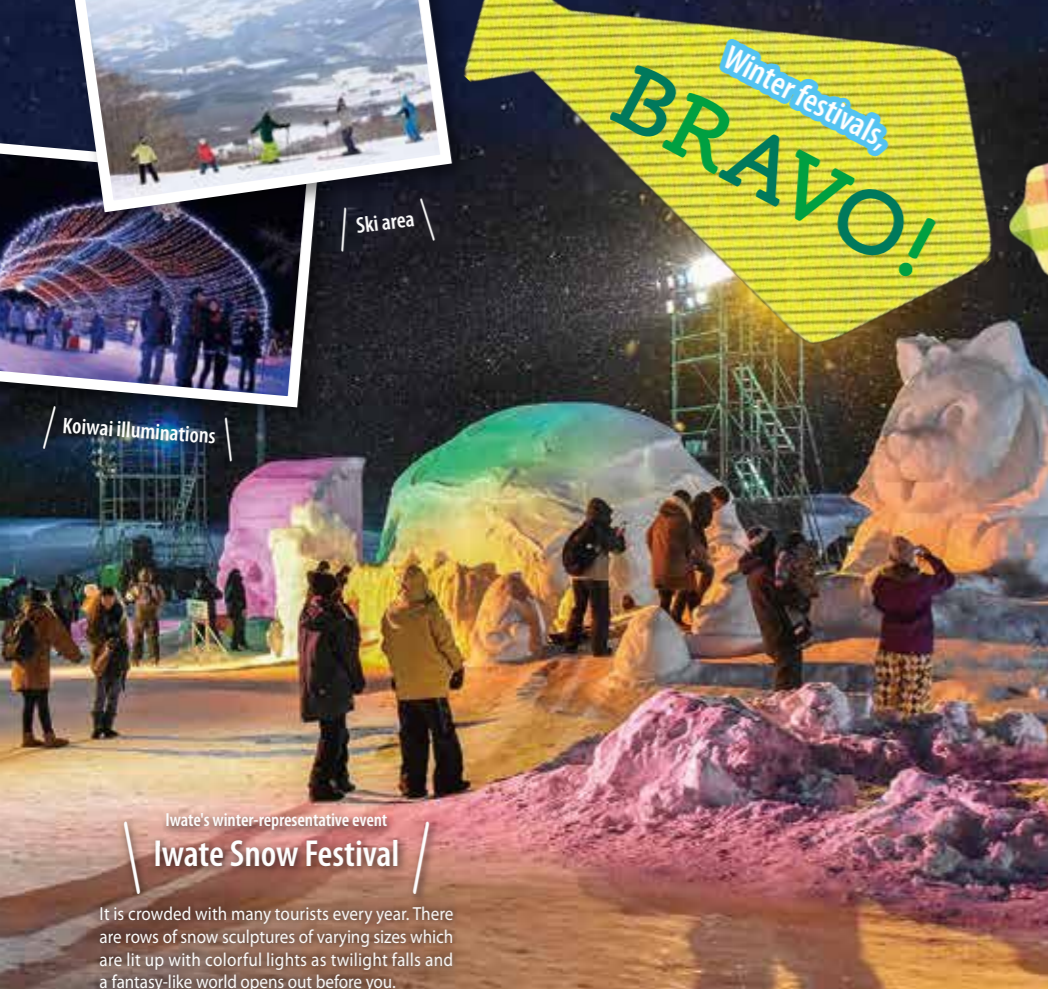


Towada-Hachimantai National Park

Shizukuishi, Iwate Prefecture

<http://www.town.shizukuishi.iwate.jp>





Ski area

Koiwai illuminations

Iwate's winter-representative event
Iwate Snow Festival

It is crowded with many tourists every year. There are rows of snow sculptures of varying sizes which are lit up with colorful lights as twilight falls and a fantasy-like world opens out before you.



Autumn Leaves of Mt. Mitsuishi and Mt. Iwate

This is a famous spot for the autumn leaves for climbers. If you take the chairlift up and then walk for about 10mins, you can take in a magnificent panoramic view of the autumn leaves. This is one of the popular trekking and walking courses of autumn.



The autumn leaves of Kunimi



Lift for viewing the scenery



The mountain air and water are

PURE!



Amihari Onsen

Outaki Waterfall



Senshogahara

There are around 900 ponds of varying sizes dotted around this wetland and you can enjoy wonderful views along this hiking course. This is the largest wetland in the Towada-Hachimantai National Park.

Shizukuishi is Beautiful in All Seasons!

Spring, summer, autumn and winter each have their own special appeal in Shizukuishi. You will be met with stunning scenery anytime you visit here. So, what kind of scenery do you want to come and see?



Spring in Shizukuishi makes you

HAPPY!

Cherry Blossoms at Koiwai Farm

The cherry blossoms here, including the row of cherry trees alongside the road as you head to the farm and the cherry trees that were planted within the grounds of the Kamimaru Cowsheds, usually start to bloom from around Golden Week.



Rape blossoms

Moss phlox on the Nagayama Kaido Road

Koiwai Farm

There are so many fun attractions to enjoy including the nature trails, freshly made milk and various activities!
Let's have fun on the green and sunny Makibaen!

There's history and nature!
A farm where the whole family can play!

Makibaen, the area open to tourists visiting Koiwai Farm, is surrounded by the wonderful nature around Mt. Iwate and is a recreation spot that can be enjoyed by adults and children alike. You can enjoy various activities and foods special to Koiwai Farm. You have complete freedom to enjoy any of the attractions here that take your fancy including a walking tour of the Kamimaru Cowsheds (Brick Silos, a registered tangible cultural property of Japan etc.) where you can feel the history of over 120 years or listen to tales about the farm and area while being able to see the production facilities which are usually closed to the public on the Koiwai Nojo Monogatari Tour.

There are many works of Miyazawa Kenji on display amongst the sights of Koiwai Farm including "Haru to Shura (Spring and Carnage)". These works being on display tell of how Kenji, who loved Mt. Iwate and Shizukuishi, frequently passed through here.

Koiwai Map



Koiwai Farm Profile

Founded in 1891, Koiwai Farm is the largest private farm in Japan with a proud history of over 120 years. The business is run based on the principles of environmental conservation, self sustainability and recycling of materials and resources. In February 2017, 21 buildings on the farm's land were designated important cultural properties of Japan. Additionally, in December 2017 the farm was selected in the ICOMOS's 20th Century Heritages of Japan Top 20.

Koiwai Farm Museum

The history of over 120 years of Koiwai Farm and dioramas (3-D models) are on display here. There are lots of new discoveries waiting for you here!



Koiwai Farm Main Office

This stylish building, which is designated as an important cultural property of Japan, features in the poem "Koiwai Nojo (Koiwai Farm)" in Miyazawa Kenji's "Haru to Shura" collection of poems. There is a bus tour available to tour around the farm and see its cultural properties.



Makibaen

This is the area in the center of Koiwai Farm for tourists and visitors. You can enjoy the delicious farm foods and various attractions on the Makibaen's vast grounds.

- Opening hours: 9:00-17:30 *These change according to the time of year.
- Prices: Adult 800 yen, Children 300 yen (5 to 12 years old)
- Closed: Open All Year (Closed only for facility inspection days)
- Tel: 019-692-4321
- URL: <https://www.koiwai.co.jp/makiba/>

Map D-2

Greenery makes you feel good



Nobinobi Hiroba Lawn

The Nobinobi Hiroba Lawn is right in front of you once you come through the entrance. Play here and have a blast!

