Yururira Towada

Towada City
Tourist Guidebook

Towada City, Aomori Prefecture
Horsemeat

Compared with other kinds of meat, horsemeat is low in fat and calories while rich in vitamins and minerals. Considering the history of Nambu as a famous horse breeding region, it is not surprising that horsemeat is one of the standard ingredients used in local cuisines in this area. Since it is low in fat, it can be eaten raw as sashimi. Horsemeat sukiyaki, cooked in miso soup, called "tsukuri-nabe cherry sukiyaki" due to the beautiful red of the meat, has a mild taste.

Lake Towada beef

Lake Towada beef cattle are raised in a large ranch in the Hakoda Mountains. One of the finest beef breeds in Japan, it is said that they are the best beef in the entire area. The meat is said to be tender and fragrant. The beef is used in a variety of dishes to create the finest cuisine.

Red salmon

Known as a treasure house of red salmon, Lake Towada is visited by large numbers of red salmon during their September to November spawning season. They come up to the lake to breed in a hatchery along the south shore of the lake. Wild red salmon live in clear water, and do not have the strong smell characteristic of freshwater fish. Their pink meat is soft and smooth, and tastes great no matter how it is prepared.

Beef slices sautéed with onions

Beef slice sauté in Towada, called barayaki, tastes slightly different from beef sauté in other regions in Japan. In the city, with more than 60 restaurants in the city serving the dish, it is the most popular. By marinating beef slices and large quantities of onion in a salty-sweet sauce and cooking them on an iron plate, and goes very well with rice. This is also the dish to start your appetite.

Chinese yams

Towada City is one of the top producing areas of Chinese yams, which are harvested twice a year, in autumn and in spring. Towada yams are famed for their whiteness and the gluttonous consistency, and its crisp texture.

Burdock root

Burdock root is rich in dietary fiber, is ideal for the health conscious. Burdock root produced in Towada City is said to have a rich flavor and lovely aroma.

Delicious ingredients grown in a land rich in fresh food

Agricultural products

Garlic

Aomori Prefecture outstrips all other prefectures in Japan in the production of garlic. As the region that enjoys the highest yield of garlic in Aomori, Towada City delivers the best quality, snow-white garlic.

Boke-shirazu

They are called boke-shirazu by the local people because their green parts are clearly separated from the white parts, giving them a lively, decisiveness appearance. Their flavor is a unique combination of piquant taste and sweetness.

La Vie en Water

Silica-rich Lake Towada water, famed from the beautiful natural lake environment, is recommended to those to whom healthiness and "naturalness" matter more than merely tasting good.

Kamikita Noshan Kako Agricultural Products

Stamina Source Sauce

Rose of Versailles Sauce

Local Oirase beer

Local Oirase beer is brewed from premium-quality malt and hops with Oirase natural spring water to bring out the true flavor of the malt. Its aroma, mouthfeel, and finish are all ranked with the very best.

Shamrock chicken

Shamrock chicken was made by crossing the Shamo breed of chicken, famed for its flavor, and the Plymouth Rock breed, famed for its texture, to bring out the best qualities of both.

Oirase Garlic Pork

Pigs in Towada are fed garlic to help them grow healthy and to produce better-tasting pork that contains more vitamins. Even their fat is delicious.
Hot Springs

“Ivy (Tsuta) mountains bring healing to people, with clear hot water bubbling out of the ground.” “These mountains of ivy (tsuta), entwining themselves into our lives. How pure are the waters here, where the warm water gushes forth.” Many famous spa resorts are scattered around the foot of the Southern Hakkoda Mountain Range, including Omachi Keigetsu’s favorite, Tsuta Hot Springs.

Tsuta Hot Springs

Tsuta Hot Springs Resort, at the foot of the Hakkoda Mountain Range, has been maintained for generations since the hot springs were discovered 850 years ago. It still retains remnants of the days when a banto (head clerk) manned a reception counter; such as the deeply polished floors of the bathhouse in the resort and its traditional architectural elegance. The bath is made of hinoki cypress wood, which gives it a fragrant smell. Since the bath is directly above a water source, hot water continues to gush through gaps in its floor. Omachi Keigetsu had traveled all around Japan, but was captivated by Tsuta Hot Springs. He wrote a number of songs and poems about these hot springs, including “A breather on the mountain pass to paradise, we cleanse our bodies in the Tsuta springs.”

Lake Towada Shore Hot Springs (Yasumiya)

Hot springs located on the shore of Lake Towada. The slightly earthy-yellowish water of the hot springs is soft and smooth.

