**ACCESS INFORMATION** *All times are approximate.*

![Map of the Towada Area](image1)

**Transportation Information**

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<td>Lake Towada Tourist Information Center</td>
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<tr>
<td>Towada City Tourism Promotion Section</td>
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**Tourist Information in foreign languages**

- NPO Towada Association for International Visitors  
  *E-mail: info@tourism.towada.aomori.jp*  
  *Website: http://www.towada.aomori.jp/towada-eng.html*

**Towada City Website**


**Towada Tourist Association Website**

- http://www.towada-aomori.jp/

**Volunteer Tour Guides**

- **Lake Towada and Cheese Volunteer Tour Guide Club**  
  *Phone:* 0176-76-2242  
  *Fax:* 0176-76-2242  
  *Website:* http://www.towadaabc.com/

- **Rakkyo Volunteer Tour Guide Club**  
  *Phone:* 0176-76-2242  
  *Website:* http://www.towadaabc.com/

**Towada Volunteer Guide Club**

- **Phone:** 0176-76-3405; 0176-76-3334  
  *Fax:* 0176-76-3405  
  *Website:* http://www.towada-tourism.com/vg/vg.htm

**Lake Towada Nature Guide Club**

- **Phone:** 0176-76-2398  
  *Fax:* 0176-76-2897  
  *Website:* http://www.towada-tourism.com/vg/vg.htm

**Map of the Towada Area**

- [Towada City, Aomori Prefecture](image2)
Tradition that lives on through history and in daily life

“The Legends of Lake Towada,” a story of man who fought for power  (p.10)

Scenic spots of the breathtaking Osawa Rapids  (p.10)

Arts Towada, enjoyable day or night  (p.9)

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Supervision and cooperation by: Kyosli Uehara, Director, Community Management Research Institute, Aomori Chuo Gakuen University
**SPRING March ~ May**

With the thawing of snow, Lake Towada becomes enveloped in fresh verdure. There are sights that can only be seen in the cherry-blossom season, such as the Flower Horse in the Government District, and Sakura Yabusame or horseback archery performed by women.

**Top 3 Recommended Courses**

### Secluded Hot Spring and Colorful Flowers of the Hakkoda Mountains

- **Best season:** May to June
- **courses**
- **Software:** Full-day course
- **Places to Play:**
  - Tsufa Hot Spring
  - Tsufa-Nana-numa Swamps
  - Sulen-numa Swamp
  - Yachi Hot Spring
  - Sakuraka Hot Spring

**Must Sees and Dos**
- Visit Tsufa Hot Spring, a well-known hot spring in spring.
- Explore the Tsufa-Nana-numa Swamps, known for their colorful flowers.
- Visit the Sulen-numa Swamp, a beautiful natural landscape.
- Enjoy the Yachi Hot Spring, a famous hot spring.
- Visit Sakuraka Hot Spring, a hot spring named after a flower.

**Sculptures in Towada**

- **Events**
- **Towada Spring Festival**
- **Towada Greening Festival**

---

**Oirase Rapids Waterfalls**

- **Best season:** Spring, fall
- **Software:** Half-day course
- **Places to Play:**
  - Oirase Rapids Entrance
  - Itoigawa no Taki Falls
  - Soni no Taki Falls
  - Namu no Taki Falls
  - Tomatsukare no Taki Falls
  - Tomari-Hotaka Falls
  - Shiraito no Taki Falls

**Must Sees and Dos**
- **Kurita Falls**
  - **Choshi Otaki Falls**
  - **Goyo no Taki Falls**

---

**Explore the City of Modern Art**

- **Best season:** all year
- **Places to Play:**
  - Towada Art Center
  - Kanchogaido

**Kanchogaido (Komakaido)** is one of the "One Hundred Best Views of Japan." It is an early 19th-century poem of original art, started by modern artists. See works by world-class artists such as Yoko Kusama on display.