It's made like this!



Milk-kan Building

You can observe the manufacturing process of making yoghurt drinks and cheeses from inside the building through a window.

Try making something



Have a go at making a colorful egg

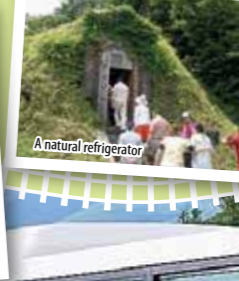


Makiba Craft School

There are original works here made using timber from the trees grown on the farm's grounds. Have fun making egg crafts with a craft kit that uses sheep's wool under the supervision of Egg Ojisan!



Tour the nature of the woods and mountains on the tractor train tour



A natural refrigerator

Guided tour Koiwai Nojo Monogatari Tour

There are wonderful tales spanning over 120 years of Koiwai Farm where a vast forest was created and over 2000 cattle are reared.



Guided bus tour "Tour around Koiwai Farm"

Enjoy the Seasons

Go walking with a guide

Farm Nature Walk



April- November

Eastern skunk cabbage viewing



Late March

Illuminations of Tohoku's largest class

Koiwai winter illuminations Night on the Ginga Farm



Mid November- Early January

Have a great time!

Place of Origin of Koiwai's Dairy Farm Walking tour of the Kamimaru Cowsheds (important cultural properties)

An expert guide will show you around while you catch a glimpse of the history here which started in the Meiji era.

Let's go!



Kamimaru Gyusha Liner

A train of electric cars that connects the Kamimaru Cowsheds to the rest of the farm.

Clippidy clop in a horse-drawn carriage



Toro Horse-Drawn Carriage

The carriage leisurely does a circuit of about 450m in the farm grounds.

There are lots of great foods!

The great taste of fresh products / Exclusive Farm Dairy Products

Only raw milk freshly squeezed at Koiwai Farm is used.
Koiwai Pasteurized Milk 90ml from 100 yen



I'm starving! / Genghis Khan BBQ

Genghis Khan BBQ is very popular. Genghis Khan Lamb BBQs from 1,050 yen



Soft and creamy! Everyone loves it!! / Omelette rice (omuraisu)

A rich, demi-glace sauce. From 1,280 yen



Lake Goshō

Spend time at the lakeside here surrounded by mountains and forests.
Come to a paradise of water and forests and enjoy soaking in hot springs
and touching local history here.

Lake Goshō

A vast, calm dammed lake
This is a large multi-purpose dammed lake measuring 640ha created by damming the Shizukuishi River and there are many leisure spots dotted around the lake. You can view many mountains from the lakeside including Mt. Iwate, Mt. Akita Komagatake and Mt. Wagadake and it has a waterside rich in nature which swans migrate to in winter.

Map C.D-4

The sunshine glistens
To the beautiful paradise of water and forest

There are lots of leisure spots along the lake side from which you can look out at the mountains, including Machiba Chiku Enchi Park, Norimono Hiroba (Ride'n play park) and Familyland. There are cultural facilities here including museums, the Biotope where you can enjoy the sights of nature and hot springs to relax and relieve the tiredness of the day's activities. This is a place packed full of fun activities to do on days off.

There are many enjoyable activities and sights in each of the seasons here like the cherry blossoms of Shizukuishigawa Enchi Park in spring, the recreational activities of summer and the leaves and cosmos flowers of autumn. You can enjoy the appeal of each of these sights and activities with your family, with your friends or as a couple.

Goshoko Koiki Park

This is a large recreation area that stretches out along the Goshō lakeside. Within this park area there is Familyland, Norimono Hiroba, Shioyamori Mizube Enchi Park, a sports park where you can play baseball, Oireno Water Botanical Gardens and Sakuraen Cherry Blossom Garden. Both adults and children can enjoy themselves in this park area.
[URL] https://www.koiwai.co.jp/shiteikanri/gosyo_park/



Let's go on a family trip

Machiba Chiku Enchi Park

This is a place you can spend the whole day having fun with its large playground and its flower garden with various species of flowers of Iwate planted here. There is an indoor rest area fitted with toilets and this park is also a perfect place for having BBQs.

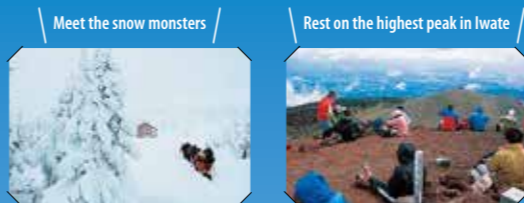
Map C-4

Famous spot for cherry blossoms in Shizukuishi

Shizukuishigawa Enchi Park

This is a lively spot late April to early May when around 150 Someiyoshino cherry trees bloom. They also light up the trees at nighttime. At the same time as the cherry blossoms, about 100 koinobori (carp streamers) are hoisted into the air. With the koinobori leisurely swimming through the air to the murmuring of the Shizukuishi River and the colourful rows of cherry blossoms, you can sense the coming of spring in Shizukuishi.

Map C-4



Meet the snow monsters

Rest on the highest peak in Iwate

Mitsuishi Mountain Hut on the Snowy Mountain Tour

A winter hike from Amihari Onsen Ski Resort to Mitsuishi Mountain Hut for those who want to have fun in the winter mountains.

Mt. Iwate Summit

From the Shizukuishi side you can take the Omisaka or Amihari courses to the top.

Beautiful flowers in bloom



Komakusa Flowers (Oyakesuna)

You can come across clumps of komakusa flowers on Mt. Iwate or at Oyakesuna on Akita Komagatake.

Great panoramic view from the ridge



Onigajo

The dynamic, rugged rock surface is a great sight and you can enjoy the great panorama and alpine plants on clear days at Onigashiro.

Flowers colour early summer yellow



Miyamakinbai Flowers (Yokonagane)

Miyamakinbai flowers can be seen at Onigashiro on Mt. Iwate and Yokonagane on Akita Komagatake.

Alpine Plant Floral Calendar

Mt. Iwate	June	Japanese wood poppy; Iwakagami; Komebatsugazakura; Hinazakura; Sankayo
	July	Iwate hataza; Obakisumire; Minezuou; Miyamakinbai; Japanese wood poppy
	August	Iwabukuro; Komakusa; Grass-of-Parnassus; Yoshibatsuogama; Iwate touki
Mt. Akita Komagatake	September	Grass-of-Parnassus; Ezooyamarindou; Woundwort; Sanguisorba albiflora
	June	Iwakagami; Miyamakinbai; Minezakura; Keyflower; Miyamadaikonsou
	July	Komakusa; Aleutian avens; Nikkoukisuge; Aleutian mountainheath; Rhododendron multiflorum
August	Hakusanfuuro; Oyamasoba; Alpine clematis; Grass-of-Parnassus; Iwabukuro	
September	Miyamarindou; Ezooyamarindou; Hakusanshajin	



Mt. Iwate and Mt. Akita Komagatake are amongst the numerous mountains waiting for you

The foot of Mt. Iwate, the highest peak in Iwate with a height of 2038m, extends out into Shizukuishi. The popular Mt. Akita Komagatake which is known for its beautiful shape and flowers is also located here. The view from Mt. Eboshidake along the ridge that connects Mt. Akita Komagatake and Mt. Iwate is wonderful. Mt. Mitsuishi here is popular with climbers throughout the four seasons and is a spot for seeing snow monsters (trees coated in frost and snow) in winter.

