

A pleasant journey to meet warm people

The island
of happiness

Fukushima in Four Seasons

Takayu Hot Springs



Come soak
in the atmosphere
at first rate hot springs.

Soma Nomaoi (Wild Horse Chase)



Thank you

From Fukushima to people all over the world...

With deepest gratitude and
earnest smiles,

let us show you our warm hospitality.

Hanamiyama



Come experience
Fukushima,
a place surrounded
by rich natural beauty.

Aizu Tsuruga-jo Castle



Come and see streets
where history
and tradition are thriving.

Aqua Marine
Fukushima



Peaches



Freshly picked,
freshly caught,
and freshly made!
Come and taste the flavors
of the season!

Kitakata Ramen



Fukushima Prefecture

春
Spring



Mihar's Takizakura (Weeping Cherry Blossoms)

Summer



Nomachi Wild Horse Chasing Festival

Oze

秋
Autumn



Tsuruga-jo Castle



夏



A Message from the Governor of Fukushima Prefecture

I would like to express my deepest gratitude to people from every country and region of the world for the generous support that we received in the aftermath of the Great East Japan Earthquake. In the wake of this unprecedented disaster, we received expressions of sympathy from all over the world. However, in spite of the disaster, and because of your heartwarming support, our residents are coming together and fervently working in order to revive

Fukushima as a tourist area.

As Fukushima Prefecture is the third largest prefecture in Japan, it is full of many charms that visitors can thoroughly enjoy, including its rich history, traditional culture, hot spring towns, and warm and welcoming residents.

We can't wait for you to come and visit our home, Fukushima.

福島県知事 佐藤 雄平

Governor of Fukushima Prefecture Yuhel Sato

With earnest smiles and many "thank yous," we welcome you.

The rich natural beauty in all seasons and the bright smiling faces of our people will make you feel welcome. We hope you'll be smiling too in a place so full of fun things to see and do as Fukushima.

Fukushima Data

[Location, Population, and Area]

Fukushima Prefecture is the Tohoku Area's most southern prefecture and is located within a distance of 200km from Tokyo.

<Population> About 2 million people

<Area> 13,782 kilometers square, the third largest prefecture in Japan.

Fukushima Prefecture is separated into 3 areas by the Abukuma Highlands and the Ou Mountain Range. Each area has its own unique character and characteristics, so there are a variety of ways to have fun. First is the Aizu Area, where a distinct samurai culture lives on in places like Tsuruga-jo Castle, and where in winter the fine quality snow allows winter sports to flourish. In spring in the Nakadori Area, the cherry blossoms bloom in all their glory at places such as the famous Mt. Hanami, and visitors can pick fruit in this area where fruit cultivation thrives. Along the coast is the Hamadori Area, blessed by the sea with a mild climate throughout the year, with comparatively mild hot and cold temperatures all year round. The Nakadori and Aizu Areas are full of mountains and there is no shortage of nature related activities to do. In addition, each area of the prefecture has hot spring areas, and visitors can enjoy each area's characteristic hot springs.





Fukushima Smiles

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Mt. Adatara
Fruit Picking



Skiing

Ouchijuku Village



Fukushima is
the third largest
prefecture in Japan!

Fukushima

From seasonal aromas to traditional tastes, there is plenty for your senses to feast upon.

Blessings of the
Season and Local Flavors

You haven't had
ramen until you've
tried our ramen with
thick, curling noodles!

Kitakata Ramen

In Kitakata, there are approximately 120 ramen shops, and among those, there are a number open from 7AM. The shops are mostly concentrated in a district where sake breweries used to flourish called Kura no Machi (Brewery District). The unique characteristics of our Ramen include a Japanese-style soup made from high quality soy sauce and the underground waters of Mt. Iide and mixed with a ton-kotsu (pork bone) or ton-gara (chicken bone) base and either dried sardine or Japanese soup stock, and thick, curly noodles. When the thick flavored soup is combined with the noodles, they accentuate each other, creating a unique, enticing taste.



Radium Eggs

These eggs, cooked in 83 to 70 degrees hot spring water, are the specialty of the Iizaka Hot Springs. The eggs with their unique aroma, jelly-like egg white, and slimy yolk, have an exquisite taste.



Japanese Sake

With all the things essential for sake production, including high quality water, rice, and workers, Fukushima is a leading region in sake production.

Souvenirs



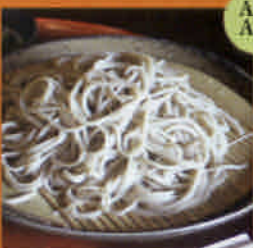
Kozuyu

A must-have food at all types of celebrations and ceremonies, including New Year's, this traditional soup has become a common local food. It includes dried scallop ligaments, taro, konnyaku noodles, small dried wheat gluten, dried kikurage mushrooms and more. Add soy sauce to complete the rich taste!



Sauce Katsu-don

(Sauce Covered Breaded Pork Cutlets) A food that has become popular since the Taisho Era (1912-1926), it is a food of the common people of Aizu. To make sauce katsu-don, julienned cabbage is laid out on top of rice, and then a breaded pork cutlet covered in a thick sauce is placed on top.



Soba

Soba production also flourishes thanks to Fukushima's climate. Visitors can enjoy various flavors and ways of serving soba in each area. There are also plenty of facilities where people can experience making soba on their own!



Take in the aromas of the season! Fruit picking experiences in Fukushima Prefecture

When people talk about the tastes of Fukushima, the first thing that comes to mind is fruit picking! Known as the "Fruit Kingdom," visitors can enjoy fruit picking almost all year round. On the western side of Fukushima City running along the foot of the Azuma Mountain Peaks is an area known as the "Fruit Line." Fruit orchards are spread out all over this area, and there is no shortage of fruit stands and fruit picking farms for tourists along the roads. It is worth making your way out here at least once to try the fruit for yourself!



Peaches (the middle of July to early September)

Peaches are the representative fruits of Fukushima Prefecture, and these sweet and juicy peaches are famous all over Japan. Fresh, just off the tree peaches have a crisp texture and are overflowing with juice.

Apples (late August to early December)

The harvest season is long, and depending on the period you go, visitors can enjoy an enormous selection of apple varieties. The leading apples are the sweet Fuji Apples, and the most popular among those are the Sun Fuji Apples, grown in direct sunlight.