**Sculptures in Towada**

- **Events**
- **Towada Spring Festival**
- **Towada Greening Festival**

---

**Inao River**

A river associated with the Inao Festival, which turns brown and指尖 in green fields.

**Takato Festival**

A festival to celebrate the Inao River, one of the "One Hundred Best Views of Japan." The festival is held every 3 years, in a recreation of the "14th Night in Ikko's House," held in Sendai.

**Sakura Yabusame Horseback Archery**

Female archers from all over Japan gather to participate in this Yabusame contest, held under cherry trees in full bloom.

---

**Map of Kanchogaido**

- **Towada Art Center**
- **Kanchogaido (Komakaido)**
- **Sakura no Hinata**
- **Central Park**
- **Greenway Park**
- **Goryo Park**
- **Sakura no Hinata Park**
- **Kotakemori Park**
- **Okayama no Kita**
- **Oita no Kita**
- **וצה no Kita**
- **Oeda no Kita**
- **Inao River**
Artworks to be seen once during the day and once at night!

**Towada Art Center**

Works by 21 world-class modern artists, specially created for the Towada Art Center, are displayed. There are many artworks along Kanchogadon (Komakado) as well, which you can see up close. At night they are lit up, creating an ethereal atmosphere for a different look from daytime.

**Towada's charm is its scenery that never grows old**

**Nature Rambling**

With a mystical lake and thick green forest, Towada is a treasure of great outdoor activities. Autumn is a special season to travel through this rich nature of Towada, especially around Taisetsu National Park. Akita 3 Amamiuen, and the Oirase Rapids, there are many other activities to be enjoyed around Lake Towada as well.

**Lake Towada Canoe Tour**

Enjoy the grand beauty of Lake Towada on a Canadian canoe. Early morning tours are held, for instance:
- 1st & 2nd Week of July, 8:30 AM Departure from Towada's canoe shelter, Minamiosawa, Towada
- 1st & 2nd Week of August, 8:30 AM Departure from Towada's canoe shelter, Minamiosawa, Towada
- Minimum rental fee: 1,000 yen

**Lake Towada Excursion**

Explore the view from the lake, such as an open deck boat tour on the 22nd September 2022. Early morning cruises are available in some areas.

**Towada Shrine**

An impressive shrine sits at the end of the unpaved road approaching the ‘Road to Good Luck’. Towada Shrine, one of ‘Towada’s eight national shrines’, is said to have been built in 8107 by Sagunin Han. Numerous rituals to worship the main god ‘Yamashita Takeda’s Taisetsu’ are held.

**Towada Art Center Museum Café and Shop**

Make a stop for a coffee or tea and enjoy the artworks. The cafe is open from 9:30 AM to 5:00 PM.

**Museum Wedding**

Why not have your wedding at the Towada Art Center, surrounded by works of world-class artists?

**Lake Towada Excursion**

Enjoy the view from Lake Towada, such as the round boat tour on the 22nd September 2022. Early morning cruises are available in some areas.

**Yusumiyas Early Morning Nature Walk**

Walk around Yusumiyas with a bird’s-eye view of the quiet beauty of nature from Goutei to Taisetsu National Park. Oirase, Towada

**Lake Towada in Spring**

“Spring Ephemeral Tour”

With the blooming of violets, flowers start to bloom at Lake Towada. Do it at a walking tour in the spring afternoon.

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- 1st & 2nd Week of August, 8:30 AM Departure from Towada’s canoe shelter, Minamiosawa, Towada
- Minimum rental fee: 1,000 yen
**SUMMER June~August**

Lake Towada and the Oirase Rapids become enwrapped in deep green. Go for a walk enjoying the scenery, the chirping of birds, and the sound of the wind. Refresh your mind and body in the crisp air of the woods!

### Top 3 Recommended Courses

**A course to enjoy a walk along the Oirase and unique local dishes**
- Best season: spring, summer, fall

**Course A: One-day course**
- places to stay
- Oirase Rapid
- Towada City Nichohe Heizan Museum
- Towada City Nichohe Heizan Memorial Museum
- Oirase Rapid
- Towada Pony Hot Spring
- Mingle with the locals in a hot spring bath.