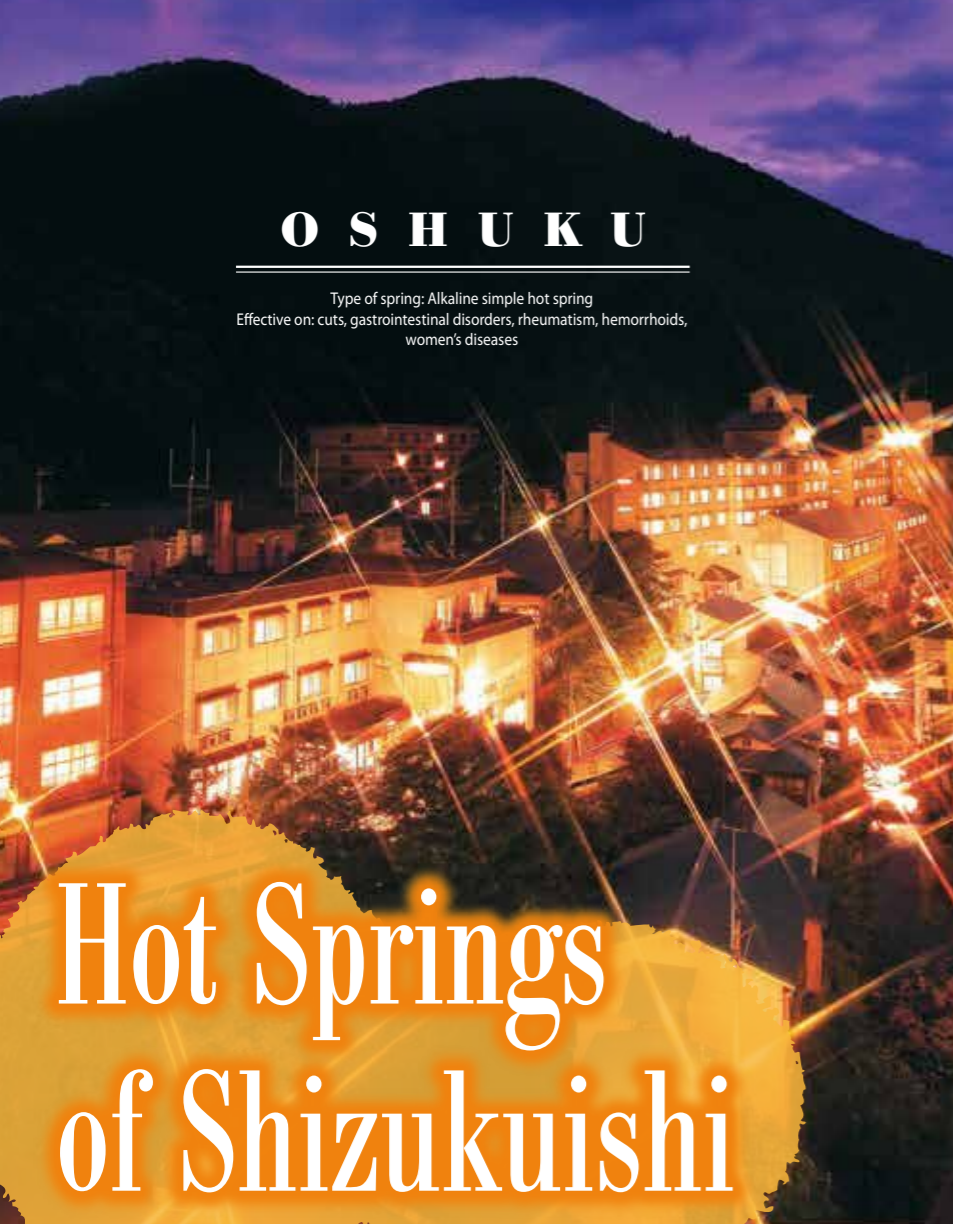
The region in the north-west of Shizukuishi town is part of Towada-Hachimantai National Park and the range of peaks of around 1500m connected together from Hachimantai running south is a mecca for climbers. Come and tour the mountains of Shizukuishi and become enveloped by the breath of nature and encounter the flowers, greenery and picturesque views above the clouds. You can then go and soothe your tired limbs in the nearby hot spring areas.

Discover Alpine Plants and Picturesque Views

Shizukuishi Mountain Guide

OSHUKU

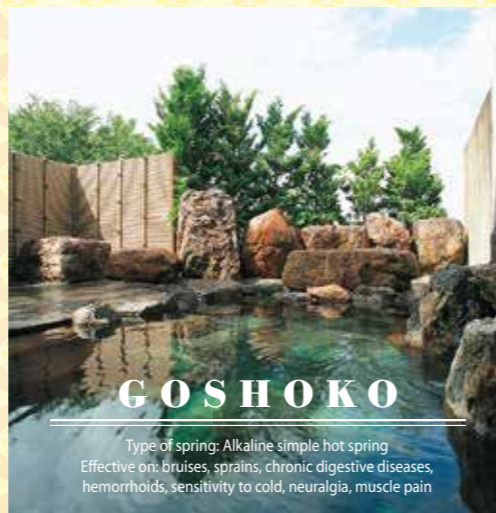
Type of spring: Alkaline simple hot spring
Effective on: cuts, gastrointestinal disorders, rheumatism, hemorrhoids, women's diseases



Hot Springs of Shizukuishi



Top: You can look out at the panoramic view of the surrounding mountains from the rotenburo (outdoor bath) which juts out from the exterior of the building of Hotel Mori no Kaze Oshuku. Bottom left: Oshuku Onsen Shrine which is located along the Oshuku River holds a lively annual festival in May. Bottom right: The women's outdoor bath (rotenburo) of Choei-kan overlooks the Oshuku River and is larger than the men's outdoor bath.



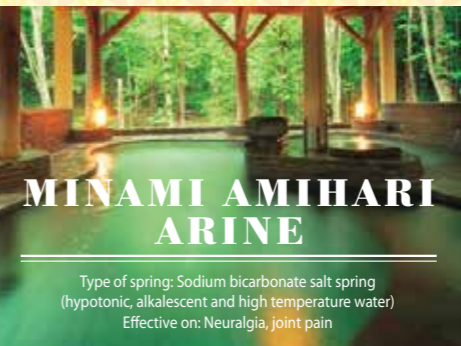
GOSHOKO

Type of spring: Alkaline simple hot spring
Effective on: bruises, sprains, chronic digestive diseases, hemorrhoids, sensitivity to cold, neuralgia, muscle pain



AMIHARI

Type of spring: Alkaline simple hot spring
Effective on: bruises, sprains, chronic digestive diseases, hemorrhoids, sensitivity to cold, neuralgia, muscle pain



MINAMI AMIHARI ARINE

Type of spring: Sodium bicarbonate salt spring (hypotonic, alkaline and high temperature water)
Effective on: Neuralgia, joint pain



SHIZUKUISHI TAKAKURA

Type of spring: Salt spring-hydrogen carbonate spring
Effective on: Neuralgia, muscle pain

Shizukuishi is famous for the quality of its spring water as part of the hot spring paradise of Iwate.