Fukushima's
Fruits are
Very Juicy!

Fruit Picking Schedule

	Jan.	Feb.	Mar.	Apr.	May	Jun.	Jul.	Aug.	Sept.	Oct.	Nov.	Dec.
Cherries												
Peaches												
Grapes												
Japanese Persimmons												
Apples												
Persimmon												



Cherries (early June to early July)

Fukushima's fruit harvesting begins with early summer cherries. They are the first fruits in all of the Tohoku Region to ripen for tasting each year.



Grapes (early September to the middle of October)

Fukushima's primary grape varieties include a specialty high grade juicy grape known as "kyoho" and an improved variety of seedless grapes with a high sugar content known as "koku" grapes.



Fuku Smile
Fukushima's
History and Culture

The Way of the Samurai:
Tradition and History

Samurai culture passed down through the ages and a somehow nostalgic atmosphere... Immerse yourself in Fukushima's history.



Tsuruga-jo Castle



Throughout the history of Aizu, many different daimyo (feudal lords) administered this area. During the Warring States Period, those daimyo families included the Ashina, Date, Gamo, Uesugi, Hoshina, and Matsudaira clans. In addition, as part of the old government's side in the Boshin Civil War, at the end of the Edo Period in the 1860s, Aizu became an intense battleground. The story of the Byakkotai (White Tiger Brigade), famous for its tragic ending, is one episode from this war. Now, the castle keep has been transformed into the Tsuruga-jo Castle Museum, exhibiting invaluable materials that document the history of Aizu.



Akabeko (Red Cow) Figures Do-It-Yourself Decorating Experience

Akabekos (red cow figures with bobbing heads created to ward off disease) are Aizu's quintessential handicraft. Visitors can decorate their own Akabekos!



Grill-it-yourself Tamari Senbei Experience

Visitors to Aizu can grill their own tamari senbei, a senbei (rice cracker) made from koshihikari rice, over a charcoal fire. The building storing this senbei experience has been restored to the way it looked when it was originally built in the Meiji Era (1868-1912), and is certainly worth seeing.



Kitakata
City



Aizu Samurai Residence

The Aizu Samurai Residence is centered around the manor of the Aizu Clan's Chief Retainer, Sargo Tanomo. The grounds of the manor hold a "Stroll through History Zone" which includes the former administrative headquarters, a tea room, the Aizu Clan rice cleaning mill, the Aizu Historical Materials Hall, and more, the "Town Workshop through the Ages Atelier" which contains fascinating materials from Aizu and Fukushima, and the Kyuyoutei Dining Hall where visitors can taste Aizu's local gourmet.

Aizu Clan School Nisshinkan

The Aizu Clan School Nisshinkan held an important role as an education institution in the Aizu Clan Education System at the end of the Edo Period (the Bakumatsu), and was also the school of the Byakkotai (White Tiger Brigade). Through seeing, taking in the sounds of, and touching the school that has been unchanged since that time, you can get a sense of the Confucianism based moral-education and the Aizu Samurai Spirit. This environment gives you a chance to think about what you are missing yourself, and what is needed for the modern world we live in now.



Fuku Smile
Fukushima Smiles
Souvenirs

Aizu Illustrated Candles

These candles are diligently illustrated with designs such as morning glories or animals of the Chinese zodiac. With such warmth and beautiful colors and designs, they are popular among visitors from foreign countries and young people.



The Aizu Railroad

Getting to Ouchijuku is convenient with the Aizu Railroad! Yunokami Onsen Station is the only station in Japan with a thatched roof. It is the closest station to Ouchijuku and has a Japanese style hearth in the waiting room. The Aizu Railroad connects Aizu Wakamatsu and Kitakata to Nikko and Kinugawa.



Experience all
sorts of history
and culture!



Kasumigajo Park

The first lord of Nihonmatsu, Gamo Niwamitsushige, built Kasumiga-jo Castle. In the middle of April, 1,700 primarily Someiyoshino Cherry Blossoms and other cherry blossoms reach full bloom. The view from on top of the stone walls is especially superb. Aside from cherry blossoms, visitors to the park can enjoy the blooming of flowers like azalea, wisteria, and hydrangea in all four seasons.



The cherry blossoms here are breathtakingly beautiful, too!

Miharu Hariko and Miharu Goma

A traditional handicraft passed down since the Edo Period, Miharu Hariko dolls are constructed by stretching out a number of sheets of sturdy Japanese style paper and laying them out on top of each other. Immediately before the dolls are completed, color can be added to them. The Miharu Goma, figures in the shape of horses, commemorate the fact that Miharu was at one time a horse breeding area.



Miharu Town

Fukushima Smiles

Souvenirs



Koriyama City

Takashiba Deko Estate

Do-it-yourself decorating of traditional toys like Miharu Hariko Dolls and Miharu Goma Horses in a village of toy makers in the mountains.



Grill-it-yourself Tamari Senbei Experience

Kokeshi Doll Decorate-it-yourself Experience

Noguchi Hideyo's Birthplace and Memorial Museum

Aizu Illustrated Candles

Tsuruga-jo Castle - Akabeko (Red Cow) Figures Do-It-Yourself Decorating Experience - Aizu Samurai Residence - Aizu Clan School Nishshinkan

The Aizu Railroad

Kasumigajo Park - Chieko's Birthplace

Miharu Hariko and Miharu Goma

Nanko Park



Kokeshi Doll Decorate-it-yourself Experience

Decorate Tsuchiya's traditional Kokeshi Dolls yourself! Making your own original kokeshi doll is the perfect souvenir for you to remember your trip by!



Nihonmatsu City

Chieko's Birthplace

Built along the Ōshu Highway facing Mt. Adatara, the sake brewery at Chieko's birthplace has been restored. In the memorial museum are introductions of Chieko's life and works.

Noguchi Hideyo's Birthplace and Memorial Museum

Noguchi Hideyo is known for his work as a researcher of yellow fever. At Noguchi's birthplace and memorial museum, learn about the life history and accomplishments of the professor whose face became the portrait on the 1000 yen bill.