**Course B: Half-day course**
- places to stay
- Kanchogadon
- Inoagawa Furnace Park
- Road Station Oirase "Oirase Roman Park"
- Hoya Farming Village Park
- Mingle with the locals in a hot spring bath.

**Course C: Walking around the City of Modern Art**
- 32.3 km
- 83 min. by car
- Towada Barayaki
- Hachinohe Sembai-Jiru Soup restaurants
- Hachinohe's most famous local dish is the Hachinohe Sembai-Jiru Soup, served at many restaurants.

**A tour to enjoy a walk along the Oirase and that bloom around it.**
- Best season: April to October

**Course A: One-day course**
- places to stay
- Towada Hot Springs
- Oirase Rapid
- Aira no Nagare
- Sanzario no Nagare
- Towada Barayaki, a popular local dish

**Course B: Half-day course**
- Towada City Nichohe Heizan Memorial Museum
- Kanchogadon
- Inoagawa Furnace Park
- Road Station Oirase "Oirase Roman Park"
- Hoya Farming Village Park

**Course C: Walking around the City of Modern Art**
- 12.3 km
- 15 min. by car
- Hachinohe's most famous local dish is the Hachinohe Sembai-Jiru Soup, served at many restaurants.

### Visiting the roots of modern urban planning and industrial heritage

- Best season: spring, summer, fall

- A cultural tour to visit the Inao River, one of the "100 Best Canals of Japan," as well as various industrial and structural heritages.
- Learn about the Nichohe family, who contributed to the development of the Inao River and Sembai-Jiru.
- Quench your thirst with the refreshing water from the Oirase or Oirase Beer at Road Station Oirase "Oirase Roman Park."

The brewery for Oirase Beer, made with the water from the Oirase, is located in Road Station Oirase. Enjoy the brew and delicious dishes made with local ingredients.

### Nitobe Memorial Museum

About 200,000 books owned by Dr. Isao Nitobe became the foundation for the museum. On the first floor, mezzanine is the handshakubun exhibition area, and part of works are displayed. On the second floor, Dr. Isao Nitobe's personal goods and memorabilia are displayed. Here, you can read about the history and ideals of your great predecessors. Nitobe Memorial Museum is located in Towada City, Aomori Prefecture.

### Road Station Oirase "Oirase Roman Park"

A road station where you can enjoy Oirase Mineral Water and Oirase Beer. It is the most full of nature, there are facilities such as a water park, a coffee shop, and a picnic area. There are also gourmet facilities such as a restaurant with a view of a hot spring bath with Oirase products, and an "Oirase Beer" brewery.

For details: 0177-32-0004 branch office: 0177-32-0006

Aomori Prefecture: Towada City, Oirase mineral water, Oirase beer, Oirase Roman Park.

For more information, visit the official website or contact the tourist association.
Lake Towada, one of the most famous spots in Aomori

Lake Towada

Lake Towada is one of the most famous spots in Aomori. It is a crater lake located at 400 m above sea level. The lake is surrounded by peach and katsura forests and has a beautiful natural scenery. Fishing and cycling are popular activities to enjoy Towada's nature and culture.

Path Lined With Great Waterfalls

Oirase Rapids

The Oirase Rapids, which flow from Lake Towada, become extremely popular after heavy rainfall. Use caution when entering the water, as the water temperature drops rapidly.

Oirase Stream Museum

There are exhibitions on the nature and landscapes of the Oirase, along with the Oirase Café, Oirase Stream Museum, and Oirase Stream Cafe.

Utata Campground

Excellent spot for a hike surrounded by a beautiful green forest. Great for a long stay, with night facilities and fireplaces.

Hakkoda Mountain Trekking

There are three courses of different difficulty: Hakkoda Gold Line is an easy course which can be walked wearing casual attire.

