

Experience something new.
Come to Michinoku.

みちのく ぐるりの旅

那須*白河*会津

MICHINOKU GURURI TABI
NASU / SHIRAKAWA / AIZU

Click here for information on Nasu, Shirakawa, and Aizu.

Michinoku Gururi Tabi Facebook Page



みちのくぐるり旅

検索

<https://www.facebook.com/michinokugururi/>

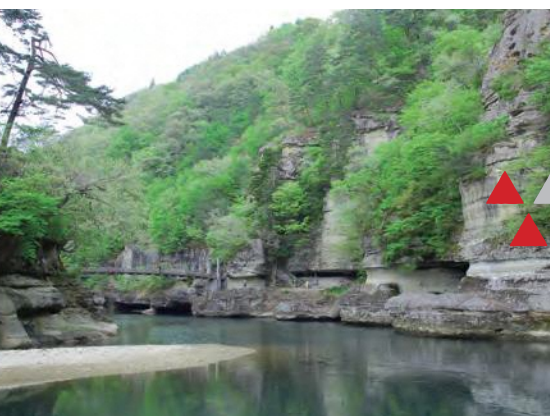


Issued by | Nasu-Shirakawa-Aizu Tourism Promotion Council

* This brochure was prepared by the Fukushima Prefecture Municipal Promotion Council's Regional Promotion Fund using proceeds from the Summer Jumbo Lottery.



NASU / SHIRAKAWA / AIZU



Experience something new. Come to Michinoku.

There are six municipalities
bordering Tochigi and Fukushima.
Natural attractions in every season,
history, culture, food.
New discoveries and encounters
yet to be experienced.

To experience something new,
try travelling around Michinoku.





那須

MICHINOKU GURURI TABI
NASU



The royal resort of Nasu draws you in with different views each season.

Situated in the northernmost part of Tochigi, Nasu attracts around five million visitors a year. Famed as a summer resort, it is home to an imperial villa used for rest and recreation by the imperial household. Shadowed by the lofty Mt. Chausu-dake of Nasu Range, the town boasts many delightful tourist attractions, including local delicacies, invigorating hot springs and a historic site once visited by the haiku poet Matsuo Basho.

① Mt. Nasu-dake (Chausu-dake) in autumn colors / ② Summer mountain climbing in Mt. Nasu-dake/ ③ Azaleas of Yahata / ④ Red spider lilies in Minozawa / ⑤ Frost in Mt. Nasu-dake / ⑥ Komadome-no-taki Falls / ⑦ Shikanoyu Hot Spring / ⑧ Hydrangeas along Nasu Highway

For tour inquiries, please contact:

Nasu Tourism Association / Phone: 0287-76-2619
Nasu Commerce and Tourism Division /
Phone: 0287-72-6918





白河

MICHINOKU GURURI TABI
SHIRAKAWA



The gateway to Michinoku
A castle town steeped in history
and culture

Komine Castle, the lauded gateway to Oshu.
Nanko Park, built by Matsudaira Sadanobu, benevolent daimyo of the Shirakawa Domain,
and thought to be the oldest park in Japan.
Shirakawa boasts many sightseeing attractions,
with seasonal changes in the scenery providing delightful contrasts.
The old Oshu highway runs through the central city.
The place is bursting with historical temples and shrines, retro buildings and cool shops.



① Komine Castle (Shirakawa Seki Festival) / ② Hijirigaiwa / ③ Suirakuen
/ ④ Oike / ⑤ Kitsuneuchi Onsen Hot Spring / ⑥⑦ Autumn foliage in
Nanko Park / ⑧ Cherry blossoms at Komine Castle

For tour inquiries, please contact:

Shirakawa Tourism and Local Products Association /
Phone: 0248-22-1147



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西郷

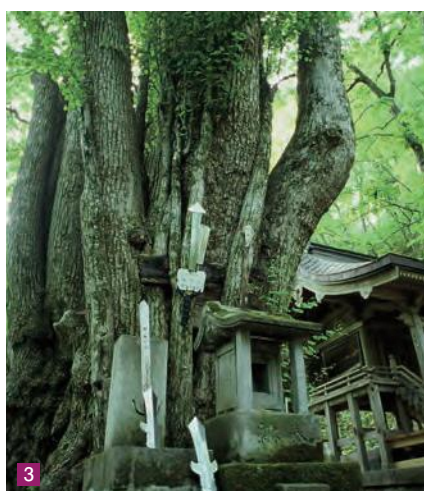
MICHINOKU GURURI TABI
NISHIGO



Endowed with a lush,
green environment
“The Village at the Abukuma-
gawa River Source”