Shizukuishi is home to a variety of unique springs with different types of spring water where you can come and relax to your heart's content.

Here is the Oshuku Onsen image character, Kekyokichi



A rich variety of unique accommodations /

Oshuku Onsen

Oshuku Onsen is said to have opened as a hot spring area around 450 years ago and it prospered as a therapeutic baths for the Nanbu lords. Surroundings rich in nature stretch out around the hot springs and it's a hot spring area that boasts an abundant amount of spring water. A variety of unique hot spring accommodations line up alongside each other here from modern hotels to ryokans and self-catering places.

Enquiries: Oshuku Onsen Tourism Association
[URL] <http://www.ousyukuonsen.com/>
Tel: 019-695-2209

Map B-5

Look out at Mt. Iwate and Lake Goshō /

Goshoko Onsen

This is the one hot spring accommodation where the spring water wells up on the west shoreline of Lake Goshō and there is an inside bath and rocky outdoor bath. You can look out at the impressive Mt. Iwate and over Lake Goshō. With its excellent location and the effect of its water making skin smooth and beautiful, this hot spring is gaining in popularity with female customers.

Enquiries: Hotel Hana no Yu
[URL] <http://onsen-hananoyu.com/>
Tel: 019-692-1050

Map C-4

Revel in the scenic panoramic views /

Amihari Onsen

These hot springs are located on the southern base of Mt. Iwate and being at an height of 760m there's a great panorama looking down over the surrounding scenery. In winter you can ski here and in the seasons when the trees are covered in greenery you can enjoy camping. The excellent facilities here and famous open air bath grabs the hearts of outdoor lovers and won't let go.

Enquiries: Kyukamura Iwate Amihari Onsen
[URL] <https://www.qkamamura.or.jp/iwate/>
Tel: 019-693-2211
Enquiries: Arine Sanso
Tel: 019-693-3232

Map B-1

An outdoor bath that merges in with the forest /

Minami Amihari Arine Onsen

This hot spring boasts 2 outdoor baths, a stone one and one made from cypress, which are integrated with the great nature here giving the illusion of being in the middle of the forest. The indoor bath is also spacious so you can enjoy bathing here with the same kind of feeling as being out in the woods.

Enquiries: Yukotan no Mori
[URL] <http://www.iwate21.net/yukotan/>
Tel: 019-693-3600

Map B-1

An outdoor bath with a perfect sense of freedom /

Shizukuishi Takakura Onsen

This outdoor bath has water flowing directly from the hot spring source and is located in the Shizukuishi Prince Hotel. The water level of the pond right in front of the hot spring bath is at the same level giving a perfect sense of freedom and spaciousness.

Enquiries: Shizukuishi Prince Hotel
[URL] <http://www.princehotels.co.jp/shizukuishi/>
Tel: 019-693-1111

Map B-2

Walks Around the Oshuku Onsen Area

Uguisu Yu no Sato Park

Map B-5

There is a free hot spring foot bath in this park in the Oshuku Hot Springs Resort and walking trails too. Enjoy the four seasons of Oshuku and a moment of relaxation with the foot bath and walking trails here on a break from sightseeing or a tour of the hot springs.



Development of the area where minerals dance in the springs and water glistens

Map B-5

All the accommodations regardless of their size or type are co-operating in the Oshuku Onsen initiative that's aiming for the revitalization of this area. They are looking to promote the treasures of the area including the fantastic scenery and the produce. There are high expectations for this project.



Outaki Waterfall

Map A-5

This is a scenic spot close to the hot springs resort. This waterfall which flows through the mountains has an abundant amount of water flowing over it and is a fantastic walking course in spring when you can see dogtooth violet and yellow skunk cabbage flowers.



Amihari Onsen Walking Guide

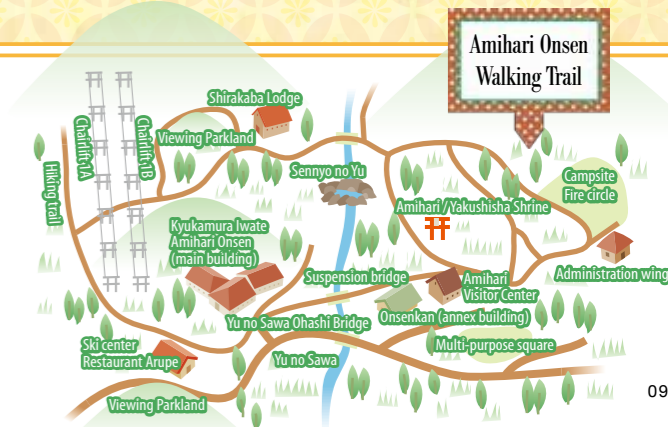
Lift For Viewing The Scenery

This chairlift is set low so you can enjoy the changing colours of the trees at close quarters. You can fully enjoy a leisurely "hike in the air".



Inukura Viewing Platform

This viewing platform is about a 10mins walk from the top of the chairlift. It's a magnificent viewing platform where in addition to the views of Mt. Iwate and Hachimantai, you can also look down over Morioka and the Shizukuishi basin.





KUNIMI

Type of spring: Sulphur, sodium hydrocarbonate spring (hypotonic, neutral hypotonic and high temperature)
Effective on: Chronic digestive diseases, diabetes, liver ailments, chronic women's diseases, neuralgia, rheumatism



Kakkonda Gorge

Map A-1

This gorge is rich in form shaped by the waters flowing from Akita Komagatake massif, Mt. Iwate and the Hachimantai range and is about 10km in length. It's a famous spot for the fresh greenery of spring and beautiful autumn leaves. It's known as a treasure trove for arctic char fish (iwana) and cherry trout (yamame).



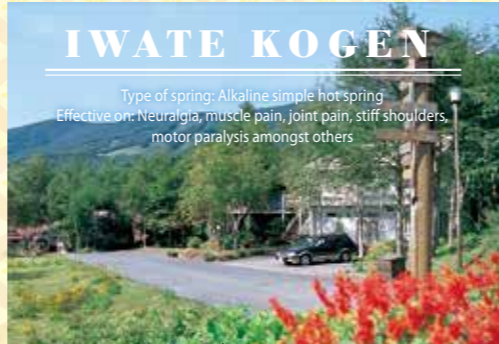
HASHIBA

Type of spring: Alkaline simple hot spring (expansive high temperature alkaline hot spring)
Effective on: Neuralgia, muscle pain, joint pain



IWATE KOGEN

Type of spring: Alkaline simple hot spring
Effective on: Neuralgia, muscle pain, joint pain, stiff shoulders, motor paralysis amongst others



GENBU

Type of spring: Sodium, hydrocarbon salt spring (hypotonic, neutral hypotonic, high temperature spring)
Effective on: Cuts, burns, chronic, skin conditions, chronic women's diseases



TOKAN IWATESAN

Type of spring: Alkaline simple hot spring
Effective on: Neuralgia, muscle pain, joint pain, stiff shoulders, motor paralysis amongst others



TAKINOUE

Type of spring: Simple thermal spring (hypotonic, weakly acidic, high temperature spring)
Effective on: Neuralgia, chronic digestive diseases, sensitivity to cold, recovery from exhaustion



Secluded spring with rare green spring water /

Kunimi Onsen

This is a secluded spring in a ravine where buses don't pass and there's no electricity. It is famous for its green water and the wonderful scenery surrounding it. It is said that the green colour of the water has a similar relaxing effect as walking in forests and woods. The mineral encrustations floating in the water are so abundant that a coating would form on the surface if left alone. Open for business early May to early November.