Tenzakura no Risokyo

The best time to visit Tenzakura is during the autumn season, when the leaves change colors. The best viewpoint is from the top of Tenzakura, which offers a panoramic view of the surrounding mountains.

Yasumiy Spider Webbing

See the amazing spider web at dusk, when the spiders show their webs in full glory.

Lake Towada Folk Culture Museum; Former Aonishi Residence

There are exhibits on the historical culture of Towada, including the local cuisine and traditional crafts.

Electric-Assisted Bicycles

Electric-assisted bicycles are available, making it easier to explore the area. Use caution when using the electric-assisted bicycles.

Tuna Nature Rambling

A walk through the beautiful forests surrounding Lake Towada, enjoying the fresh air and nature.

Refeshing horseback riding and organic vegetable brunch

After a horseback ride, enjoy a delicious meal at a local farm, including fresh organic vegetables and local cuisine.

Fresh verdure and pretty flowering by the lake

Enjoy a walk with a guide in the fresh nature, finding local flowers and plants.

Oirase Gorge National Park Association

Stay tuned for updates on the Oirase Gorge National Park Association's events and activities.
Information that enriches your trip to Towada

Central tourist information facility in Towada

Towada Tourism and Products Center

Hot spring information, souvenirs, restaurants
If you need tourist information, this is the place.
A central tourist facility in Towada, located inside Art Station Towada. There are facilities such as a tourist information area, a souvenir shop, and a take-out counter serving foods made with local ingredients. You can get Towada-are travel guide pamphlets, or consult on recommended tour plans. In the shop you can buy Towada’s specialty products and art goods.

Toward Oirase River and the Sanada River

Toward interesting destinations

Towada is an ancient town nestled in the heart of the Towada Alps. The Oirase River, which runs through Towada, is a popular destination for hikers and nature enthusiasts. The Sanada River, on the other hand, is a serene river that is perfect for picnics and relaxing. Whether you’re looking for adventure or relaxation, Towada has something to offer everyone.

Art Station Towada

A commercial complex that opened in November 2011, with facilities such as the Towada Tourism and Products Center and Towada Barayaki Tancho Shokudo, an annex shop of Towada Barayaki. Art Station Towada helps tourism with daily city bus.

Barayaki Restaurant Tsukasa

An annex shop of Barayaki, seminar, a project to visit the city through promotion of "Towada Barayaki," a popular local dish. This is the only place where you can eat Barakai made with "Towada no Shokado" sauce approved by the Seminar. Other delicious Towada dishes are served as well.

Oirase Brand is a marketing campaign

Quench your thirst with Oirase Beer

A visit to the Oirase Beer Restaurant, you can observe a part of beer-brewing process.

Golf Courses in Towada

Hakkoda View Country Club

Machinohkama International Golf Club

Hakkoda Panorama Park Golf Course

Takamoriyama Park Golf Course

Road Station with Towada’s Delicacies

Oirase Roman Park

Road Station Oirase

Towada Oirase Marugoto Flat-Rate Taxi

Perfect for first-time visitors

A guided taxi tour of Towada

Towada Oirase Marugoto Flat-Rate Taxi

A flat-rate taxi service from Shichinohe-Towada Station to various destinations, available by reservation, perfect for those who are not sure which sights to see, or those who want to get to their destinations as quickly as possible.

Barayaki Taxi

Will take you straight from Shichinohe-Towada Station to a Barayaki restaurant!

A great taxi plan for those who want to try the Towada Barayaki as soon as they get off the Shin-Kansen. There are special taxis for this taxi plan users!

Nambu Art Tour Chartered Taxi Plan

For those who especially want to visit art museums

A plan to visit the Towada Art Center, the Takayama Uchi Memorial Museum of Art, and the Shuji Taniyama Museum. Enjoy art works associated with the Towada area.

Moriwaki Chartered Sightseeing Plan

Where would you like to go?