A village of secluded hot springs, folklore and clear headwater streams, enveloped in the natural grandeur of the Shirakawa-Kashi Plateau and brimming with captivatingly beautiful scenery that changes with the seasons. Visitors are captivated by the beautiful autumn leaves over “Yukiwari-bashi Bridge”, the crowning jewel of the valley at the source of the Abukuma-gawa River. Up above the headwaters are the renowned and brimming Kashi and Shin-kashi hot springs, a known favorite of Matsudaira Sadanobu (He was a daimyo (Japanese feudal lord) during Edo period). Nature trails have been established in the surrounding area, bringing in hikers from all corners of the country all year-round.

① Kashi Onsen (Matsudaira Sadanobu's secret hot spring) / ② Shinkashi Onsen Hot Spring /
③ Kenkatsura (Legend of Matsudaira Sadanobu) / ④ Yukiwari-bashi Bridge in autumn colors
and in snow / ⑤ Hitoyasumi-no-taki Falls (Nishinosato Promenade) / ⑥ Meoto-daki Falls (Nishi-
nosato Promenade) / ⑦ Abukuma-gawa River Headstream in Oku-kashi



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For tour inquiries, please contact:

Nishigo Village Tourism Association /
Phone: 0248-25-5795



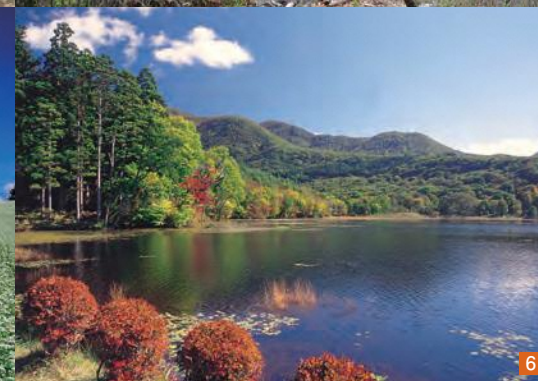
Nature and leisure,
learning from other cultures
A village where time passes by at a relaxed pace

Ten'ei, enveloped by nature on the shores of Lake Hatoriko, brimming with seasonal attractions. Get your fill of nature, from the "Regina Forest" resort facilities offering a wealth of outdoor activities to the 1000-year-old secluded open-air baths at Futamata Onsen hot spring. British Hills, a faithful reproduction of a medieval English streetscape and buildings, allows access to "Britain without a passport".

For tour inquiries, please contact:

Ten'ei Village Tourism Association /
Phone: 0248-82-2117

① British Hills / ② Lake Hatoriko / ③ Myojin-daki Falls / ④ Futamata Onsen
(hidden hot spring) / ⑤ Regina Forest / ⑥ Cherry blossom trees along
National Route 294 / ⑦ Ten'ei Wind Farm



Where past and present meet

Shimogo, where scenes of yesteryear survive intact to be enjoyed year-round. Attractions such as the thatch-roofed post-station town of "Ouchi-juku," a preserved snapshot of the past, or "To-no-Hetsuri," carved out by nature over the course of a million years, give visitors a sense of unending history. Foot spas near Yunokami-Onsen Station also provide comfort to weary travelers.



① To-no-Hetsuri / ② Ouchi-juku / ③ Yunokami-Onsen Station / ④ Wild cherry blossoms in Toaka / ⑤ Sarugaku-daichi Buckwheat Field / ⑥ Kannon-numa Forest Park / ⑦ Nakayama Setsugekka

For tour inquiries, please contact:

Shimogo Town Tourist Information Center /
Phone: 0241-68-2920



A beautiful village in Aizu The longer you are there The better you will be

The town of Aizumisato, known as the birthplace of Aizu culture, is home to a wealth of ancient temples and shrines, including Isasumi-jinja Shrine, from where the "Aizu" originated, Hoyoji Temple, which serves as the center of the Buddhist citadel of Aizu, and Nakata Kannon, a temple associated with Dr. Hideyo Noguchi. It is also known for Aizuhongo Pottery, an officially designated traditional craft product boasting a 400-year history.