Enquiries: Ishizuka Ryokan Tel: 090-3362-9139
Enquiries: Mori Sanso Tel: 090-1930-2992
Enquiries: Kunimi Sanso (only for day trip)
Tel: 080-5229-5435 **Map A-4**

A hot spring adjoined to Michi no Eki /

Hashiba Onsen

This hot spring for day trippers only is located at the roadside rest area, Michi no Eki Shizukuishi Aneko on Route 46. As it has easy access and a campsite, this hot spring is particularly popular with drivers and campers. You can enjoy soaking in a Western-style or a Japanese-style bath.

Enquiries: Michi no Eki Shizukuishi Aneko
[URL] <http://www.anecko.co.jp/>
Tel: 019-692-5577

A private spring bath to unwind in /

Iwate Kogen Onsen

This hot spring is in Pension Sanrinsha and Pension Momiji in the pension village of Iwate Kogen. It's a private spring bath for families that needs reserving so you need to check in advance to use it. It has a really calm, relaxing atmosphere.

Enquiries: Pension Sanrinsha Tel: 019-693-2311
[URL] <http://www.diana.dti.ne.jp/~sanrin/>
Enquiries: Pension Momiji Tel: 019-693-3450
[URL] <http://p-momiji.com/> **Map B-1**

A bath that's gentle on skin and warms the body /

Genbu Onsen

This is a very refreshing, quiet hot spring bath surrounded by the Kakkonda River and basalt rock faces. Due to being a neutral spring which is rare, the water is very gentle on the skin and body warmth is retained well after soaking in this spring. This spring is also used as a base for enjoying the natural wonders of the southern base of Mt. Iwate.

Enquiries: Shizukuishi Tourism Association
[URL] <http://shizukuishi-kankou.gr.jp/>
Tel: 019-692-5138 **Map B-2**

Outdoor bath by a mountain stream /

Tokan Iwatesan Onsen

You can leisurely soak in the 4 outdoor baths here that overlook the Kakkonda Mountain Stream while enjoying the different scenery of each of the four seasons. There's a private outdoor bath that you can use when you come on a day trip if you make a reservation.

Enquiries: Genbu Furyutei
[URL] <http://www.genbu-furyutei.jp/>
Tel: 019-693-3000 **Map B-2**

Steam rises from the springs in the gorge /

Takinoue Onsen

This is located in a wonderful natural setting surrounded by native beech forest with rising steam accompanying the sight of the gorge and it has a mood of seclusion. Sometimes you can see Japanese serows and wild rabbits here. It is well known as a base for climbing the mountains in this area such as Mt. Mitsuishi. Open for business late April to late November.

Enquiries: Ryukanso
Tel: 019-693-1188 (only for day trips)
Enquiries: Ryukyoso Tel: 019-693-1144
Was still closed in Sep. 2018 **Map A-1**

Secret Spots of Hashiba

Checkpoint Remains of Hashiba **Map A-4**

This was a checkpoint set up by the Nanbu clan to keep watch on the transportation belonging to the Satake clan along the Kyu Akita Kaido (Old Akita Road). Even now it communicates the romance of history with a monument with the inscription "Hashiba Checkpoint Ruins" standing at the foot of the Shinryugawa-Hashi Bridge.



Old Akita Road **Map A-4**

This is an old road that was used from ancient times to the Edo period as a road over the Ou Mountains. The route was from the castle town of Morioka over Shizukuishi and Kunimi to Obonai (formerly Tazawako Town) and then on to Kakunodate. Even now there are remains of ancient milestones (ichirizuka) and guard houses within Shizukuishi town limits.

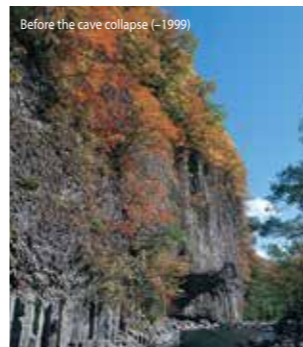


Hashiba Yellow Skunk Cabbage **Map A-4**

Alongside Route 46 there's a place called Hashiba Mizubasho Hogochi where you can see yellow skunk cabbage from around early April to late April.



Kakkonda Gorge Sightseeing Spots



Genbudo Cave **Map B-1**

On the cliffs that extend along the left side of the Kakkonda River, you can see this columnar joint rock formation created by magma cooling and solidifying. Part of this scenic view was lost in 1999 when there was a cave collapse. However, the wonderfulness of the autumn leaves here remains unchanged.

Torigoe no Taki Waterfall **Map A-1**

This waterfall has a drop of around 30m over a vertical rock face. The scenery of this gorge with the smell of sulphur hanging in the air and the plumes of steam here and there from the hot spring water is a special sight of this area. This place is lively in autumn when lots of people come to see the autumn leaves.





Rest House Recommended Dishes

Shizukuishi specialty Iwate Kogen Curry

This is a true beef curry to be proud of with the tender meat that's been cooked for a long time and the mellow, deep flavor of the curry roux.



Enjoy night to the full also /

Iwate Kogen Snow Park

You can get a great scenic view over Morioka from here. This ski area has a varied layout of courses from exhilarating smooth, long courses to mogul courses. It also has a ski area for young children so this ski resort can be enjoyed by families right through to expert skiers.

Open for business: Mid December–Late March
Opening hours: 8:30–21:00 (weekdays, Sundays, national holidays) 8:30–22:00 (Fridays, Saturdays, day before national holidays)
Enquiries: Tel: 019-693-4000
 [URL] <https://iwatekogen.jp/english/>

Map C-1



Rest House Recommended Dishes

Amihari Ramen

This is a seriously good soya sauce (shoyu) ramen with the stock made from strong flavored pig and chicken bones. It has a deep flavor which is unchanged from long ago and is a staple dish with lots of fans.



A ski area in great natural surroundings /

Amihari Onsen Ski Resort

In addition to the great snow quality, the trail layout is popular as it is rich in variety and includes the Futagorinkan Trail where you can ski in between snow covered trees. It is possible to snowboard on all the courses here. After skiing you can thoroughly relax at Kiki no Yu Amihari Hot Springs which has a history of over 1000 years.

Open for business: Mid December–Late March
Opening hours: Weekdays 8:30–16:00; Sat, Sun & Holidays 8:00–16:00
Enquiries: Tel: 019-693-2211
 [URL] <https://www.qkamura.or.jp/en/iwate/>

Map B-1



Frolic and play in the snow /

Shizukuishi Snow Land

This is a winter funland that kids and all the family can enjoy. It is fitted with a snow escalator. There are many snow activities to enjoy including snow tubing and sledging.

Open for business: Mid December–Late March
Opening hours: 9:00–16:00
Enquiries: Tel: 019-693-1114



Rest House Recommended Dishes

Ramen Anneko

This is a ramen corner in the building at the bottom of the Shizukuishi Ropeway where the Anneko Miso Ramen is undeniably the most popular.