A chartered taxi plan (half-day or one-day) that will take you to the destinations of your choice. Choose a plan that suits you.

Road Station with Towada’s Delicacies

Road Station Oirase

"Oirase Roman Park"

Fresh vegetables picked in the morning and original sweets

A Road Station located along National Road 4 Towada Bypass. Many local come here to buy freshly-picked vegetables and flowers. Other popular products include; Tambaomali, a soft sponge cake with mild sweet cream; and cherry coffee with fresh caramel or ice cream. There is a restaurant that serves dishes made with fresh local products.

If you go to Road Station Towada "Towadapia," stop by at "Takumi Kobo" workshop!

Try making traditional craftworks

Takumi Kobo

Located adjacent to Road Station Towada; you can try making items such as corn husk slippers, Nambu Sakuri fabric, and tofu. The ice cream sold at the take-out counter is served with a different topping each season, for a great look and taste.

Special thanks to those who contributed to this event.

Delicious handmade ice cream "Rom-Rom"
FALL September~November
Foliage of red, orange, and gold
Fall in Towada abounds in color.
How about a plan to enjoy the scenery and fall delicacies?

Top 3 Recommended Courses

A tour of great trees, such as the beech tree "Forest God," with the thickest trunk in Japan

- **Course 1:**
  - **Best season:** spring, summer, fall
  - **A 1,000-year-old national natural monument**
  - **Places to stay:**
    - Oirase Rapids Entrance: Stream Museum
    - “Forest God,” the largest beech tree in Japan
    - Yamaansaka, Matsumotowara
    - Oirase Rapids Yunokurakan
    - 4.1 km
    - 10 min. by car

- **Course 2:**
  - **Best season:** spring, summer, fall
  - **A unique grand beech tree**
  - **Places to stay:**
    - Oirase Rapids Entrance: Stream Museum
    - “Forest God,” the largest beech tree in Japan
    - Yamaansaka, Matsumotowara
    - Oirase Rapids Yunokurakan
    - 4.1 km
    - 10 min. by car

Meet 3 types of meat in the "Towada Marugoto Meet Meat Tour."

- **Course 1:**
  - **Best season:** spring, summer, fall, winter
  - **Lunch at a restaurant in Towada**
  - **Must Sees and Dos:**
    - Horse meat dishes
    - Towada Barayaki
    - Oirase Garlic Park
  - **Place to stay:**
    - Road Station Oirase "Oirase Roman Park"
    - 5 km
    - 10 min. by car

- **Course 2:**
  - **A tour to enjoy superb horse meat dishes in Towada, a city with a history of horse-breeding.**
  - **See and touch horses at a nationally-unique facility specializing in horses.**
  - **Restaurant Oirase "Towada Kei Sotokan" or Road Station Towada "Towadagura" or Road Station Oirase "Oirase Roman Park"**
  - **Place to stay:**
    - Towada Nozato Kanko Komakko Land Shotokukan
    - 13 km
    - 20 min. by car

- **Course 3:**
  - **The 2nd largest beech tree in Japan**
  - **Wadokan Towada Factory**
  - **Place to stay:**
    - Towada Nozato Kanko Komakko Land Shotokukan
    - 13 km
    - 20 min. by car

Enjoy the Fall in Towada With Towatchi Coupon

- **Best season:** fall
- **Day 1:**
  - Shichinohe-Towada Station
  - Towada Oirase Gorge Trail
  - Towada Art Center
- **Day 2:**
  - Towada Barayaki
  - Towada Art Center
- **Day 3:**
  - Towada Oirase Gorge Trail
- **Days 4-6:**
  - Towada Oirase Gorge Trail

Events

- **September:**
  - Towada Fall Festival
  - Oirase Rapids Eco-Road Festa
- **October:**
  - Towada Kuroiwa Festival

Towatchi Coupon

Coupon for fully enjoying Towada.
Towatchi Coupons can be used at various restaurants, hot springs, travel facilities, and shops throughout Towada. You can use them whenever you want to visit Towada, go to hot spring public baths, enjoy art museums, etc. The coupons can be used in the October with "Towatchi warm," and in the November with "Towatchi cold."
Beautiful fall colors reflected on the water surface

Tsuta Nananuma Walk
There is a scenic forest by Tsuta Nananuma Lake, which is located in the heart of the Yatsugatake Mountains. There is also a trail for you to enjoy the autumn leaves. You can walk through the forest, and you can find many beautiful autumn leaves. You can also take a rest and enjoy the view.