Iinawakubo Town



Nanko Park

Nanko Park is said to be Japan's oldest park. Matsudaira Sadanobu, a feudal lord in the Edo Period, envisioned in this park a space outside the bounds of differences in social status under the idea of shiminkyouraku ("the samurai class and the commoners taking leisure together") and built the kyourakutei, a tea house where samurai and commoners could share leisure time together. The speciality here is nanko dango (dumplings).

Shimonohe Town

Ouchijuku

Ouchijuku flourished from the warring states period through the Edo Period as a lodging village for travelers taking the Shimotsuke Highway between Aizu Wakamatsu and Nikko. It's over 300 year old thatched roof buildings are a spectacular sight, and about 50 homes are tidily lined up along the nearly 450 meter road that runs through the village.



Ouchijuku has been designated a nationally preserved district!





Nature in Fukushima

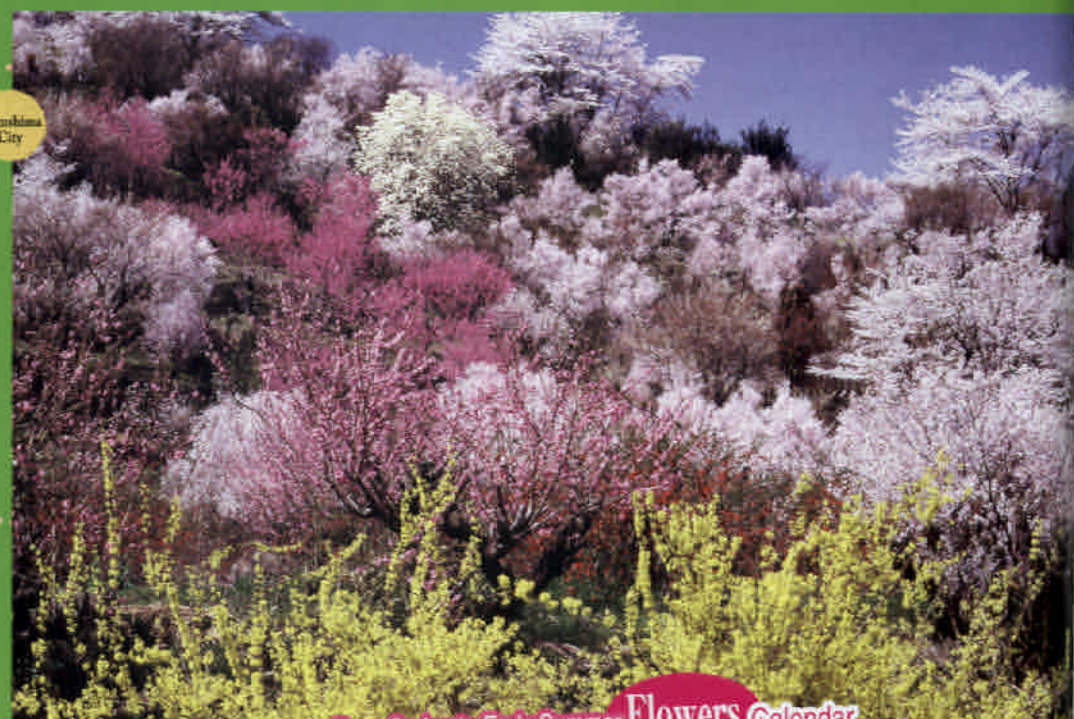
Colors of the Four Seasons

Spring

Hanamiyama Park

Fukushima City

The park, Fukushima's most famous sight for cherry blossoms and flowers, is so beautiful that it was once said by the noted photographer Akiyama Shotaro that "paradise is in Fukushima." In addition to the many varieties of cherry blossoms that bloom in the spring, a wide variety of flowers like flowering peach trees and weeping forsythia bloom brilliantly.



From Spring to Early Summer Flowers Calendar

	March	April	May	June	July
Hanamiyama Park <Fukushima City>	Ume (Plum Blossom)	Tokai Cherry Blossoms Weeping Forsythia and Flowering Peach Trees	Satsuki Azaleas	Hydrangea	
Miharu Takizakura <Miharu Town>		Cherry Blossoms			
Korinji Temple <Nihonmatsu City>				Hydrangea	
Tsuchiyu Tsutsuji (Rhododendron) Mountain Park <Fukushima City>			Rhododendron		
Isasumi Shrine Iris Garden <Aizu Misato Town>				Iris	

Tsuchiyu Tsutsuji Mountain Park

Fukushima City

This park is a slightly elevated area providing an expansive view from the Menama Marshlands at the foot of the Azuma Mountains. From the middle to the end of May, the entire mountain side is blanketed in red and pink rhododendron. The contrast between the colors of the flowers, the green of the surrounding land, and the blue sky is simply gorgeous.



The Hydrangeas of Korinji Temple

The grounds and graveyard in the Korinji Temple, also known as Aisai (Hydrangea) Temple, contain over 5,000 hydrangeas, and an additional 3,000 hydrangeas are in full bloom along the roads.

Nihonmatsu City



Isasumi Shrine Iris Garden

Aizu Misato Town

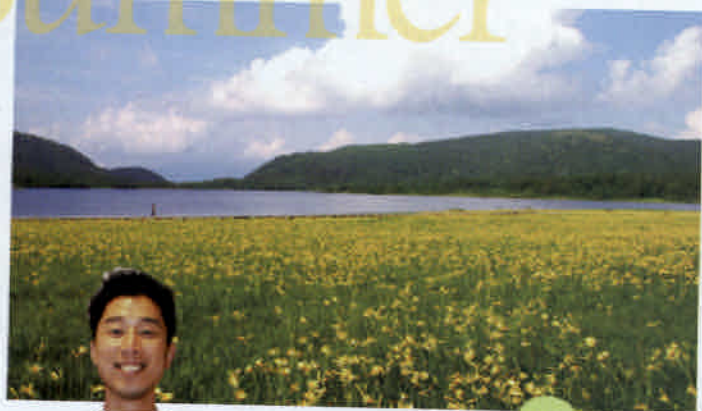
10,000 irises of 150 different varieties bloom in the Iris Garden. A real sight to see is the Ayame (Iris) Festival, run in grand style every year from June 15 to July 5. In the garden, white, purple, and many other colors of iris bloom in abundance, and multitudes of people come every year at the beginning of summer to see this spectacle.



