



Mt. Nanakura

Height: 287.6 m

A seven-mountain range where native Akita Cedar trees are grown, rare in modern times.

- Location: Noshiro City
- Trek Length: 9.0 km
- Trek Altitude: 269.6 m
- Topographical Map (1/25,000): Western part of Takanosu



grade

Physical
Strength



Skill
level

B



- 1 Enjoying the scenic beauty of Shirakami Mountain from the Minokura Observation Spot
- 2 A deformed rock called Hokkenoiwa Boulder

Late April, I embarked from the former site of Tenjin Lodge, where some nationally-known celebrities, including a famous singer, Misora Hibari, had once stayed overnight. Proceeding clockwise, I encountered an array of spring flowers growing along the trail, including anemone pseudoaltaica H. hara, violets, and soft windflowers - I felt as if I had been swept into a picture book.

It seems that the abundance of remaining cedar trees is due to the then feudal lord, the Satake clan, prohibiting them from timbering them in order to preserve their position along the Yoneshiro River.

I touched the Shishiatama, a stone statue of a lion head that was once drawn by famous travel writer Sugae Masumi, who was hoping that it would help prevent a brain stroke. I then went to Hokkenoiwa Cave, which was similar to a big bee hive. In the past, some Buddhist monks were believed to carry out their religious training here.

I was completely satisfied with not only the numerous spring flowers - including shorita - blooming on the summit, but with my having climbed up the seven ridges, all with the great view of Yoneshiro River down below. I also highly recommend looking over this mountain from Kimimachi Slope.



ACCESS

Starting the Roadside Station Futatsui, cross Nanakura Bridge in Kotsunagi District to reach Nibuna. Or go along Yoneshiro River after crossing Ginnan Bridge in Futatsui District. It takes approx. 10 min. from JR Futatsui Station to the trekking start by car.



Mt. Boju

Height: 409.4 m

Sakanoue no Tamuramaro, a great warrior from around the 9th century, was believed to have a severe battle here in order to conquer the present Tohoku region.

- Location: Mitane Town
- Trek Length: 6.2 km
- Trek Altitude: 153.4 m
- Topographical Map (1/25,000): Komataguchi



grade

Physical
Strength



Skill
level

B



1



2

- 1 Splendid view from the summit of the mountain
- 2 Offering a prayer at Boju Shrine before climbing



I visited Mt. Boju during Golden Week in May, a day after it had rained, in hopes of seeing transparent umbrella leaves, fallen from the rain. As this mountain has been worshipped as a sacred mountain by locals, there are 33 Buddhist Statues of Mercy and others erected as well.

I ran into a Kannon Statue amid the cedar and beech trees, shortly after Boju Shrine. Nearby was a sign written Daikura Slope, also known as Babaotoshi, which means to abandoning old ladies. As this ancient legend implies, this was the toughest slope of the mountain - I had to watch my step the whole time, and cling onto the rope.

Continuing from here, I enjoyed many spring flowers, such as glaucidium palmatum and trigonotis guilielmi. But arriving at the crestland of umbrella leaves, I was disappointed to find only their flowers and leaves destroyed by yesterday's hail. The lodge standing at the summit was so cozy that I decided to take it easy and stay there for lunch.

ACCESS

Leave the Akita Express Highway at the Kotooka Moritake IC to get on the Regional Road 37, aiming for Koarasawa District. Or move from Kamikoani Village Obayashi District in the middle of the National Route 285 to Koarasawa District along the Regional Road 37. The trekking course begins nearby the rest place, Bojukan.

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Three Oga Mountains

A mountain hike running through the three mountains from which Namahage originate from.

Height: 715.0 m

- Location: Oga City
- Trek Length: 12.9 km
- Trek Altitude: 550.0 m
- Topographical Map (1/25,000): Kitaura / Funagawa

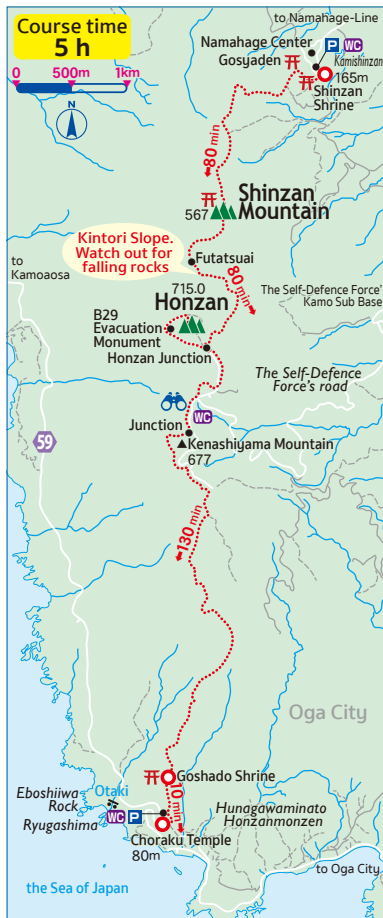


grade

Physical Strength



Skill level



- 1 Ascending from Shinzan Shrine, famous for Namahage
- 2 Three Oga Mountains seen far away from Kitaurashinzan