Tsuta Wild Bird Forest
Tsuta Wild Bird Forest is a scenic forest comparable to the World Heritage Site. It is a specially designated area for the diversity of wildlife. You can enjoy the singing of birds and the beauty of the forest. In addition to the tour of the area, you can also witness the autumn leaves and enjoy the beauty of the forest. You can also take a rest and enjoy the view.

Towada Baji Koen Komakko Land; Shotokukan
The Komakko area has historically been known for its excellent horse breeds. Komakko, one of the breeders of horse breeds, is located in the Komakko area. It is an excellent place for horse lovers.

Towada Jyanen

Early Morning Canoeing Tour

Nature is so much fun!
Nature Rambling
Walk around the Oirase and Towada Hot Spring Forest with a nature guide. Discover a new world of nature!

Horse Back Riding and Walking Around the Oirase Rapids

Ohio Most Nabo Meal
A mouthwatering dish of Ohio, a renowned horse riding area. A hearty meal with bread, beef, and horse meat are available to you. It is a must-try experience.

Be a vegetable sommelier!
Try eating a dish using Towada’s nationally famous vegetables such as Chinese peas and garlic.

Fishing
Every November, salmon and eel are seen in the Oirase River. During this time, various events are held to enjoy salmon fishing.

Kegonuma Onsen
A small hot spring located next to the forest. Kegonuma Onsen is a great place to enjoy the view and relax.

* Portions of this information were previously extracted.
**Great Hot Springs in Towada**

In Towada, there are many unique and healthy hot springs. Many of the locals of Aomori always keep their “hot spring set” ready in their car trunks. Here are some of the great Towada-area hot springs that the locals love!

- **Towadakohan Hot Spring (Yasumiya)**
  - A hot spring by Lake Towada. Enjoy the hot spring and the lake together.
  - A natural hot spring in Towada. It is surrounded by nature and the lake. It has a unique and healthy atmosphere.

- **Lake Towada Hot Springs (Yakeyama)**
  - A hot spring in Towada. It is a popular spot for tourists and locals alike.
  - It is surrounded by nature and the lake. It has a unique and healthy atmosphere.
  - It is a great place to relax and enjoy the peaceful atmosphere.

- **Blush opaque water**
  - The steam bath is a must!
  - It is a great place to relax and enjoy the peaceful atmosphere.

- **Great Hot Spring in Towada**
  - It is a great place to relax and enjoy the peaceful atmosphere.
  - It is surrounded by nature and the lake. It has a unique and healthy atmosphere.

**Winter**

December~February

There is nothing more enchanting than the calm of Lake Towada in winter. The monochrome scenery of the Oirase is breathtaking as well. See, feel, and experience Towada through rambling.

**Top 2 Recommended Courses**

- **Lake Towada Snow and Light Fantavista**
  - At Towada Oirase Maruyama Open Air Park, you can see snow lanterns and snow sculptures.
  - You can also enjoy snowboarding and skiing.

- **Oirase Stream Museum**
  - You can learn about the history and culture of the Oirase Stream and the area.
  - The museum has many displays and exhibits.

**Lake Towada Snow and Light Fantavista**

One of the largest winter events in northern Tohoku, with events and activities such as snow lanterns, snow sculptures, and making lanterns. At night, 600 snow lanterns and Towada’s light up the winter wonderland. Enjoy the interplay of snow and light.