Miharu Town

Miharu Takizakura (Waterfall Cherry Blossoms)

Edohigan red weeping cherry blossom trees are one of Japan's three major cherry blossom species. The branches with pink flowers bending all the way down to the ground look like water flowing from a waterfall, and thus have been named takizakura (waterfall cherry blossoms). They are a national protected species.



Let us guide you
to the beautiful
summer lakeside!

The Daylilies of Oguninuma

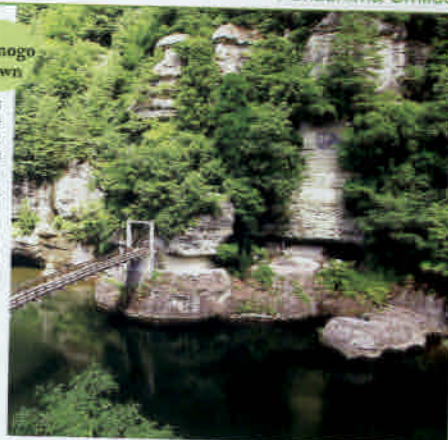
Kitashihara
Village

At a crater lake on the western foot of Nekomagatake Peak in July, the whole of the western bank of the marsh there is blanketed in yellow by a colony of daylilies. These marshlands, with an area of 45 hectares containing a marsh with a circumference of 4 km, has been designated a national natural monument.

Tonohetsuri

Shimogo
Town

"Hetsuri" in the local dialect means a sharp cliff, and "To" means a tower. The rock formations in this area look like a tower, hence the name. This ravine in the Okawa Line has been transformed into the beautiful site today by a million years of erosion and wind. The scenery is all the more beautiful against the fresh verdure or the autumn leaves. 10 of the strangely shaped rocks have names, and the area has been designated a national natural monument.



Kitashihara
Village

Lake Hibara

The biggest lake in Urabandai with a perimeter of 40 km, Lake Hibara's winding shoreline stands out even in Japan for its complexity, and visitors to the lake can enjoy Mt. Bandai's ever changing appearance at different times of the year. In summer, motorboats and ferries ride back and forth across the lake, and the lakeside is crowded with campers. In winter, the surface of the lake is frozen over and visitors can enjoy ice fishing.



Autumn

Kitashihara
Village

Goshikinuma (The Five Colored Marshes)

Due to the minerals contained in the soil, the Five Colored Marshes contain a variety of chemical compositions, such that, depending on the weather, the color of the marshes appears to change. The marshlands are composed of the Bishamonnuma Marsh, the Akanuma Marsh, the Aonuma Marsh, the Runuma Marsh, the Bentennuma Marsh, the Midoronuma Marsh, the Tatsunuma Marsh, and the Yanaginuma Marsh.



The "Frozen Spray" of Lake Inawashiro

Inawashiro
Town

The third largest freshwater lake in Japan, Lake Inawashiro is located in Bandai Asahi National Park. The forms of Inawashiro Lake and Mt. Bandai are the representative landscape of the Aizu Area. In winter, swans migrate from Siberia to here. In addition, the wind from Mt. Bandai blows the lake water against the trees along the shoreline. The frozen water drops stuck to the trees are called frozen spray.



Things you can
only see in the cold
of winter!



Fukushima City
Inawashiro Town

Bandai Azuma Sky Line

The "Bandai Azuma Sky Line" is a portion of the Tsuchiya Mountain Pass that connects Inawashiro Town and Fukushima City. On this course that weaves through the Azuma mountain range, the foliage is beautiful in autumn, and visitors can hike from the Jodo Plain to Azuma's own "Little Fuji" (Mt. Kofuji).



Bikes will whiz
passed you!

Fukushima's Natural Theme Parks

Difference Charms in Each Season

The moment you gaze out upon natural, fertile fields, a smile will appear on your face.



Skiing and Snow Recreation

Precisely because it is so cold, visitors should experience the grandeur and beauty of nature that can only be experienced in the winter season. With the highest quality snow and the best locations for ski slopes, winter in Fukushima is overflowing with fun!



Main Ski Slopes

1	Adatara Highlands Ski Area	(Nihonmatsu City)
2	Urabandai Nekoma Ski Area	(Kitashiobara Village)
3	Gran Deco Snow Resort	(Kitashiobara Village)
4	Alts Bandai Ski Area	(Bandai Town)
5	Inawashiro Ski Area	(Inawashiro Town)
6	Numajiri Ski Area	(Inawashiro Town)
7	Minowa Ski Area	(Inawashiro Town)
8	Listel Ski Fantasia Resort	(Inawashiro Town)
9	Aizu Highlands Daikura Ski Area	(Minami Aizu Town)
10	Aizu Highland Takatsue Ski Area	(Minami Aizu Town)
11	Grande Lake Hatoriko Ski Resort	(Tenet Village)

Snowshoeing

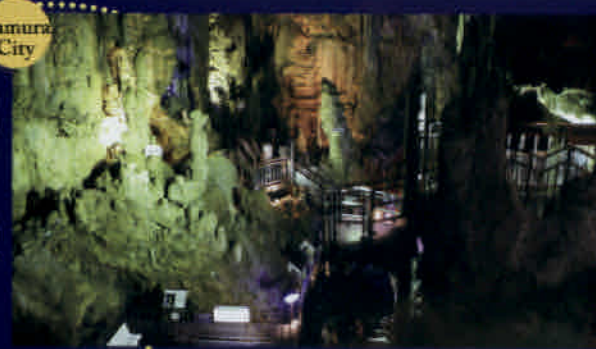
Get close to the beauty of the snowy landscape by snowshoeing! The charm of snowshoeing is leaving behind the woods and venturing into the deep forest, walking across frozen lakes, and going to other places you cannot go to in other seasons. Experience the exceptional fun of seeing another side of nature. Admire the splendor and delicate beauty!

Ice Fishing

For a true outdoors experience, ice fishing is highly recommended. Ice fishing in Kitashiobara Village's Lake Hibara is an experience you can only enjoy in the winter. There are plenty of inns, hotels, and other types of accommodations where you can rent fishing gear and receive instructions on how to ice fish. Feel free to challenge yourself!

Abukuma Caverns

These limestone caverns were formed over a period of 8,000 years. This cavern is 600 meters in length and is said to hold the largest number and type of limestone formations in all of Asia. Inside the cavern, the temperature year round stays around 15°C, so the cavern feels cool in the summer and warm in the winter.