In late April, I trekked from Shinzan Shrine, from which Namahage are believed to depart from on New Year's Eve, through Choraku Temple at Monzen. Starting from stone steps, I climbed up the steep ramp of wooden steps and ropes towards the rear shrine of Shinzan Shrine. Descending a bit from here, I turned left at Futatsuai Junction since a road sign indicated that Kintori Slope was too steep to enter.

At the summit of Honzan, the Self-Defense Force's Radar Base prohibits people from entering. But instead, I looked over to the west, where the Sea of Japan was lightly covered with fog. The cluster of violet, anemone pseudoaltania, and dogtooth violet flowers relieved the toil from climbing down Mt. Kenashi, but I'm afraid I missed the chance to see amur adonis flowers. Because I was impressed by the long history of the Gosha Hall at Akagami Shrine, I managed to go through all 999 stone steps.

ACCESS

Drive through the National Routes 7 and 101 toward Oga City to get on the Motorway Namahage Line in aiming for Shinzan District. The trekking route starts just in front of the Shinzan Shrine. *It is advisable either to park your car at the course terminal or to arrange a taxi in advance, as the trekking course start and its terminal are different spots respectively.

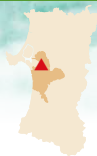


Babamedake Mountain

A mountain located on the western side of Mt. Taihei, also referred to as a guardian god of horses.

Height: 1,037.5 m

- Location: Gojome Town / Akita City
- Trek Length: 8.9 km
- Trek Altitude: 744.5 m
- Topographical Map (1/25,000): Mt. Taihei



grade

Physical
Strength



Skill
level



- 1 Trekking through the beech forest
- 2 Mt. Taihei seen from the lodge



Before starting from Asahimata, I had well prepared for a long climb, based on what I saw from a topographic map.

Following a relatively flat trail running along the mountain stream and crossing a bridge, I faced a tough climb through a cedar forest. The trail was colored with fallen orange beech leaves and yellow maple leaves, and the higher I trekked, the brighter the trail became. I found a lot of beech nuts as well. Even so, the well-conditioned state of the trail – for example, the grass being mowed and pink-tape marking the trail – expedited my path forward.

I turned to the left at the junction of Akakuradake Mountain, and I caught a sight of the summit and a lodge while descending. Mt. Taihei, seen from farther away than the marshland, looked slim and attractive!

The summit offered me a panoramic view of Mt. Moriyoshi, Hachimantai Plateau, and Oga Peninsula. I then gave my prayer to the guardian god of horses, and had lunch at a lodge.

To avoid the scorching summer, I opted to climb in late autumn. Thus, I was able to also enjoy the changing autumn foliage, including the reddish mountain maples at Asahikawa Dam Park on my way back.

ACCESS

Drive through the Regional Road 15 from Akita City Soekawa District to Nibetsu District. The terminal of a trail, Asahimata, which runs through Asahi River Dam Park toward Kokumin no Mori, leads to the starting location for climbing that can be reached in about one hour by car from JR Akita Station.



Mt. Taihei

A mountain symbolizing Akita City, and worshipped by her citizens.

Height: 1,170.4 m

- Location: Akita City
- Trek Length: 12.1 km
- Trek Altitude: 877.4 m
- Topographical Map (1/25,000): Mt. Taihei



grade

Physical Strength



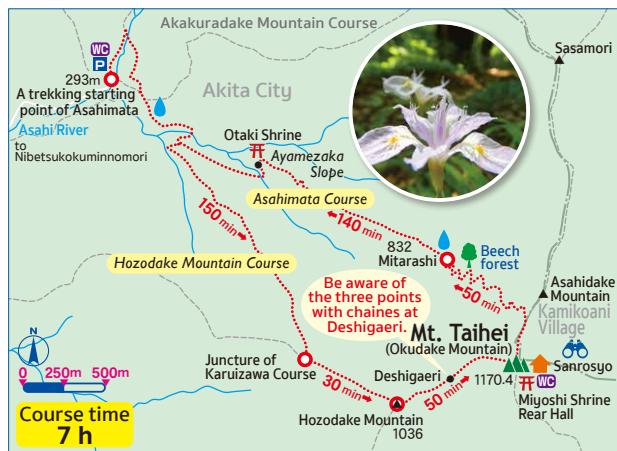
Skill level



- 1 Very close to the summit, but now suffering from claggy parts
- 2 Climbing up along the chain-link over Deshigaeri

I was planning to cross the bridge near Asahimata Park, but I was surprised to find that it was gone. So, I had to take a detour by a restroom to reach a trekking route. I ascended Deshigaeri, a ramp lined with cedar and beech trees, and famous for its steepness, since previously, monks had to climb it as a part of their training.