**Events**

- **Lake Towada Snow and Light Fantavista**
  - Enjoy the interplay of snow and light with the snow lanterns and lanterns.
  - It is a great event to enjoy the winter wonderland.

- **Towada Oirase Maruyama Open Air Park**
  - You can see snow lanterns and snow sculptures.
  - The park is open from December to February.

**Yashima**

A national important cultural property declared to have been built in the late 19th century.

**Oirase Stream Museum**

A museum that showcases the history and culture of the Oirase Stream and the area.

**Lake Towada Snow and Light Fantavista**

Enjoy the interplay of snow and light with the snow lanterns and lanterns. It is a great event to enjoy the winter wonderland.
To experience the Towada Snow

Snow Rambling
Snow rambling is an enjoyable winter experience in Towada. Wear snowshoes or snow rambler boots, ski apparel, and go for a leisurely walk around the snowy Wood with a guide.

- Tadao no Mori Snow Rambling
  A beginner-friendly course with gentle slopes.

- Lake Towada Snow Rambling
  Enjoy the beautiful Lake Towada in winter and look for wild animal tracks in the forest around Lake Towada.

- Towada Snow Rambling
  Enjoy Snow Rambling on the Yamada Highlands, which commands a view of the Hanada Mountains.

Lake Towada

Aske Village
1-1283 Tomawaki, Chieko, Towada
Phone: 0190-200-1017

Located 1 km from December 15 March 8000, about 2 hours. Minimum number is 2 people. Fee: February 17, 2000 yen ( varies depending on the course, insurance included). Reserve in advance.

Lake Towada Tour: Become Intoxicated with the Freshly Brewed Beer

A perfect spot for those who like to have a drink, this tour is guided by Yosuke Sato, an expert in craft beer, and will take place in a brewery.

Lake Towada Hot Spring Ski Resort

A new resort located next to the Lake Towada Hot Springs, a perfect spot for those who want to enjoy skiing and hot springs.

Lake Towada Winter Illumination

Enjoy the beautiful Winter Illumination, which is a popular event held every year in Towada.

Aomori abounds with spiritual spots. Feel the power of Towada’s most famous spiritual spot!

Mysterious Spiritual Spots in Towada

Towada Shrine Uraiba
Fortune-telling Area

Best season: spring, summer, fall, winter

Towada Shrine, located on the coast of the rocky cliffs, is known as the shrine of ultimate happiness. The shrine is a popular spot for those who seek fortune and happiness. The shrine is also a popular place for couples to tie the knot.

Ginko of Horyo

The 1400-year-old Ginko of Horyo is the largest ginko in Japan, with a circumference of 3.5 meters and a height of 10 meters. It is said to be a symbol of the perseverance of life.

Kaya Grass Doll

There are unique traditions in the Fukadera area, which is said to be a land of peaceful life. Every year on June 15, a group of grass dolls, one male and one female, are made and placed in the village entrance as guardians to protect the village from evil spirits and diseases.

Legends of Ishikado

Best season: spring, summer, fall, winter

Ishikado, or “iron hat”, is one of the most famous spots in the Oirase area. A massive rock shaped like an iron hat is a popular spot for those who like to take pictures. Legends have it that once a beautiful girl named Oirase met a koume and her parents forbade her from marrying him. The koume was turned into an iron hat by the girl’s parents as a punishment. But Oirase was not interested, and the koume was left alone in the wild. It is said that the koume is blood-red, flowing like liquid into the tin, paining to the sea.
Towada’s Delicacies

Great local dishes served at local restaurants

Towadakko Wagyu Beef
Delectable marbled meat Superb taste
Japanese Black cattle raised in the rich nature of Towada. Their meat is finely and beautifully marbled, and the fat rich and full of flavor. It is one of the best beefs in Japan, to tender that it melts in your mouth.

Horse Meat
A healthy local delicacy
Horse meat is low in calories and fat, and rich in vitamins and minerals. Horse meat cuisine is a traditional culture in Towada, a famous horse-breeding area. In the city there are many horse/meat restaurants serving dishes such as horse-meat nabe.