An exciting long course /

Shizukuishi Ski Resort

There is an abundant variation in the 11 ski trails here with the exciting 4.5km long trail being the main one. Whatever kind of style of skiing or snowboarding you like, there are facilities for you here. You should also check out the restaurant and Shizukuishi Takakura Hot Springs which has water flowing directly from the hot spring source.

Open for business: Mid December–Late March
Opening hours: 8:30–17:00
Night skiing hours: Saturday/Day before holidays/New Year Holiday 17:00–20:00
Enquiries: Tel: 019-693-1114
 [URL] <http://www.princehotels.com/en/ski/shizukuishi/>

Map B-2

To the winter fun in Shizukuishi Go!

Full of fun packed activities!

Lots of varied snow activities unique to Shizukuishi!



Shizukuishi has a hub of ski resorts that are some of the best in Tohoku. There are three ski resorts located on the southern base of Mt. Iwate; Iwate Kogen Snow Park, Amihari Onsen Ski Resort and Shizukuishi Ski Resort. You can enjoy the varied courses of each of these resorts and the differences in snow quality. Not only can you do skiing and snowboarding here, but you can also get snowshoes at Amihari Visitor Center or Koiwai Farm and go for a winter walk, go cross-country skiing at Keppare Land or enjoy activities like the snow strider and snow tubing courses at Shizukuishi Snow Land. All your winter activity needs can be fulfilled here.

You'll yearn for warm food or a hot spring after having fun in the snow. Come and enjoy the three essential winter activities in Shizukuishi; sports, cuisine and hot springs.



Shizukuishi Ski Resort

Amihari Onsen Ski Resort

Iwate Kogen Snow Park



Walk the winter forests and snow plains /

Snowshoe Walking

Snowshoes are available from Amihari Visitor Center or Koiwai Farm. Take a walk on the snow together with a guide through a world completely blanketed in snow and try and find footprints left by animals.

Give cross-country skiing a go /

Keppare Land

This is the closest specialist cross-country skiing area to the prefectural capital of Morioka (official course). After you've enjoyed skiing and walking the winter mountains and nature of Shizukuishi, relieve your tiredness at Oshuku Onsen. There are 4 trails (0.6km, 2km, 3km and 5km).

Opening hours: 9:00–17:00 (winter period 20th December–20th March; summer period 21st April–20th November) **Closed on:** Wednesdays **Tel:** 019-695-2211

Map B-5





Encounter the nature and animals here /
Amihari Visitor Center
 This facility is a base for dispatching information about the nature here and the attractions of Mt. Iwate and for activities for coming into contact with nature. There are panel exhibitions on the rich nature and about the ecosystems of the plants and animals here along with exhibits explaining the processes of volcanic activity, hot springs and use of geothermal power. You can enjoy the really popular "air trekking" on a computer screen where you can see the geology and scenery of Towada-Hachimantai as if through the eyes of a bird.
 Closed: Every Tuesday from November–March
 Enquiries. Tel: 019-693-3777
 [URL] <http://amihari17.ec-net.jp>



Map B-1

Play golf surrounded by incredible nature /
Shizukuishi Golf Resort
 Shizukuishi Golf Resort has wonderful views and you can enjoy tackling a course that is tactically challenging. The Karamatsu course and Kaede course both have a beautiful natural setting and have cleverly placed ponds and bunkers so you can enjoy employing a variety of shot types and tactics.
 Enquiries. Tel: 019-693-1111
 [URL] <https://www.princehotels.co.jp/golf/shizukuishi/>

Map B-2



Map B-5

Have fun mountain stream fishing /
Fishing
 Clear streams and rivers rush into Shizukuishi from the surrounding mountains. You can enjoy fishing for sweetfish (ayu), arctic char (iwana) and cherry trout (yamame) in the Shizukuishi River, Kakkonda River and Ryu River. You can also have great fun fishing for landlocked varieties of trout in Lake Goshō.
 Enquiries: Shizukuishi Cooperative Association of Fisheries Tel: 019-692-0569



The largest garden park in Japan /
Flower & Garden Mori no Kaze
 This is part of Oshuku Onsen Hotel Mori no Kaze and it's the largest garden park in Japan. It's a vast piece of land measuring 23,000m² where you can enjoy a variety of plants including flowering plants and fruit trees of each of the four seasons, conifers and topiaries. Ishihara Kazuyuki, who won a gold award at the RHS Chelsea Flower Show, was responsible for the garden's design. Come and enjoy a leading garden in the world created by the world's top gardener. You can also enjoy the illuminations at night when the garden is lit up.
 Open for business: Until 6th November (Flower & Garden), 7th November–9th January (only the garden illuminations are open)
 Enquiries. Tel: 019-691-8787
 [URL] <http://fg-morinokaze.jp/>

Map B-5

Enjoy the leisure to the full
Shizukuishi Summer Activities

There's a diverse variety of activities waiting for you here from sports to nature experiences.

Only 3mins to the hot spring building! /
Amihari Onsen Campsite
 This campsite has a spacious free site, a forest (rinkan) site, a fire circle and cooking facilities. It's a pleasant, comfortable campsite near a hot spring where you can have a great time. Enjoy a relaxing walk in the forest on walking trails here that take about 1 hour. It's also a perfect spot for birdwatching.
 Open for business: Late May–Late October Enquiries. Tel: 019-693-2211
 [URL] <https://www.qkamura.or.jp/iwate/camp/>

Map B-1



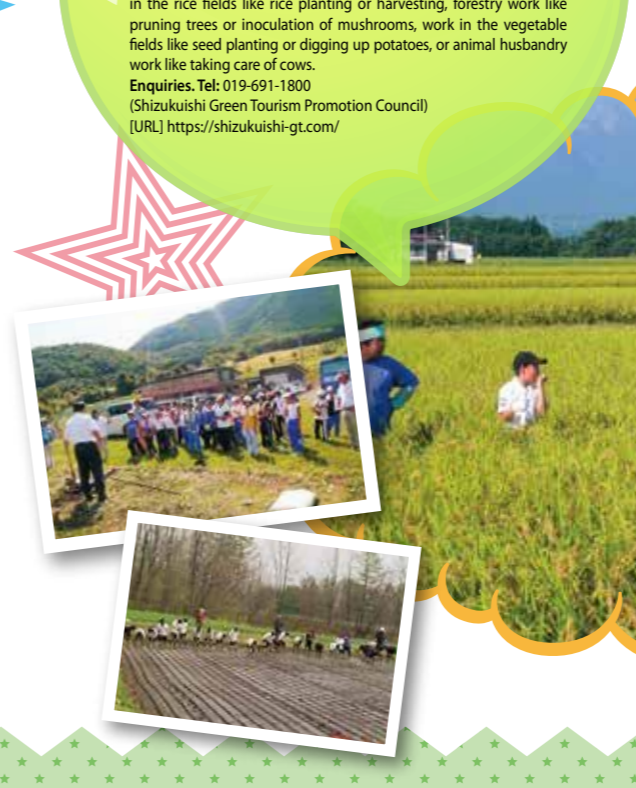
Amihari Campsite

Keppare Land challenge /
Water Jump
 This is a place you can have fun practicing your jumps even in summer on skis and snowboards on water. In addition to it being easier and safer for beginners to try jumps, it can simply be enjoyed as a summer sport.
 Enquiries: Jiyuya Summer gerande Keppare Land Tel: 080-7842-1555