What a tough, rocky route! I had to wear gloves and cling onto an iron chain to climb up the slope.



The trekking route along Mt. Taihei is really steep, as its sharp summit can be seen from far away. I tried my best to reach the top of the mountain, where Miyoshi Shrine Okumiya Hall awaited. I glanced over Oga Peninsula and the Sea of Japan. A priest recommended that I enjoy the beautiful night sky, filled with a myriad of stars. So next time, I would love to stay here overnight. I leisurely took Asahimata Course back down so that I could see spectacular beech trees and small Buddhist statues.

ACCESS

Drive through the Regional Road 15 from Akita City Soekawa District to Nibetsu District. The trail terminal, which runs from Asahi River Dam Park to Kokumin no Mori, combines with the trekking starting point, which can be reached in an hour or so from JR Akita Station by car.



Mt. Moriyoshi

A prestigious mountain renowned for its alpine plants blooming in the spring and summer, colorful autumn foliage, and snow-covered trees in the winter.

Height: 1,454.2 m

- Location: Kitaakita City
- Trek Length: 13.3 km
- Trek Altitude: 660.2 m
- Topographical Map (1/25,000): Mt. Moriyoshi



grade

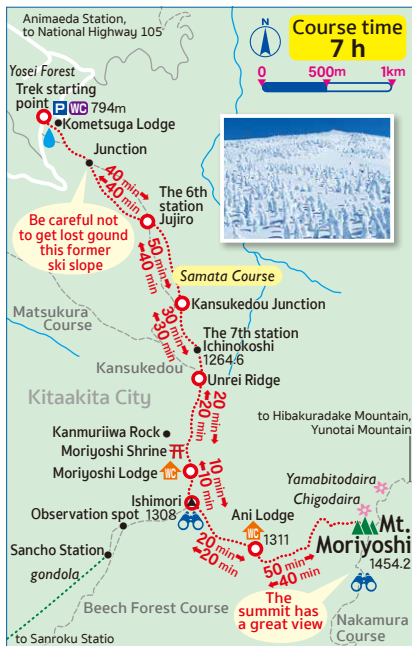
Physical Strength



Skill level



- 1 The summit of the mountain seen from Ishimori
- 2 Varieties of alpine plants blooming in early summer.



Every time I've visited Mt. Moriyoshi, I've been impressed by a wide range of different alpine plants that bloom alongside its trekking trail.

I found myself at Ichinokoshi, where I could see abies mariesli and tsuga diversifolia shortly after going through a young larch and beech forest. From there, I looked across at the townscape of Odate City and Mukaidake Mountain. Behind Moriyoishi Shrine, there was also a large deformed boulder called Kanmuri Rock.

This mountain holds numerous varieties of alpine plants, such as primula nipponica, which is exclusively grown in the Tohoku region, and glaucidium palmatum. The latter's robust roots make it impossible to count all of them.

True climber enthusiasts should definitely visit the Chigo and Yamabito Plateaus, which are filled with geum pentapetalum and schizocodon soldanelloides. These places are also great for enjoying the sweet aroma of evergreen trees, and in the winter, the snow-covered trees, which have been preserved by locals. As a result, this mountain makes every visitor smile.

ACCESS

Take the Akita Prefectural Road 309, a.k.a. Kumagera Echo Line, toward Yosei no Mori, which used to be Moriyoishi Ski Slope, after passing through Moriyoishi Dam Information Center. It takes approx. 30 min. by car from Animaeda to the trekking start. *Novice trekking course including Ani Gondola is also available.

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Yaakeyama Mountain

Offers a trek from which visitors can see a mysterious spot from the summit, terrestrial vitality, and volcanic activity close by.