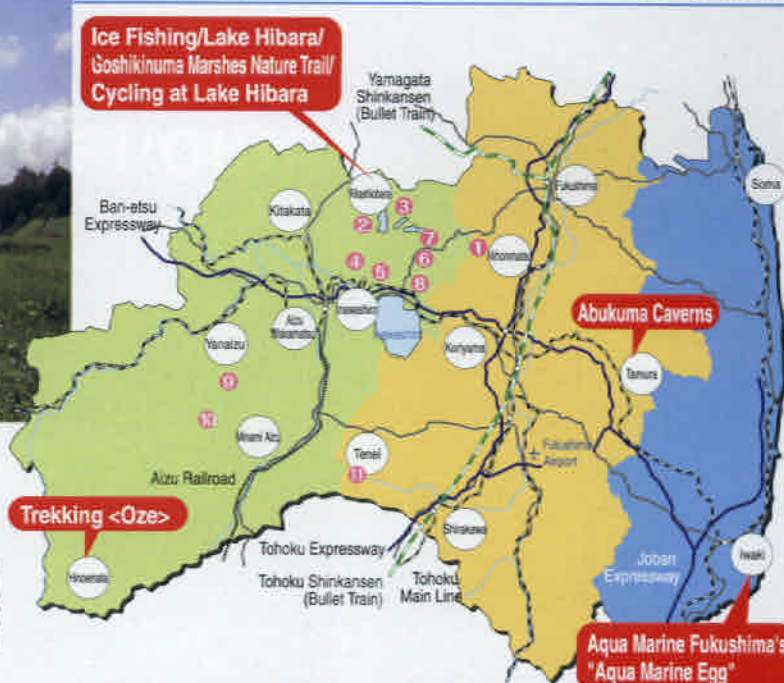




Hinoemata Village

Trekking <Oze>

As one of Japan's most prominent high moors, it has been designated by the government as a special natural monument. The area is truly a treasury of alpine plants, with Asian skunk cabbage blooming in the spring and daylilies in full bloom in the summer. An easy to walk on wooden path has been set up in the area surrounding the Ozenuma Marsh and the Oeshitsugen Marshlands, so visitors can bring the whole family for a safe and fun time.



Goshikinuma Marshes Nature Trail

The many marshes and swamps of the Goshikinuma (Five-Colored) Marshes were created when Mt. Bandai erupted, and the colors like emerald green and cobalt blue that sparkle on the surface are serenely mysterious. Winding through the multi-colored Goshikinuma Marshes lake and marsh district is this Nature Trail. There are also plenty of other trekking courses in the Urabandai Area and you can enjoy different scenery in each season.



Kitashiohara Village



Golf

Make your shot while facing the ocean or gazing up at the mountains! With the sea and mountains surrounded by rich natural beauty, and rich variations in color at every course, Fukushima's golf courses are open year-round for a round anytime you like. Fukushima has over 60 courses that capitalize on the natural beauty that Fukushima has been blessed with.

Fukushima All Areas



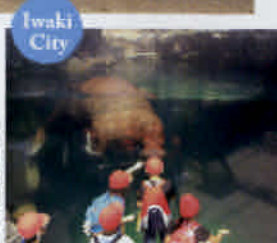
Spa Resort Hawaiians

Inside the theme park, it's the heat of summer all year long, and you can live it up as if you were in Hawaii with pools, hot springs, Polynesian dancing, and more. Enjoying continuous popularity is the Grand Polynesian Show. The show runs everyday on the large stage next to the pool and includes the breathtaking fire knife dance and the elegant hula dance. At the end of the show, visitors are invited on stage to try out hula dancing for themselves. The resort also has the world's largest outdoor baths, recorded in the Guinness Book of World Records.



Aqua Marine Fukushima's "Aqua Marine Egg"

The Aqua Marine Egg is a facility with a fishing pond for children to try out fishing, and the Janome beach. While enjoying the facilities, visitors can learn about the preciousness of life and the diversity of living creatures, and can learn the importance of respecting life. Visitors can eat the fish they have caught in the fish pond on site. On the roof of the facility, a variety of living creatures are on exhibit under the theme the diversity of organisms.



Iwaki City

Cycling at Lake Hibara

Fly through the invigorating winds and cycle across the plateau at Lake Hibara. The 32km perimeter of Lake Hibara in Urabandai can usually be cycled in about 4 hours. There is a cycling competition every year at the end of May.



Kitashiohara Village

Iwaki City

Fukushima is packed with golf courses!

Fukushima's
Hot Springs

A Variety
of Hot Spring Trips

A Collection of Oshu's Famous Hot Springs Relax in Comfortable Hot Springs

Iizaka Hot Springs

Fukushima
City

Fuku Shima
SMILE

Proud of its status as the Tohoku Area's largest scale hot springs is the Iizaka onsen, replete with hotels and inns offering hot springs, such as the Sabakoyu. It is said that Basho Matsuo, a famous poet from the Edo Period, once soaked in these public baths. It is also said that these hot springs have been used for over 1000 years. One way to enjoy the hot spring town is to "hot spring hop" by crossing the Surikamigawa River that flows through the town over the Toitsunabashi Bridge to the different hot springs.

- Spring Water Quality / Clear with No Odors or Fragrance
- Good For / Gynecopathies, Skin Diseases, Rheumatism, Neuralgia, Gastrointestinal Disorders, etc.



Tsuchiyu Hot Springs

Fukushima
City

It has been passed down that these hot springs have been open since the age of the gods (ancient times), and they have flourished as a hot spring resort since the Edo Period. The springs are located 435 meters above sea level at the southeastern foot of Azuma Kofu (Little Mt. Fuji), and tucked tightly next to the Arakawa River are rows of modern inns. In addition, the village has do-it-yourself Tsuchiyu Kokeshi (Doll) making experiences. Visitors can also stroll through the Asian Skunk Cabbage habitat.

- Spring Water Quality / Clear with No Odors or Fragrance
- Good For / Gynecopathies, Skin Diseases, Rheumatism, Burns, etc.