① Isasumi-jinja Shrine / ② Sakudari Kannon Temple / ③ Hoyo-ji Temple's Three Stried Tower / ④ Nakata Kannon of Koan-ji Temple / ⑤ Aizuhongo Setoichi Ceramics Fair / ⑥ Futanuma Pond / ⑦ Cherry blossoms in Miyakawa

For tour inquiries, please contact:

Aizumisato Town Tourism Association /
Phone: 0242-56-4882



MICHINOKU GURURI TABI
AIZUMISATO
会津美里



“Hot Spring Circuit” in Michinoku

Relieve the weariness of the journey at a variety of hot springs



Shikanoyu Hot Spring

Nasu

With a 1,380-year history, “Shikanoyu” is the oldest hot spring in Tochigi. The strongly acidic, sulfur-rich water has a beautifying effect as well as a therapeutic effect against a number of ailments. The rustic, red-pine construction of this communal bathhouse is brimming with traditional charm.
Contact: Shikanoyu Hot Spring / Phone: 0287-76-3098



Kitsuneuchi Onsen Hot Spring

Shirakawa

This pure, alkaline hot spring provides effective relief for nerve pain, muscle pain, joint pain and the like. There is an ample supply of water, with a flow of 512 liters per minute. This hot spring is known for leaving you with silky, smooth skin.
Contact: Kitsuneuchi Onsen / Phone: 0248-34-1126



Kashi Onsen Hot Spring

Nishigo

Named for the year in which it was discovered (ki-no-e ne in Japanese, the characters for which can also be pronounced kashi). Famed for its 150-year history and natural stone bath with a depth of 1.2 meters, even Daimyo Matsudaira Sadanobu of the Shirakawa Domain is said to have bathed here.
Contact: Ryokan Daikokuya / Phone: 0248-36-2301



Yunokami Onsen Hot Spring

Shimogo

This hot spring resort is famous for its completely natural, fresh-flowing, clear, wholesome water. With many ryokans and private guesthouses available, you can rest your mind and body as time slowly passes.

Contact: Yunokami Onsen Tourism Association / Phone: 0241-68-2818



Futamata Onsen Hot Spring, Iwase-yumoto Onsen Hot Spring, Ten'ei Onsen Hot Spring

Ten'ei

With all three hot springs dating back to ancient times, this place was designated as a “National Hot Spring Health Resort” by the Ministry of the Environment in 2016. Boasting various benefits, these are very popular therapeutic baths.
Contact: Ten'ei Village Tourist Information Center / Phone: 0248-85-2222



Niitsuru Onsen Hot Spring

Aizumisato

For a small fee, you can relax in a hot bath floating with ginseng root. With benefits including relief from cold and fatigue, the gel-like water is known to produce beautiful, smooth skin.

Contact: Niitsuru Onsen Health Center / Phone: 0242-78-3222

“Gourmet Travel” in Michinoku

Famous local cuisine that can only be sampled here!



Nasu-no-uchi Bento (Nasuben)

Nasu

A lunch plate packed with the delicious flavors of Nasu! Offering nine types of dishes, such as Nasu wagyu, cooked in nine different ways. Featuring different cuisine at every store! Be sure to come and enjoy!

Contact: Nasutoran Club / Phone: 0287-74-3607



Nanko Dango

Shirakawa

Having started out being made for resident workers at Nanko Park, the tradition has continued and they are still being made today. Each store has added their own touches: try them with red bean paste, sweet soy syrup, miso or sesame.

Contact: Shirakawa City Tourism Section / Phone: 0248-22-1111



Teuchi Ramen Fukufuku

Nishigo

This popular store, located near the Nishigo Village Hall, is distinctive for the unassuming yet flavorful taste of its hand-made, flat, curly noodles, well paired with chicken and soy sauce broth. Highly recommended are the wonton noodles that will smoothly glide down your throat.

Contact: Teuchi Ramen Fukufuku / Phone: 0248-25-5410



Ouchi-juku Specialty's Negi Soba

Shimogo

The noted Ouchi-juku “spring onion noodles” are a very popular menu item that is eaten with spring onions rather than chopsticks. The noodles are distinctive for their strong flavor and their firm texture. Definitely a must-try.