Height: 1,366.1 m

■ Location: Kazuno City / Semboku City
 ■ Trek Length: 10.3 km
 ■ Trek Altitude: 377.1 m
 ■ Topographical Map (1/25,000): Hachimantai Plateau / Tamagawa Hot Spring



grade

Physical Strength



Skill level



1



2

- 1 Viewing Kakoyunuma
- 2 Great view of the volcano behind the lodge

I went through the course running from Goshogake Hot Spring thorough Tamagawa Hot Spring, where we realized there was active volcanic activity just in front of us. The deeper into the beech forest I went, the more abies mariesli I could see. I got a scenic view of Hachimantai Plateau from

Kunimidai. Shortly after Mosen Ridge, I found myself trapped by the scenery of relatively low trees, including pinus pumila and black crowberry, all of which created a very colorful world, resembling to patchwork pieces. Around here, I could catch a sight of Yunosawa, a natural hot spring, and a lodge newly built in 2017.

After Onigajo (believed to be resided by evils in the ancient times), I stepped into the emerald-green Yunuma Pond with vapor rising from its surface. Its mysterious atmosphere made me reluctant to leave so soon, but I finally forced myself to head for the summit. (I highly recommend visiting here in late June, when the cliff is covered by pink schizocodon soldanelloides flowers.)

I then descended toward the west – which was in the opposite direction of my climb through the beech forest – while overlooking Mt. Moriyoshi. Then I finally arrived at Tamagawa Hot Spring, which boasts the largest amount of gushing acidulous water in the nation.



ACCESS

Take the National Route 341 either from Kazuno or Lake Tazawa to get to Hachimantai Aspite Line. The trekking departure point is located nearby Goshogake Hot Spring.

*The regular bus service requires you to check the timetable beforehand.

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Ojiromori

A spacious marsh with a great view, situated at the summit of a mountain.

Height: 1,215.5 m

- Location: Semboku City
- Trek Length: 11.0 km
- Trek Altitude: 577.5 m
- Topographical Map (1/25,000): Akita Komagatake Mountain / Mt. Magarizaki



grade

Physical
Strength



Skill
level



- 1 Spacious land at the summit
- 2 Lush beech trees



Though I was thinking to climb during the spring, lie down on the eriophorum vaginatum blooming all over the marsh, and crop bamboo shoots on my way back, I decided to try trekking in late October to enjoy the autumn foliage.

Turning left at the shrine near Tsurunoyu Hot Spring, I reached the trail after descending the slope, which led me to the trekking route from both sides. Emerging from the cedar forest, I was completely surrounded by the yellow color of the Japanese larch, acer pictum, and beech trees. Further away from Kojiromori, I encountered bamboo bushes and snow, and also witnessed the footsteps of a serow. The steeper the slope became, the muddier the trail was, which made my shoes dirty.

I managed to arrive at the autumn-colored marsh, blanketed with a light layer of snow. It was large enough to engulf multiple baseball parks, and was closely surrounded by Mt. Iwate, Akita Komagatake Mountain, and Hachimantai Plateau. The sight was so fascinating that it washed the exhaustion away from its visitors, who had already forgotten the hardships of the climb.

ACCESS

Starting Lake Tazawa, Akita Prefectural Road 127 and 194 lead you to Tsurunoyu Hot Spring in the Nyuto Hot Springs Village. You can see the starting points, both along the Shintsurunoyu Trail running beside this hot spring resort, and nearby Tsurunoyu Hot Spring Parking.

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Hachimantai Plateau

An easy trek, starting at the Aspite Line Motorway.

Height: 1,613.3 m

- Location: Kazuno City
- Trek Length: 2.8 km
- Trek Altitude: 73.3 m
- Topographical Map (1/25,000): Hachimantai Plateau



grade

Physical
Strength



Skill
level



- 1 The long ridgeline binding Mokkodake Mountain with Akita Komagatake Mountain
- 2 Hachimantai Marsh filled with alpine plants, from spring through summer

I've visited Hachimantai Plateau many times, enticed by its alpine flowers, autumn foliage, and the "Dragon Eye": a mystical phenomenon occurring at the end of every winter on its summit.

This is an easy mountain to trek due to having parking nearby, but I tried out a course that would require a one-night stay. After watching the sunset at the parking lot, I stayed at Ryoun Lodge. Early the next morning, I was able to watch the sunrise from the Hachimanuma Observation Platform. I have no words to express how moved I was by that beautiful sight.

From the observation spot on the summit, I saw the nation's biggest cluster of abies mariesli. I felt as if I were in the shoes of Mr. Kyuya Fukada, a famous essayist and

alpinist in Japan, who says that the appeal of Hachimantai lies in leisurely strolling. Lastly, I circled around Hachiman Marsh clockwise, where the scenery of gold-glistening leaves and a silver-reflecting trail could have rivaled heaven. From Mikaeri Ridge, I was also fascinated by the view of Mt. Iwate among floating clouds, Mt. Hayachine just behind it, and Mt. Chokai sitting alongside the Sea of Japan. Next year too, I think I'll be coming many times...