Dake Hot Springs

The Dake Hot Springs are rare even in Japan as Acidic Hot Springs. The water is pumped from the source 6 kilometers away and it takes approximately 40 minutes to flow to the hot springs town. While in transit, the minerals in the water get mixed up, and produce spring water that is reputed to be good for the skin. It is said that the springs were discovered on Sakanoue no Tamuramaro's Eastern Expedition. This plateau hot spring village at the foot of the Adatara Mountain Chain is located 800 meters above sea level.

- Spring Water Quality / Acidic Hot Springs
- Good For / Chronic Skin Diseases, Incised Wounds, Burns, Neuralgia, etc.



Aizu
Wakamatsu
City

Higashiyama Hot Springs

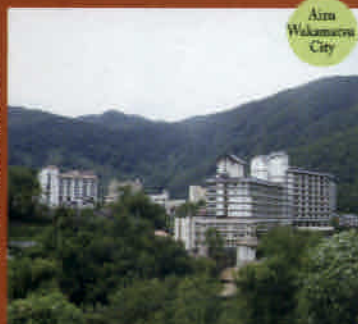
Spread out along the Yugawa Clear Stream and a 10 minute car ride from Aizu Wakamatsu City is the Higashiyama Hot Spring Village. The hot spring village has an over 1300 year history and flourished during the Edo Period when it was known as the Ohsengakukyo Village.

- Spring Water Quality / Sulfer Hot Springs
- Good For / Rheumatism, Neuralgia, Gastrointestinal Disorders, etc.

Ashinomaki Hot Springs

It is said that the Ashinomaki Hot Springs were discovered by a traveling priest "Gyokishonin" over a 1000 years ago. The name Ashinomaki is believed to come from the area's former name, Ashina no Maki, meaning the grazing pastures of the Ashina Family's war horses. The hot springs are close to a number of tourist spots, including Ouchijuku and Tonohetsu, and are about a 25 minute car ride from the city center of Aizu Wakamatsu.

- Spring Water Quality / Slightly alkaline (basic) and highly hypotonic
- Good For / Arteriosclerosis, Incised Wounds, Burns, Skin Diseases, Gynecopathies, etc.



Aizu
Wakamatsu
City



Iwaki
City

Iwaki Yumoto Hot Springs

Boasting an abundant amount of hot spring water is Iwaki City. The Sakakomiyu Hot Springs, said to have been discovered over 1000 years ago, together with the Dogo Hot Springs and the Arima Hot Springs, have been flourishing since long ago. The charm of these hot springs is the spring water that is gentle on the skin and the fresh sea food gourmet. Even in winter, Iwaki's climate is warm, and as Iwaki's main tourist attraction, the hot springs are crowded in all four seasons.

- Spring Water Quality / Sulfer Springs
- Good For / Symptoms of Varying Sorts, Gynecopathies, Skin Diseases, Incised Wounds, Burns, High Blood Pressure, Arteriosclerosis, Diabetes, etc.



Koriyama
City

Bandai Atami Hot Springs

Said to have been opened more than 800 years ago, the area name Atami comes from the Atami Hot Springs in Izu, the birthplace of Ito Sukekage, a retainer of the feudal lord Minamoto-no-yoritomo who became lord of the area after the Battle of Oshu.



Make your way to
Hot Spring
Wonderland,
Fukushima!

The Enthusiasm of the People
of Fukushima

Your Heart will be Stirred by the Poignant Hopes and Prayers of the People



Soma Nomaoi (Wild Horse Chase)

On the first day, the participants gather at the Soma Myokensansha for the opening ceremony. On the second day, the horses of Hibarigahara are fitted with old style armor, and the armored riders compete in the Koshiki Kacchu Keiba, a race of over 1 km. Later that same day, the riders compete to catch the shinki, the sacred flag shot into the sky by rockets. On the third day, the festival finishes with men dressed in white capturing horses barehanded and offering them up at the Odaka Shrine. Over these three days, the humans and horses become one in this traditional war reenactment.

■ Dates / The last Sat., Sun., and Mon. in July
■ Location / Different on each day

Soma
City



Nanokadou Hadaka Mairi (Naked Temple Visit)

This festival takes place at the Enzōji Temple, a temple with one of Japan's three largest statues of the Akasagarbha Bodhisattva, on January 7. At the sound of the bell, participants wearing nothing but white cloth thongs race up a snowy staircase to the temple above. In the Kikukodo at the top of the steps, the runners compete to climb the single rope that leads to the temple gong. It is said people who successfully reach the top to ring the gong will receive happiness for the year.

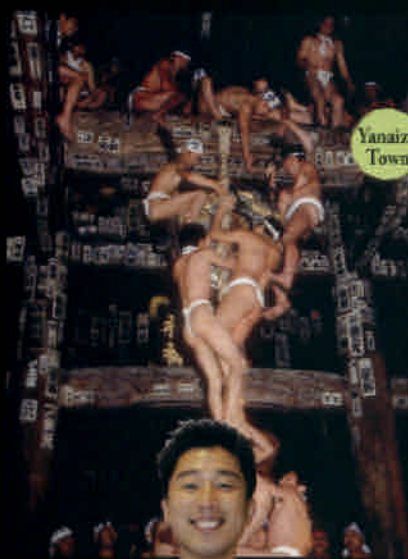
■ Dates / January 7
■ Location / Enzōji



Sukagawa City Shakadogawa River National Fireworks Festival

Starting with fireworks managed by prominent fireworks makers from all over the country, over 10,000 fireworks will be launched. During the round shell firework competition, where fireworks makers match their firework making skills, round shell fireworks of different types made using a variety of techniques light up the night sky in big rings like flowers blooming, and the surface of the river is illuminated in a multitude of colors.

■ Dates / The first Saturday after Obon Holiday in August
■ Location / The confluence of the Abukumagawa and Shakadogawa Rivers



Yanaizu
Town

Come experience
our spellbinding
festivals!



Nihonmatsu
City

Nihonmatsu Chochin (Paper Lantern) Festival

This festival is one of Japan's three largest lantern festivals and 7 floats for carrying taiko drums are dispatched. While 3,000 red paper lanterns lit from fires at the Nihonmatsu Temple illuminate the night sky in red, the voices of spirited young men and the lively sound of the musical accompaniment can be heard as the floats parade through the town.