Garlic
Try Towada Garlic, the Best in Japan
Acorus’s garlic is known for its quality; in fact, Towada is the largest producer of garlic in Japan. Towada’s garlic in white as snow and uniformly excellent in quality, with a rich aroma and flavor. Try the “Black Garlic”, or garlic that has been fermented and matured.

Oirase Garlic Pork
Delicious pork fed on garlic!
Towada is the largest producer of garlic in Japan. Oirase Garlic Pork, fed on fodder mixed with garlic powder, is full of flavor and vitamins, delicious down to the last bite.

Lake Towada Kokane Salmon
Delicious grilled or deep-fried!
Kokane salmon that live in the clear water of Lake Towada have been protected by catching and releasing since the Meiji period. The beautiful salmon-pink meat is tender and mild, great in sashimi or any other dishes.

When eating meat, this is a must!

Stamina Gen Tare Sauce
This is THE barbecue sauce in Aomori, made with garlic, apples, and other local vegetables. The local use it for a variety of dishes, not just for barbecue.

Nambu Sakiori
Lovely mélange of colors
Hemp yarn is used for the warp, and tow pieces of old cloth such as those used in kimono are recycled for the wool. The colorful Nambu Sakiori includes tabi, obi, and obi ties.

Sakiori Kanaya
Kara Beppu
18 Karasumura, Oga, Towada Phone 0174-24-1180

Excellent Sake and Water from the Clear Stream

Corn Husk Slippers
Eco-friendly slippers that are cool in summer
These are slippers made with corn husks which were left over after feeding horses. They are an eco-friendly product, cool in summer and warm in winter.

Art Goods
Perfect for souvenirs or for yourself!
Art goods makes perfect souvenirs of your visit to Towada, the City of Modern Art. There are many uniquely-designed items such as coffee mugs, postcards, and stationery goods.

Mineral Water
Oirase Water
Spring water from the beech forest of the Nanba Mountain, rich in radium and magnesium.

Oirase Tea
You can witness the production process of Oirase Water. Why not stop by while walking around the Oirase? 
16 Tomadatsuri, Oirase Town, Aomori 038-1105 Goryomachi 23

Oirase Coffee
Kanaya Oirase Coffee
18 Karasumura, Oga, Towada Phone 0174-24-1180

Oirase Sake
Kanaya Oirase Sake
18 Karasumura, Oga, Towada Phone 0174-24-1180

Northernmost Wasabi
A wasabi root in a kilo bowl of wasabi! There are 4 wasabi planters, weaver, dark ager, and full-color.

Moto Masamune
A local sake made with rice and water from the Oirase River, made by a young Sake Brewery. Try Sake Brewery ‘Touou’ Wash, it’s a Sake Brewery tour. Become interested in this Wash Sake Brewery near the Karayama Station.

All products can be purchased at the Towada Town and Product Center, 18 Karasumura, Towada Phone 0174-24-1180

Towada Oirase Mineral Vegetables (TOM-VEGE)
Delicious vegetables come from healthy soil
The soil is the most healthy soil in all of Japan.
The healthy soil nurtures TOM-VEGE, sow, and nourish vegetables grown with a wish to contribute to children’s health and happiness. Look for the mark!

Contact: Aomori Oirase Vegetables Section Phone 0174-24-1180

Towada Barayaki no Tare Sauce
Towada’s Barayaki has gained national attention through 6-1 Grand Prix, a contest for the best local specialty dish in Japan. Many food companies make Barayaki sauce; in particular, Towada no Barayaki jointly developed by Waseda, a Towada soy sauce maker, and the Barayaki Seminar, is a popular choice for new pretending.

Oirase Beef
A beef steak with a thick taste of marbling. There are 4 wasabi planters, weaver, dark ager, and full-color.

For the full story above, contact: Towada Products Phone 0174-51-2400

The article is written with the support of Towada’s Delicacies and Souvenirs.