Lake Towada Hot Spring Resort (Yakeyama)

Yakeyama Hot Spring Resort is located at the entrance at the downstream end of the Oirase Stream. Hot water is drawn from Sarukura Hot Springs.

Yachi Hot Springs

Located near Yachi Marshland, a habitat for colonies of skunk cabbages, these popular four-century old hot springs were once used to cure diseases. Bathers can enjoy two types of hot spring water: lukewarm transparent water, and hot milky water.
Enjoy local specialties
Experience-oriented plans featuring dining/ outdoor attractions
Enjoy barbecues or Dutch oven-cooked dinners in a wonderful location by Lake Towada. Exciting rubber pleasure boat rides and lunch cruises are also available. A wide variety of plans are offered to allow visitors to dine and play to their hearts' content in the lakefront field.

- Period: late April to early November
- Location: depends on the program
- Time: depends on the program
- Reservations and fees: contact below
- Applications/Inquiries: Lake Towada General Information Office, Lake Towada National Park Association
  - Phone: 0176-75-2425
  - Fax: 0176-70-5502
- Opening hours: 08:00 to 17:00

Located in Towada Hachimantai National Park, Lake Towada is believed to have been formed by volcanic activity some 200,000 years ago, and reached its basic shape as the result of a great volcanic eruption from Mt. Towada about 40,000 years ago. It is a double caldera lake located 400 meters above sea level, with a circumference of about 46 kilometers. The lake is about 327 meters deep at its deepest point, making it the third deepest lake in Japan. A caldera is a large crater created by a volcanic eruption, and the mountain ridges that surround a caldera lake are called its outer rim.

Kankodai Lookout
(583 meters high)

Mt. Ohanabe Lookout
(1,011 meters high)

Hakka Pass Lookout
(631 meters high)

Takinosawa Lookout
(888 meters high)

Lake Towada Nature Tour Guide Club
Take a leisurely stroll in the quiet town of Yasumiyama in the early morning with a nature walk tour guide. You will be amazed how fast the time passes thanks to the ever-changing views of Lake Towada and the interesting stories from the local tour guide.

- Phone: 0176-75-2368
- Meeting place: Towada Visitor Center
- Departure: 08:00 every morning (weather permitting) from mid-April until early November
- Walking time: about one hour

A stroll with your guide before breakfast in the fresh early-morning air

Yasumiyama is one of the busiest quarters in the area around Lake Towada. The Bronze Statue of Maidens standing on Gozenzahama Beach as a symbol of Lake Towada is a sculpture created by Takamura Kotaro, one of Japan's most noted artists. A promenade allows tourists to stroll along the shore, enjoying the view of the lake while observing wild plants growing in the surrounding forest.

Lake Towada Lookout tour

Towada Visitor Center
Books are available, in addition to high-vision videos, panel photos and bird models exhibited to show the natural environments and changing seasons of Lake Towada, Oirase Stream and the Hakkoda Mountains.

- Opening hours: 08:30 to 17:00 (April to November)
  09:00 to 16:00 (December to March)
- Admission: free  0176-75-2399

Cruising vessel
Cruising vessels departing from Yasumiyama or Nenokuchi take passengers to various points on the lake. This allows them to enjoy onboard views of the surrounding landscape, such as the deep blue water of the lake, the surrounding mountains, and the 220 m-wide Senjomakai Cliffs. Early morning cruises are available in some season.

- Cruising time: approximately 50 minutes
- Arrival and departure: Yasumiyama pier on the shore of Lake Towada
- Group Reservation Center, Lake Towada Cruises 0176-75-2399

Fortune-telling site

Towada Shrine
The Great Blue Dragon Spirit of Lake Towada had been enshrined in this shrine until the end of the Edo shogunate, and, as a symbol of Lake Towada myths, it had also served as a spiritual practice site for itinerant Buddhist monks. At present, however, it enshrines Yamato Takeru-no-Mikoto. The cedar-lined alley that leads to the shrine was mentioned in a travelogue from the Edo period. Near the shrine there is a place known as the "fortune-telling site," said to be where from ancient times the will of the gods was foretold.
Great Choshi Waterfall

Great Choshi Waterfall

Kudan Waterfall

Kudan Waterfall (Nine-Steps Waterfall)

Shiraito Waterfall

Shiraito Waterfall (White Cloud Waterfall)

Kumoi Waterfall

Oirase Stream trekking

The Oirase Stream is a mountain stream that runs for about 47 kilometers from Nebiake to Lake Towada in Aomori Prefecture. The stream is one of the most scenic areas of Japan. Starting from Lake Towada, the stream is transformed into its present identity. The trail along the stream is also known as Waterfall Avenue due to the numerous waterfalls scattered along its length. A walking tour with a local guide gives you an opportunity to discover new charm of Oirase.