Map A-1

Guide to enriching nature experience activities /
Green Tourism in Shizukuishi
 You can participate in nature experience activities at the agriculture and forestry businesses and livestock farms of the town which are perfect for an educational trip as part of Green Tourism. Please enquire about the activities you would like to try which include work in the rice fields like rice planting or harvesting, forestry work like pruning trees or inoculation of mushrooms, work in the vegetable fields like seed planting or digging up potatoes, or animal husbandry work like taking care of cows.
 Enquiries. Tel: 019-691-1800
 (Shizukuishi Green Tourism Promotion Council)
 [URL] <https://shizukuishi-gt.com/>



Scenery loved by Miyazawa Kenji /
Nanatsumori Shinrin Park
 Nanatsumori Shinrin Park is along Route 46 just after passing Oomori ichirizuka (ancient milestone) and it was designated a national place of scenic beauty as one of the Scenic Areas of Ihatov. It is one of the places that features most often in the works of Miyazawa Kenji. Kussetsuritsu which is said to be Kenji's first work of poetry is famous and representative of this place featuring in his works. Nanatsumori is a general term which includes Oomori, Ishikuramori, Hachimori, Hienukamori, Kanjuromori, Mitenomori and Mikadomori. The highest peak of these, Mt. Oomori, is one of the mountains that features in Kenji's posthumous work Kyouzu Mubeki Yama. From the viewing platform on top of Mt. Oomori, you can get a full view of the rural landscape of Shizukuishi. In spring you can enjoy the cherry trees blooming along the woodland paths and in summer you can enjoy relaxing walks in the forests and woodlands.

Map D-4



A leisurely trekking trail /
Mt. Osuke
 This mountain mass stands alongside Prefectural Road 1 which runs between Morioka and Yokote. In addition to the regular route from Keppare Land, you can also climb from Oshuku Onsen and enjoy taking a hot spring and trekking at the one place.

Map B-5



Exclusive Products of Koiwai Farm

Koiwai farm products can boast popularity across all areas of Japan. High quality products from here that taste great and are quality assured based on cultivation and production techniques of over 100 years worth of experience reach dining tables across Japan. Butter, cheese, ice cream and cheesecake made using the fresh, great flavoured milk are very popular.



Shizukuishi Beef

Japanese Black Cattle leisurely graze here in the rich nature of Shizukuishi and are reared with great care and warm affection by the farm staff. Due to the quality of this meat with its unique mellow taste and the perfect balance of meat and fat in its flavor, it has been pronounced the grand champion by the National Japanese Cattle Exhibition in the past and won several other prizes. This beef is highly valued in the same way as the well-known Maenzawa Beef is.



Walnut Baskets

These baskets are made by carefully weaving the bark of walnut trees. Due to the feel and texture of the natural raw material, the more you use these baskets, the more you want to use them.

Enquiries: Shizukuishi Mingeisha Tel: 019-689-2279



Kikko-ori (Tortoise-Shell Weaving)

While entangling the threads of warp and weft, a hexagon-shaped pattern is formed in tortoise-shell weaving. Shizukuishi Kikko-ori (tortoise-shell weaving) was determined a selected preservation technique in March 2005. The conservation society, Shizukuishi Asa no Kai, are preserving the complete process from start to finish and are active in handing it down to future generations by continuing to use the traditional methods of long ago including using hemp grown here as the raw material, natural dyes and the same weaving technique. Groups of 5 or more can try this experience activity (reservations necessary).

Enquiries: Shizukuishi Asa no Kai Tel: 019-692-0122 (Nogyosha Training Center)



Specialty Food Products of Shizukuishi

Specialty food products grown in the great natural environment here are the pride of Shizukuishi. Come and savour these quality-assured, delicious blessings of Shizukuishi.

Certification of Agricultural Products

Agricultural products grown in Shizukuishi in soils kept in great condition using fully ripened compost are certified as Agricultural Products Grown in Shizukuishi. A seal with this certification is placed on the goods in the shops where they are sold. Local production for local consumption is being promoted with these safe, quality-assured agricultural products.



Nanbu Kashiwa Chickens

This chicken has a characteristic great meaty flavor and firm texture due to being reared for a long period free-range style. Come and try this brand of chicken that Shizukuishi is proud of.



Nanbu Forged Accessories

These products, which are made using the forging techniques of Nanbu iron and decorated using gold or silver lacquer (Jobojiurushi, the highest quality lacquer produced in Japan is used), are beautiful and they are also popular and liked by overseas customers. There are a wide range of products to suit your budget including ornamental products for interior design or personal accessories.

Enquiries: Ryukobo Tel: 019-691-2340

Local Products of Shizukuishi

Shizukuishi local products have a simple, refined texture and a style born of the careful handiwork of the craftsmen. You'll definitely find something that's to your taste.

Rapeseed Oil

Na no Shizuku rapeseed oil is produced using rapeseed grown in Shizukuishi and contains no artificial colourings or additives. It has the essence of rapeseed that has been lightly cooked and has a natural colour and taste for you to enjoy.



Soba

In addition to dried noodles and half-boiled noodles made from soba produced here, mochi and azuki bean paste cakes, sweets and novel processed goods made using buckwheat (soba) flour are on sale too.



Wasabi (Japanese Horseradish)

The Wasabi (Japanese horseradish) on sale here, and that's used in the processed foods here, is cultivated on the southern base of Mt. Iwate using pristine water. Ice cream and sausages with a horseradish flavor are popular souvenirs of this area.



Woodwork Products

These wood products are made using local timber and include furniture with excellent design properties and everyday items like chopsticks and utensils which have a wonderful simplicity to them. All the products have a warmth and mellowness to them. The feel of the products grows in character the more you use them and they give off a sense of tranquility like that which encompasses the nature of Shizukuishi.



Arts and Crafts

Original works of art are born in Shizukuishi through fusion of traditional crafts and folk crafts with the inspiration that comes from the nature of the area. These works include pottery, lacquer craft work and Nanbu ironware. Come and look for an art and craft to your liking for a souvenir or for a decorative piece for your home.



Wheat and Soy Products

In addition to bread made with Nanbu wheat and bread made with homemade yeast and organic foods, there are lots of popular products, including natto, made using the locally produced soy beans Shizukuishi Kurosengoku Daizu.



Rice Flour Products

Come and try the original rice flour products of Shizukuishi which include rice flour noodles containing collagen with its fun, firm yet chewy texture and bread made using rice flour.



Gelato

There are lots of shops here selling gelato made using homemade milk and fruits and vegetables of the season or homemade ice cream made using freshly produced milk from Shizukuishi.



Shizukuishi Tourism and Produce Center

Opening hours: 9:00-18:30
Fixed days off: None
Tel: 019-692-5900

Map C-4

At Shizukuishi Ginga Station (1st floor of Shizukuishi Station) you can get tourist information on sightseeing spots of the area and assistance with accommodation and travel arrangements. Works of artists based in Shizukuishi, including woodwork products and handicrafts, are also on display and for sale here. You can feel the affection poured into making the products when you hold them.





Shizukuishi Hadaka Mairi

Men with a loincloth of straw wrapped around them march and pray for good health and a bountiful harvest.