Contact: Ouchi-juku Tourism Association / Phone: 0241-68-3611



Yakon Teishoku

Ten'ei

Frankfurts and a mincemeat patty containing “Ten'ei yacon,” a locally produced healthy vegetable. The rice used is the award-winning “Ten'ei Rice,” which has won gold in the Overall International Category at the International Contest on Rice Taste Evaluation for nine years running. This is a set meal packed with local specialties.
Contact: Michi-no-Eki Hatoriko Kogen / Phone: 0248-85-2547



Misato Horumon

Aizumisato

Offal cuisine is eaten at social gatherings or whenever people come together. In Misato, they eat it with generous helpings of garlic-seasoned vegetables. Come and enjoy the different soy sauce or miso-based flavors that vary from store to store.

Contact: Takada Information Center / Phone: 0242-54-2333

Experiences with Michinoku Travel!



MAP | C-3

A laid-back farm experience

Nasu Nasu Rindo-ko LAKE VIEW

Enjoy a 20-minute buffet of sweet, fresh "Akihime" and "Yayoihime" strawberries (December through May). There is also a variety of other activities, including butter-making and candle-making.

Contact: 0287-76-3111
Hours: 9:00-17:00 *May vary by season.
(Strawberry picking: 10:00-14:00)
No scheduled holiday in winter
Parking spaces: 3,000 cars / 200 buses

Nasu Town
Tourism Ambassador
Kyubii



Experience nature at Hijirigaiwa Furusato-no-Mori

Shirakawa Hijirigaiwa Visitor Center

Hijirigaiwa Furusato-no-Mori is situated on the banks of the Kumado-gawa River. Come and enjoy connecting with nature while hiking, climbing, bouldering, barbecuing or camping.

Address: Kokuyurin 57 Rinpan, Taishin-Kumado,
Shirakawa City, Fukushima
Contact: 0248-46-2471
Hours: 9:00-17:00
Open from April 1 to December 20
Closed on Tuesdays / Parking spaces: 30

Shirakawa City
Mascot
Shirakawan



MAP | C-2



MAP | C-3

Trout fishing at Masutsuri Park

Nishigo Hayashi Trout Farm Masutsuri Fishing Park

Spanning four hectares, Masutsuri Park has seven fishing ponds for you to rent a rod and try trout fishing at your leisure.

Contact: 0248-25-2041
Hours: 9:00-18:00 (April-September)
9:00-17:00 (October-March)

Closed on Wednesdays (except on holidays and peak season)

Parking spaces: 200 (Can accommodate buses)

Nishigo Village
Mascot
Nishigone



MAP | C-2

Only with Michinoku Travel!

Come and experience new surprises, discoveries and excitement.



Experience British culture at your leisure <English Culture Lesson>

Ten'ei British Hills

Lessons that bring you into contact with the culture of the United Kingdom. Come and enjoy a fun experience in English with overseas teachers. There are six activities to choose from including baking scones or shortbread and learning decorative calligraphy.

Price: 3,800 yen/person (tax included)
Contact: 0248-85-1313
Hours: May vary depending on the time and facilities.
Open year-round / Parking spaces: 60

Ten'ei Village
Mascot
Futamata-gitsune



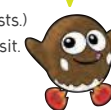
"Japanese drumming experience" with Okawa Keiryu Taiko

Shimogo Shimogo Town Community Center Egawa Branch

Have fun learning the basics of performance drumming from members of the "Okawa Keiryu Taiko Preservation Society," a Japanese drumming club that performs at local events. You can also take home your drum sticks as a memento.

Price: Foreigners: 7,000 yen
*3,000 yen (person for 2 or more guests.)
Reservation: Call us 10 days prior to your visit.
Contact: 0241-67-2158
Hours: 10:00-17:00 / No scheduled holidays

Shimogo Town
Mascot
Shimogoro



MAP | B-2



MAP | A-1

Aizuhongo Pottery "Ceramic Art Experience"

Aizumisato Aizuhongo Tojiki Kaikan (Pottery Center)

The town of Aizumisato is the home of Aizuhongo Pottery, a traditional craft product boasting a 400-year history. -ware gallery. Today, there are 13 pottery-making places in the town, at which you can enjoy a potting and painting experience. You can also hunt for pieces you like in the ceramic.