The sound of a clear mountain stream resonating in a quiet forest. The many magnificent waterfalls with moss-covered rocks... Walking along the Oirase Stream with a tour guide brings you a special pleasure. Members of the Lake Towada and Oirase Tour Volunteer Association will serve as your tour guides.

Guide tour

Lake Towada and Oirase Tour Volunteer Association

In addition to information on popular tourist spots along the Oirase Stream, local guides are able to provide their knowledge of all the flowers and plants that adorn themselves in beautiful colors throughout the changing seasons.

- Tour area: Oirase Stream and surrounding area
- Tour period: late April to mid-November (prior arrangement required)
- Tour hours: 08:30 to 17:00
- Fees: 9,000 yen and up
- 84-1 Asa-Mizutani, Oaza Sawada, Towada City, Aomori 034-0302 (JoTanaka)
- Telephone: 0176-72-2542 (Tour Guide Team)
- Fax: 0176-72-2842
- http://www.towadakb.com/

Utarube Campground

This quiet campsite is surrounded by broadleaf trees such as beech, oak, and maple. Superbly sited on the shore of Lake Towada, here you can enjoy outdoor cooking and camping. Accommodation facilities, including cottages, cooking facilities, trailers and showers, are available to enjoy camping with the whole family.

- Camping season: July 1 to October 31
- 0176-70-5977 (North Village Co., Ltd.)

Experience nature

Outdoor activities

Utarube Campground

North Village Co., Ltd.

- 84-1 Asa-Mizutani, Oaza Sawada, Towada City
- Telephone: 0176-70-9577, Fax: 0176-70-9899
- http://www.nv.co.jp

Tsutanuma

Tsuta Wild Bird Sanctuary, located in the Towada Hachimantai National Park, is a beech forest comparable with the World Heritage site of Shiretoko Mountains. There are seven lakes, known as the Tsuta Seven Lakes (Tsuta Nana Numata). These lakes, Tsutanuma, Kagaminuma, Tsutukumata, Naganuma, Suganuma, Hiyokumuma and Akadanuma, are scattered amongst a dense primeval forest:

Lake Towada canoe tour

The Canadian canoe tour starts from Uturube beach camp. After a visit from the tour guide, paddle your own canoe to learn how to steer. Then the tour starts out for the Ogi Peninsula. The view from a canoe floating on Lake Towada presents a whole new world of grand natural spectacles. These many more outdoor programs are designed to help you enjoy the utmost nature and provide experiences unlike anywhere else. These include mountain biking, walking along trails through the fields at the foot of the Hakkoda Mountains, and tree climbing.
Arts Towada
Art reshapes the city
Art Plaza was completed across from Towada Art Center in April 2010. This marked the real start of the “Arts Towada” project, which carries out a wide variety of art programs under the concept of using Government Offices Street itself as an art gallery. This popular spot attracts a lot of interest and visitors from both Japan and abroad.

An easy way to stroll around Towada City
Towada City Volunteer Guide Association
The Volunteer Guide Association provides a tour guide service to take you on a tour of historic sites, popular tourist spots, and various facilities in Towada City. Our recommended course is a half-day walking tour from Nitobe Memorial Museum, through Government Offices Street, to Towada Art Center.

Towada Art Center
The Center exhibits original works created by 21 artists from both Japan and overseas with the theme “Symbiosis of Cities, Nature, and Art.” An open art space is created by freeing some of the artworks from the galleries; with works also displayed around the museum, including the courtyard and the roof top, and even along Government Offices Street.

Towada City Horse Park
Komakko Land
Komakko Land is one of the few horse culture museums in Japan. Riders can enjoy horse riding in addition to riding horses on its expansive grounds, the club lets visitors enjoy horse trekking to invigorating highlands in the Hakkoda Mountains or to the Orosei Stream, which provides beautiful scenery in all seasons. Some of the horses raised by the club are descendants of the Nanbu horse breed, and visitors are able to see these vigorous but pint-sized horses.

Towada City Nitobe Memorial Museum
The museum opened in 1886, inheriting a private library created from 8,000 books donated by Dr. Nitobe Inazo in 1925. Reclamation-related materials are exhibited on the first floor, along with traditional armor and materials on military tactics, with Dr. Nitobe’s personal articles and his works of calligraphy on the second floor, to show visitors the history and achievements of people from the past.

Three generations of the Nitobe family, who dedicated their lives to reclamation work
Sanbongi-hara used to be a wasteland created by an eruption from Mt. Towada. Feel the passion of people in the past who dedicated their lives to bringing life to this uninhabitable wasteland of volcanic ash.