National Nanbu Yohare Competition

This is a national competition where groups compete singing and dancing the folk song Nanbu Yohare which is about a woman who cleverly protected the town from the secret agents of the Nanbu clan.



Shizukuishi Yohare Festival

You can see a unique, noble, beautiful dance performed by the Shizukuishi Aneko to the Shizukuishi Yohare song which has been passed down the generations from long ago through singing. The dress of the Shizukuishi Aneko is a long outer garment which is a deep purple material with undyed parts forming light patterns, close fitting trousers, coverings for the back of the hand and wrist (tekko) and a conical hat (fukaamigasa).



Iwate Snow Festival

The Iwate Snow Festival, which is one of the big five snow festivals of Michinoku, has rows of snow sculptures of varying sizes and bustles with lots of tourists every year. The sculptures are lit up at night with colorful lights and a fantasy-like world opens out before you.



Ganso Shizukuishi Light Truck Market (Morning Market)

This is a market where producers fill up their light trucks with goods, including fresh fruit and vegetables and craft goods, to sell to people creating a great shopping spot for pedestrians on Shizukuishi Yohare-dori Shopping Arcade. This street is alive with lots of people every first Sunday of the month. (There are occasions when the day changes due to other events.)

SHIZUKUISHI Events Guide

- Late January** Shizukuishi Hadaka Mairi (naked parade from Sanshaza Shrine to Eishoji Temple)
- Early to mid February** Iwate Snow Festival
- Late April** Goshoko in Shizukuishi Cherry Blossom Festival
- First Sunday of every month from May to November** Ganso Shizukuishi Light Truck Market (this is a market comprising about 50 light trucks)
- Mid May** Iwatesanroku Family Marathon
- 1st June** Mt. Komagatake's climbing season starts
- 1st July** Mt. Iwate's climbing season starts
- Mid July** Start of fishing season (open season starts for sweetfish (ayu))
- Early August** National Nanbu Yohare Song and Dance Competition
- 11th August** Shizukuishi Yohare Song and Dance Festival
- 16th August** Omyojin Chiku Summer Festival
- Mid October** Shizukuishi Produce Festival
- 23rd November** Shizukuishi Intangible Cultural Assets and Performing Arts Festival
- Mid November–Early January** Koivai Winter Illuminations
- Mid December** Ski season starts

Origins of Shizukuishi / Shizukuishi Shrine

Map B-2

Shizukuishi Shrine is an old shrine that is located in the Nishine area of the town and holds the origins of the place name. More than 900 years ago, whenever spring water welled up and trickled down from the roots of a large cedar tree onto a rock in the grounds of the shrine, a nice "tan tan" sound was emitted. It is said that people dedicated this place to the god of water and began to affectionately call this place Shizuku-ishi (drip-stone) Tan Tan.

Shizukuishi Tourism Map



Access Information

From Tokyo	Akita Shinkansen (Komachi)	Tokyo ▶ Shizukuishi	About 2hrs 30mins
	Tohoku Shinkansen (Hayabusa)	Tokyo ▶ Morioka ▶ Change to the Tazawako Line ▶ Shizukuishi	About 3hrs
	Tohoku Expressway	Tokyo ▶ Morioka ▶ Catch a bus or taxi ▶ Shizukuishi	About 3hrs 10mins
	Airline (JAL/ANA)	Tokyo ▶ Morioka IC ▶ National Highway 46 ▶ Shizukuishi	About 7hrs 40mins
		Haneda Airport ▶ Akita Airport ▶ Catch a taxi or rent a car ▶ Shizukuishi	About 2hrs 40mins
From Sendai	Akita Shinkansen (Komachi)	Sendai ▶ Shizukuishi	About 1hr
	Tohoku Shinkansen (Hayabusa)	Sendai ▶ Morioka ▶ Change to the Tazawako Line ▶ Shizukuishi	About 1hr 5mins
	Tohoku Expressway	Sendai Miyagi IC ▶ Morioka IC ▶ National Highway 46 ▶ Shizukuishi	About 2hrs 20mins
From Akita	Akita Shinkansen (Komachi)	Akita ▶ Shizukuishi	About 1hr 20mins
From Aomori	Tohoku Shinkansen (Hayabusa)	Shin-Aomori ▶ Morioka ▶ Change to the Tazawako Line ▶ Shizukuishi	About 2hrs 10mins
	Tohoku Expressway	Aomori IC ▶ Morioka IC ▶ National Highway 46 ▶ Shizukuishi	About 2hrs 25mins
From Hachinohe	Tohoku Shinkansen (Hayabusa)	Hachinohe ▶ Morioka ▶ Change to the Tazawako Line ▶ Shizukuishi	About 1hr 20mins
	Tohoku and Hachinohe Expressway	Hachinohe IC ▶ Morioka IC ▶ National Highway 46 ▶ Shizukuishi	About 1hr 45mins
From Hakodate	Tohoku Shinkansen (Hayabusa)	Hakodate ▶ Shin-Hakodate Hokuto ▶ Morioka ▶ Change to the Tazawako Line ▶ Shizukuishi	About 3hrs 30mins
From Sapporo	Airline (JAL)	Shin-Chitose Airport ▶ Iwate Hanamaki Airport ▶ Bus ▶ Morioka Station ▶ Tazawako Line or bus ▶ Shizukuishi	About 2hrs 30mins
From Nagoya	Airline (FDA)	Nagoya Komaki Airport ▶ Iwate Hanamaki Airport ▶ Bus ▶ Morioka Station ▶ Tazawako Line or bus ▶ Shizukuishi	About 2hrs 40mins
From Osaka	Airline (JAL)	Itami Airport ▶ Iwate Hanamaki Airport ▶ Bus ▶ Morioka Station ▶ Tazawako Line or bus ▶ Shizukuishi	About 2hrs 40mins
From Fukuoka	Airline (JAL)	Fukuoka Airport ▶ Iwate Hanamaki Airport ▶ Bus ▶ Morioka Station ▶ Tazawako Line or bus ▶ Shizukuishi	About 3hrs 15mins



For enquiries regarding transport

JR Shizukuishi Station	Tel: 019-692-2218
JR Morioka Station	Tel: 019-622-3456
Iwateken Kotsu Bus Shizukuishi Office	Tel: 019-692-3212
Shizukuishi Taxi	Tel: 019-692-3131
Iwate Hanamaki Airport (JAL)	Tel: 0198-26-2016

Rental Car Guide

*Reservations 2 days prior to using the car necessary

Shizukuishi Tourism Association	Tel: 019-692-5138
Nippon Rent-a-Car	Tel: 019-647-0919

Access to the main tourist places nearby

Morioka City About 20mins	Hiraizumi About 1hr 20mins
Lake Tazawa About 40mins	Jodogahama Beach About 2hrs
Hachimantai About 50mins	Kuji About 2hrs 15mins
Kakunodate About 1hr	Ryusendo Cave About 2hrs 20mins

For Tourist Information Enquiries

Shizukuishi Tourism and Produce Center
Shizukuishi Tourism Association

Tel: 019-692-5138

Fax: 019-692-5914

URL <http://shizukuishi-kanko.gr.jp/>

46-3 Teranoshita, Shizukuishi, Iwate-gun, Iwate Prefecture 020-0524

