

Sample Course

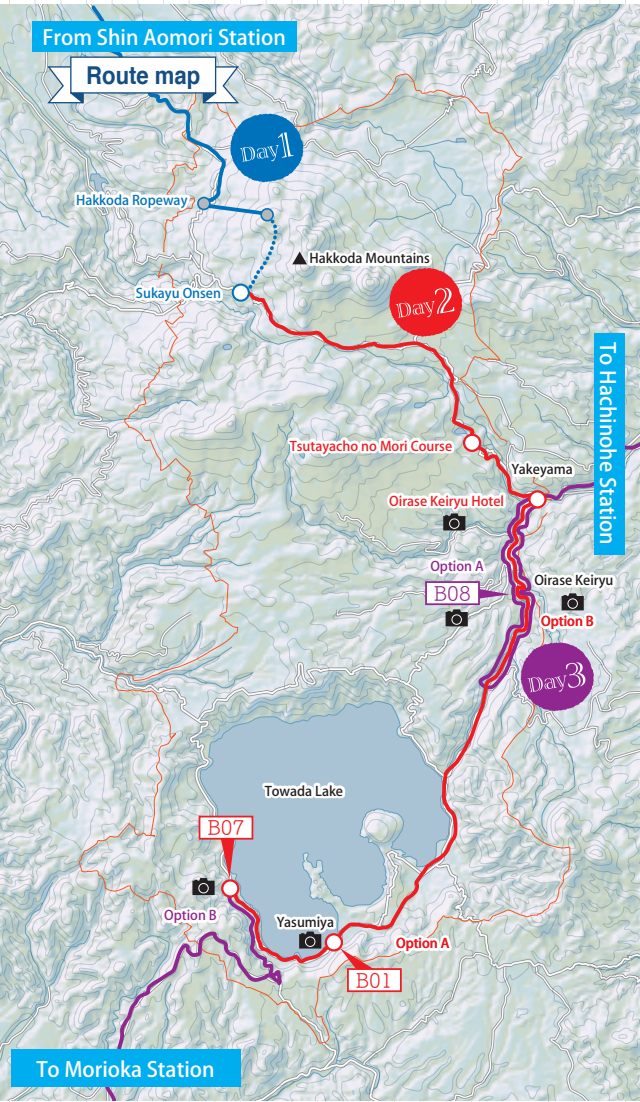
B.m1

Travel the Mountains, Lakes, and Streams of Lake Towada, Oirase and Hakkoda - the All-in-one Course

3days, 2nights

Highlights

Experience the exceptional scenic beauty of the lake and relax on the shore of the lake by gently flowing streams. Make sure you don't miss out on the JR bus pass that offers unlimited travel around Lake Towada, Oirase, and Hakkoda.



Day 1

Tokyo Station or Ueno Station

- ↓ Tohoku Shinkansen
- 10:10am Shin Aomori Station
- ↓ JR bus "Mizuumi"
- 11:30am Hakkoda Ropeway
- ↓ Ropeway
- 12:00pm Lunch at the mountaintop
- ↓ On foot
- 1:00pm Hike the Hakkoda Mountains (Tamoyatsugadake to Sukayu)
- ↓ On foot
- 4:00pm Sukayu Onsen
- ↓ On foot
- 5:00pm Accommodation in Hakkoda

Explore a forest of beech, birch, and fir trees and take in the picturesque panoramic views of Mount Iwaki and Mutsu Bay.

Trek the North Hakkoda Mountain Range, which has fresh sights to offer in every season: new green leaves in the spring, alpine flora in the summer, and rich autumnal foliage in the autumn.

Sukayu Onsen was the first "people's recreation spa", or designated hot spring health resort in the country. It includes a mixed bathing bath that can accommodate one thousand people, as well as separate baths for men and women. The hot springs waters are characterized by their strong acidic quality.

Day 2

Early morning walk

9:00am

Accommodation in Hakkoda

↓ JR bus 40min

10:00am

Hike the Tsutayacho no Mori Course

Option A

↓ JR bus 60min

1:30pm

[B01] Towada Lake Canoe Tour 120min

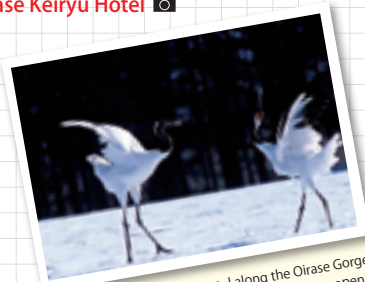
↓ JR bus 40min

5:20pm

Oirase Keiryu Hotel

From young green buds in the spring to the rich rustic leaves of autumn, the views around the Jogakura Ohashi Bridge and the Sukayu Onsen area are spectacular in each and every season.

In this beech forest, there's a trail that connects together six marshes. Enjoy the views of the forest, as well as the flora and fauna that is distinct to Towada-Hachimantai National Park.



This is the only hotel along the Oirase Gorge. Guests can enjoy views of the gorge from an open-air hot spring, as well as a variety of activities. Hop on the Oirase Gorge Shuttle Bus to explore the area.

Option B

↓ JR bus 10min

12:30pm

Lunch

↓ JR bus 10min

1:40pm

Walk around Oirase Gorge

↓ JR bus 30min

Accommodation in Towada Kohan



Located halfway along the Oirase Gorge, there is a rest stop that offers light meals. A bus route is close to the trail, so once you have checked the bus timetable you can wander further upstream.

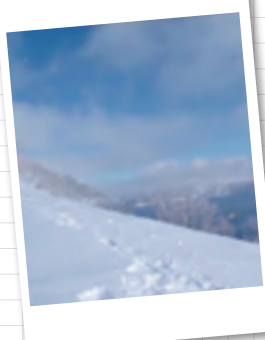
Day 3

Option A

9:00am

[B08] Oirase guided walk

150min



↓ On foot

11:50am

Lunch in the Yakeyama area

↓ JR bus 45min

1:45pm

Towada Art Center

↓ JR bus

6:12pm

Hachinohe Station

Depart for Tokyo via Tohoku Shinkansen

This contemporary art museum is located in the center of Towada City. It contains compelling work by international artists including Ron Mueck, Do Ho Suh, and Choi Jeong Hwa. There is also a space that displays Japanese contemporary art Yayoi Kusama.

Option B

Early morning walk

8:50am

Accommodation in Towada Kohan

↓

9:30am

[B01] Towada Lake Canoe Tour

120min



Paddle through the still waters of Towada Lake on a Canadian canoe as your tour guide introduces to the nature, geography, and history of the area.

Contemporary Art Museum Course

1:45pm

Towada Art Center

↓ JR bus

6:12pm

Hachinohe Station

Depart for Tokyo via Tohoku Shinkansen



Kosaka Korakukan Course

12:00pm

Lunch in the Yasumiya district

↓

1:00pm

Walk around the Yasumiya district

↓ Flat-rate taxi (Tokutoku Towadako)

4:00pm

Korakukan

↓ Korakukan-mae

Shuhoku bus

↓ Kosaka-koko-mae

Kosaka IC

↓ Highway bus "Asunaru"

8:50pm

Morioka Station

Depart for Tokyo via Tohoku Shinkansen