ACCESS

Take the National Route 341 either from Kazuno or Lake Tazawa to get to Hachimantai Aspite Line. The parking is located next to the Hachimantai Summit Restaurant. It takes about 60 min. from Kazuno City, and about 100 min. from Lake Tazawa, both of which are by car.

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Obukadake Mountain

A recommended hike that spans Akita and Iwate Prefecture.

Height: 1,541.3 m

■ Location:
Kazuno City / Semboku City
■ Trek Length: 24.0 km
■ Trek Altitude: 111.8 m
■ Topographical Map (1/25,000):
Hachimantai Plateau / Matsukawa Hot Spring



grade

Physical
Strength



Skill
level



1



2

1 Nearby Ishinuma

2 Mt. Iwate standing tall, as if protecting the trail



A one-day round-trip trekking course, spanning about 24 km. Firstly, Mokkodake Mountain: a landmark when looking for Hachimantai Plateau from the summits of other mountains, where you can overlook trails running through Iwate, as well as Mt. Chokai in the distance. Behind Hachimantai Plateau and its bountiful abies mariesli, the dynamic Mt. Iwate straddles, where I was gradually approaching. After passing through Morobidake Mountain – full of pinus pumila – and Ishi Swamp, with the blue sky reflected on its surface, I arrived at the lush Kensomori Forest. Wow, what a view! Turning right at the junction near Obuka Lodge led me to the summit, and just a bit down from the summit, I discovered the best view of Mt. Moriyoshi, Akita Komagatake Mountain, Lake Tazawa, and Mt. Chokai. On my way back, I took a short detour towards Gentadake Mountain, which took around 5 minutes longer than the straight route, but I wanted to catch a sight of Mt. Iwate. I highly recommend this trekking course.

* The large trail, which runs through Yasemori, Ojiromori, Mt. Nyuto, and Akita Komagatake Mountain, starts from the Kantomori Junction shortly after Obukadake Mountain. It offers you an amusing trip spanning about four days within the mountain that features the nature of Tohoku region.

ACCESS

Take the National Route 341 either from Kazuno or Lake Tazawa to reach Hachimantai Aspite Line. The trekking course starts just below the Akita Prefectural Road 318, a.k.a. Hachimantai Jukai Line.

Contact Info.

Kazuno City Office, Industry Revitalization Division TEL 0186-30-0248
Semboku City Office, Tourism Division TEL 0187-43-3352

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Mt. Nyuto

Height: 1,478.0 m

Popular among hikers in combination with the hidden hot spring, Nyuto Hot Springs Village.

- Location: Semboku City
- Trek Length: 11.4 km
- Trek Altitude: 626.0m
- Topographical Map (1/25,000): Akita Komagatake Mountain



grade

Physical
StrengthSkill
level

- 1 Tashirotai Plateau, Ojiromori, and Mt. Moriyooshi observed from the summit
- 2 Great view from the summit, with a sheer cliff on the southeastern side.

Seen from the Akita side, the mountain is referred to as Mt. Nyuto for resembling a breast and nipple. From the Iwate side, it is referred to as Eboshidake Mountain, eboshi meaning headgear. In mid autumn, I trekked the course running from Kuroyu Hot Spring through Kuroyu, shortly leading to Ipponmatsu Natural Hot Spring - I felt relaxed from soaking just my hands in it.

Following the wooden trail, I climbed up the stairs. Meanwhile, I was entranced by the beautiful mountain ridge lining the path from the down up, comprised of Lake Tazawa, Akita Komagatake Mountain, and Zarumori. I looked back many times.

Facing north, I saw Ojiromori and Tashirotai Lodge on the return path. Soon after Kuroyu Junction, I finally arrived at the top of the mountain, where its sheer cliffs were filled with cracked rocks. From there, I looked over the trekking route that runs towards Mt. Iwate and Mt. Moriyooshi, as well as the surrounding ponds and marshes, all of which located around the mountain.

On my way back, I took Magoroku Course, and stopped by Tashirotai Lodge - which was surrounded by abies mariesli - to have lunch. I strolled my way down, rustling the fallen leaves as I went.

* There are three trekking courses headed to Mt. Nyuto available: the Kuroyu Course, the Magoroku Course, and the Kaniba Course.



ACCESS

Take the Akita Prefectural Road 127 and 194 to get to Nyuto Hot Springs Village. The following three hot springs, Kuroyu, Magoroku, and Kaniba, hold the trekking starts respectively.