■ Dates / October 4-6 ■ Location / Nihonmatsu Temple

EVENT INFORMATION <Information about Major Events>

Spring	Summer	Fall	Winter
Apr. Natsui Senbon Zakura Matsuri <Ono Town> Tsuchiyu Festival <Yamatsuri Town>	Jul. Aizu Teijima Gion Festival <Minami Aizu Town> Aug. Ryosen Taiko Drum Festival <Date City> Fukushima Waraji Festival <Fukushima City> Koriyama Uneme Festival <Koriyama City> Sep. Aizu Matsuri <Aizu Wakamatsu City> Oct. Iizaka Kenka (Fighting) Festival <Fukushima City>	Nov. Yamato Shin Soba Festival <Kitakata City> Taimatsu Akashi <Sukagawa City> Inawashiro Shin Soba Festival <Inawashiro Town> Dec. Kani/Anko (Crab and Anglerfish) Festival <Iwaki City> Jan. Tokachi Market <Aizu Wakamatsu City> Bange Hatsuichi (First Market)	Feb. Otawarahiki <Aizu Banga Town> Shinobusanzan Akatsuki Mari Shirakawa Daruma Market <Shirakawa City> Aizu Illustrated Candle Festival <Aizu Wakamatsu City> Ouchijuku Snow Festival <Shimogo Town> Akaedahigan Jishimai (Lion Dance) <Bandal Town>

And there
is plenty more!

A map of the Kitakata area in Fukushima Prefecture, Japan. The map shows the Kitakata River flowing through the region. Key locations marked include Kotohirayama, Kitakata City Fine Arts Museum, Kitakata City Hall, Kitakata, Aizu Toyokawa, and Ubado. The Ban-etsu West Line is shown as a dashed line. Major roads are indicated by blue markers with numbers: 106, 118, 119, 121, 158, and 120. A scale bar at the bottom indicates a distance of 5 km.

A detailed map of the Aizu-Wakamatsu area. The map shows a network of roads including the Ban'etsu Expressway, Tadami Line, and various national routes (e.g., 252, 253, 254, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 9

A detailed map of the Fukushima area. The map shows the Arakawa River flowing through the region. Major roads include the Tohoku Expressway (green line) and the Tohoku Main Line (black line). Key landmarks and locations marked include Fukushima City Hall, Fukushima Prefectural Office, Hanamiyama Park, Fukushima Horse Race Track, and the Fukushima Shinkansen (Bullet Train) station. Other locations shown are Sakuramizu, Sasaya, Tohoku Main Line, Fine Arts Museum, Toshokan-Mae, Fukushima West I.C., Fukushima Iizaka I.C., East Fukushima, Orosimachi, Senjou, Fukushima Gakuin Mae, Mukai Senjou, and Shinobugaoka Stadium. A scale bar at the bottom right indicates a distance of 5km.

A detailed map of Koriyama City, Japan. The map shows a network of roads including the Tohoku Expressway (48), Tohoku Main Line, and Tohoku Shinkansen (Bullet Train). Key landmarks and parks are marked with black dots and labeled: Koriyama L.C., Koriyama City Hall, Mt. Kaisei Park, Koriyama West Side Soccer Field, Koriyama Culture Park, Koriyama Minami L.C., Koriyama Park, and Fudoki no Oka Park. A scale bar at the bottom right indicates a distance of about 5km.