Contact: 0242-56-3007 / Hours: 9:00-17:00
Open year-round / Parking spaces:
11 cars (Can accommodate buses)
Seto Town tourist parking spaces:
40 cars / 3 buses

Aizumisato Town
Mascot
Aizu-jigen



Calendar of Events

2017

4 April	Nishigo	Nishigo Cherry Blossom Festival (April 15)
	Shirakawa	Fukushima Sakura Project Haruka 2017 (April 8)
	Shimogo	Kuwatobi Katakuri Festival (late April)
	Shimogo	Toaka Wild Cherry Blossoms Festival (late April)
	Shirakawa	Mt. Gontakura-yama Yamabiraki (mountain-climbing season opening event) (April 30)
5 May	Nishigo	Mt. Akadura-yama Yamabiraki (May 28)
	Ten'ei	Mt. Futamata-yama Yamabiraki (May 28)
	Shimogo	Mt. Ono-dake Yamabiraki (Last Sunday of May)
	Nasu	Sacred Fire Festival (May 28)
	Aizumisato	Hono-no-go Mukaihaguro-yamashiro-ato Fureai Chakai (Last Sunday of May)
6 June	Shirakawa	Gotochi-kyara Kodomo Festa in Shirakawa 2017 (June 3-4)
	Shimogo	The One Million Year Walk (early June) *Held biannually
	Aizumisato	Ayame Festival (June 15-July 5)
7 July	Nasu	Nasu Kogen Long Ride (early July)
	Shimogo	Ouchi-juku Summer Festival (July 2)
	Aizumisato	Otaue Rice Planting Festival (July 12)
	Ten'ei	Ten'ei Hatoriko Kogen Summer Walk (July 22)
	Shimogo	Mt. Mikura-yama Yamabiraki (3rd Sunday of July)
8 August	Shimogo	Shimogo Furusato Festival (late July)
	Shirakawa	Shirakawa Seki Festival (August 6)
	Aizumisato	Hongo Setoichi Pottery Fair (1st Sunday of August)
	Nishigo	Nishigo Festival (August 11)
	Nasu	Ashino-shoden Fireworks Display (August 19)
9 September	Ten'ei	Hatoriko-han Marathon Race (September 3)
	Shimogo	The One Million Year Walk (early September) *Held biannually
	Shirakawa	Kaze-to-rock Imoni-kai 2017 (September 9-10)
	Nasu	Nasu Kyubi Festival (late September)
10 October	Nasu	Nasu-onsen-jinja Shrine Annual Festival (October 8-9)
	Aizumisato	Niitsuru Wine Festival (2nd Sunday of October)
	Ten'ei	Ten'ei Hatoriko Kogen Health Walk (October 21)
	Nishigo	Mizu Walk Genryu-no-sato Nishigo (October 21)
11 November	Shirakawa	Decora Shirakawa (early November)
	Nasu	Nasu Short Film Festival (mid November)
12 December		
2018		
1 January	Aizumisato	Kisai Odawara-hiki Festival (2nd Saturday of January)
2 February	Nasu	Michi-no-Eki Tosando Iono Kanzarashi Soba Festival (mid February)
	Shimogo	Ouchi-juku Snow Festival (2nd Saturday & Sunday of February)
	Shirakawa	Shirakawa Daruma-ichi Festival (February 11)
	Shimogo	Nakayama Setsugekka (3rd Saturday of February)
	Aizumisato	Monju Taisai (Manjusri Grand Festival) (February 25)
	Shimogo	Yunokami Onsen Fire Festival (4th Saturday of February)
3 March	Shirakawa	Shirakawa: Mt. Seki-yama Yamabiraki (late March)

Nasu



Sacred Fire Festival



Nasu Kogen Long Ride



Ashino-shoden Fireworks Display



Nasu Kyubi Festival

Shirakawa



Gotochi-kyara Kodomo Festa in Shirakawa



Shirakawa Seki Festival



Shirakawa Lantern Festival



Decora Shirakawa

Nishigo



Nishigo Cherry Blossom Festival



Mt. Akadura-yama Yamabiraki



Nishigo Festival



Mizu Walk Genryu-no-sato Nishigo

Ten'ei



Mt. Futamata-yama Yamabiraki



Ten'ei Hatoriko Kogen Summer Walk



Hatoriko-han Marathon Race



Ten'ei Hatoriko Kogen Health Walk

Shimogo



Kuwatobi Katakuri Festival



Mt. Ono-dake Yamabiraki



The One Million Year Walk



Mt. Mikura-yama Yamabiraki

Aizumisato



Ayame Festival



Otaue Rice Planting Festival



Hongo Setoichi Pottery Fair



Hono-no-go Mukaihaguro-yamashiro-ato Fureai Chakai (Tea ceremony)

* This overview is current as of March 2017. Please be aware that changes may be made to details at any time.

WIDE AREA MAP

会津美里町
Aizumisato Town

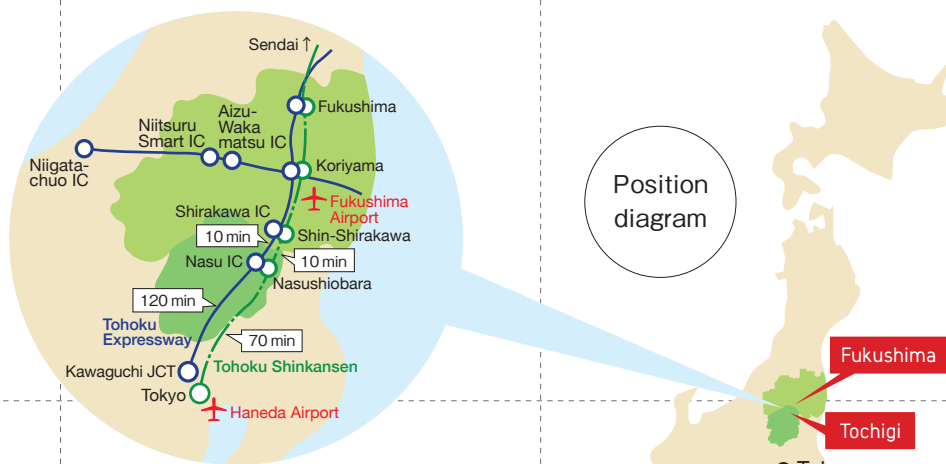
天栄村
Ten'e Village

西郷村
Nishigo Village

白河市
Shirakawa City

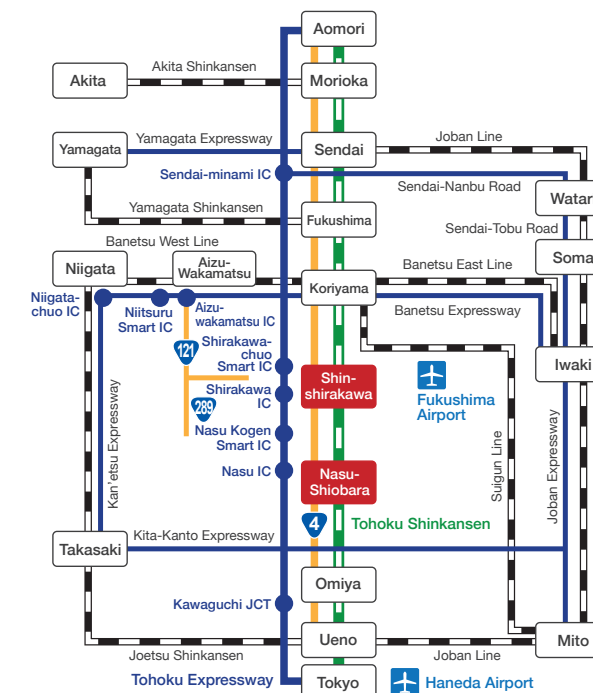
下郷町
Shimogo Town

那須町
Nasu Town



Position diagram

Access to Nasu, Shirakawa, and Aizu

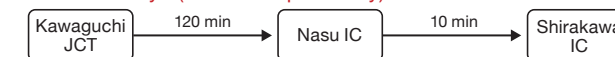


By car:

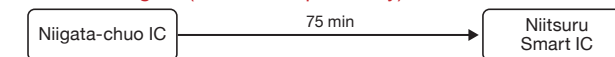
○ From Sendai (Tohoku Expressway)



○ From Tokyo (Tohoku Expressway)



○ From Niigata (Banetsu Expressway)

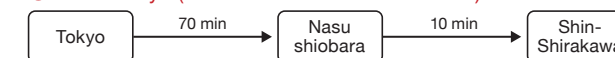


By train (JR):

○ From Sendai (Tohoku Shinkansen "Yamabiko")



○ From Tokyo (Tohoku Shinkansen "Nasuno")



○ From Aizu-wakamatsu (JR Tadami Line)



Car rental is also available in Nasushiobara and across Shin-shirakawa Station.

- Legend:
- Tohoku Shinkansen
 - Tohoku Main Line
 - Railway
 - Tohoku Expressway
 - National route
 - Prefectural route
 - Main town road
 - Watercourse
 - Michi-no-Eki (roadside rest areas)
 - Hot Spring

0 5 10km