Niigata
Prefecture

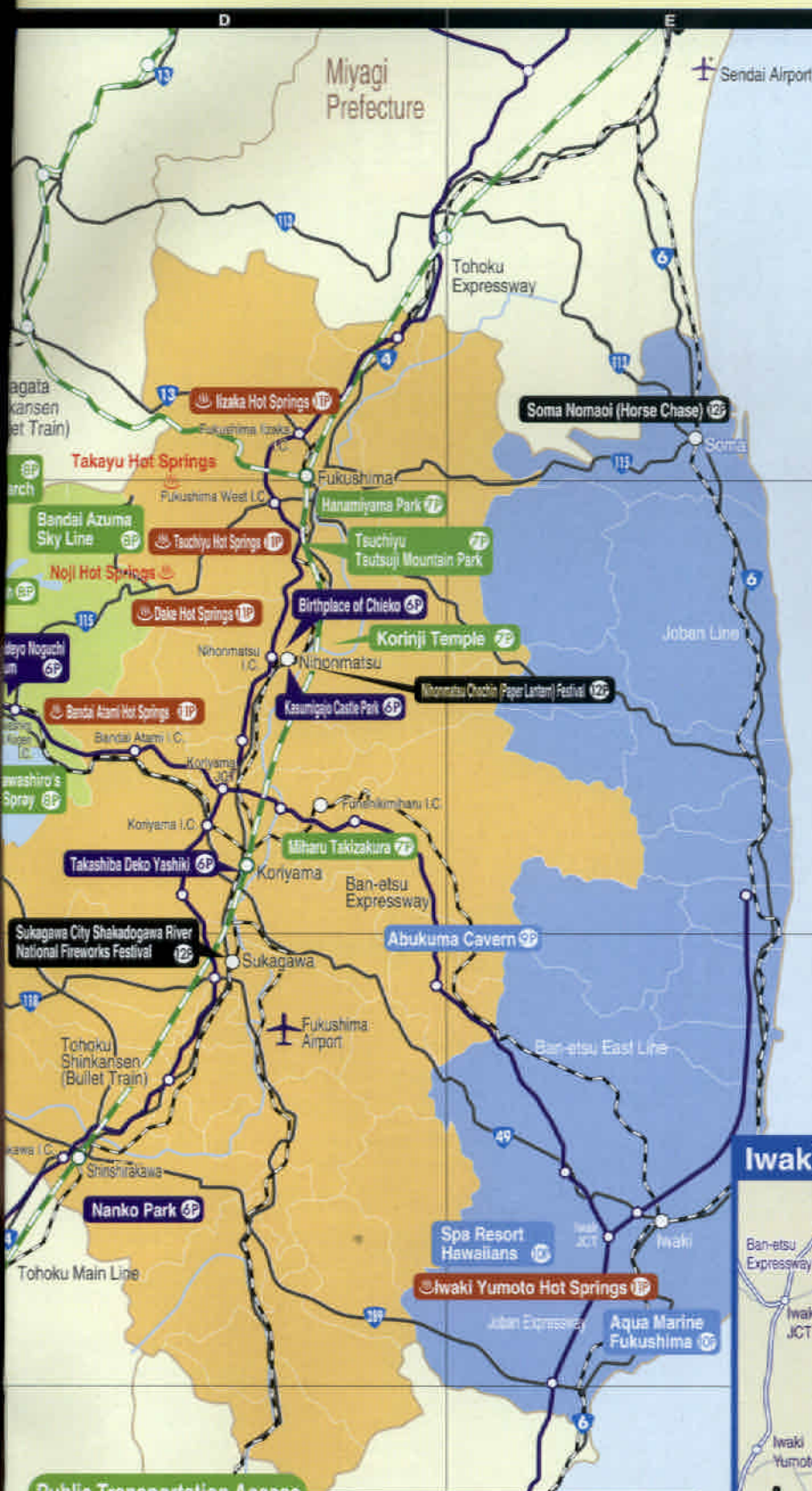
Tochigi
Prefecture

Gunma
Prefecture

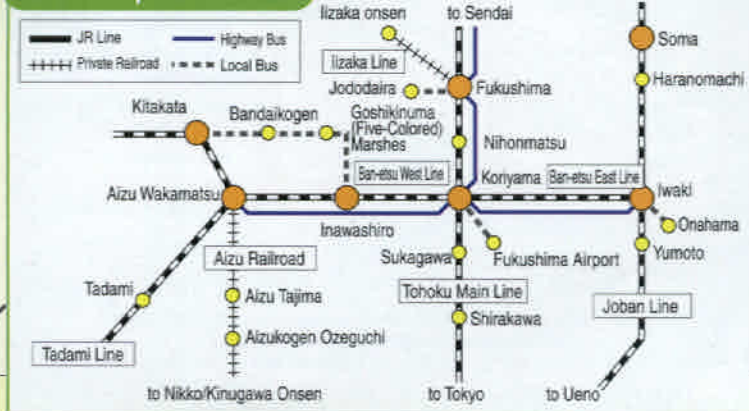
Japan

**Fukushima
Prefecture**

Tokyo



Public Transportation Access



International Air Routes

Shanghai	About 2 hours and 40 minutes	Fukushima
	About 2 hours and 50 minutes	Sendai
	About 2 hours and 35 minutes	Tokyo
Seoul	About 2 hours and 10 minutes	Fukushima
	About 2 hours and 20 minutes	Sendai
	About 2 hours and 10 minutes	Tokyo



Domestic Access

[By Japan Rail (JR)]

Sendai	Tohoku Shinkansen (Bullet Train) About 20 minutes
Tokyo	Tohoku Shinkansen (Bullet Train) About 1 hour and 30 minutes

[By Expressway]

Sendai	Tohoku Expressway About 1 hour
Tokyo	Tohoku Expressway About 3 hours

..... Airplane	----- JR Line
----- Shinkansen (Bullet Train)	----- Expressway

Access to Fukushima Prefecture



Fukushima Prefecture Yaesu Tourism and Exchange Center
 Providing Up-to-date Fukushima Tourism Information and Delicious Produce
 Business Hours: 10:00 AM to 7:00 PM
 ■A 3-minute walk from Tokyo Station's Yaesu South Exit (next to Yaesu Book Center)
 ■A 3-minute walk from Tokyo Metro Ginza Line Kyobashi Station No. 7 Exit
 1F Santoku Yaesu Bld. 2-6-21 Yaesu, Chuo-ku Tokyo P.C.104-0028
 TEL 03-3275-0855

Useful Phrases in Japanese



Greetings
 Hello.
 こんにちは。
 Good morning.
 おはようございます。
 Good evening.
 こんにちは。
 Good night.
 おやすみなさい。
 How are you?
 お元気ですか?
 I'm fine.
 元気です。
 May I ask your name?
 お名前は何ですか?
 My name is
 私の名前は.....です。
 Nice to meet you.
 はじめまして。
 Please.
 お願いします。
 Thank you.
 どうもありがとう。
 You're welcome.
 どういたしまして。
 Yes.
 はい。
 No.
 いいえ。

Greetings
 Excuse me.
 すみません。
 I'm sorry.
 ごめんなさい。
 Good-bye.
 さようなら。
 I can't speak Japanese well.
 日本語をうまく話せません。
 I don't understand.
 わかりません。
 Do you speak English?
 英語を話せますか?
 Where is the restroom?
 トイレはどこですか?
 Help!
 助けて!
 Watch out!
 危ない!
 Leave me alone.
 ほっといて。
 Don't touch me!
 さわらないで!
 I'll call the police.
 警察を呼びます。
 Wait!
 待て!
 You thief!
 どろぼう!
 It's an emergency.
 緊急です。
 I'm lost.
 道に迷っています。
 I've lost my bag.
 鞆をなくしました。

Accidents
 I've lost my wallet.
 財布を落としました。
 I'm not well.
 病気で。
 I'm hurt.
 けがをしました。
 Please call the doctor.
 医者を呼んでください。
 May I use the phone?
 電話を使ってもいいですか?
 How can I get to?
はどこですか?
 Station:
 駅
 Bus stop
 バス停
 Airport
 空港
 Town center
 街の中心
 Hotel
ホテル
 Embassy/Consulate
大使館/領事館
 Where can I see many?
が多い所はどこですか?
 Restaurant
 レストラン
 Please point to it on the map.
 地図で指してください。
 Street
 道
 Left
 左

Trains and Buses
 Right
 右
 Crossing
 交差点
 North
 北
 South
 南
 East
 東
 West
 西
 Up
 上り
 Down
 下り
 Please turn left.
 左へ曲がってください。
 Please turn right.
 右へ曲がってください。
 Straight.
 まっすぐ
 Head towards
へ向かって
 Ahead of
の先
 In front of
の前
 is the landmark.
が目印です。
 Bus
 バス
 Train
 電車

Trains and Buses
 How much is it to?
までいくらかかりますか?
 One ticket to please.
まで1枚をお願いします。
 Where does this bus/train go?
 この[電車・バス]はどこまで行きますか?
 Where is the train/bus to?
行きの[電車・バス]はどこですか?
 Does this train/bus stop at?
 この[電車・バス]は.....に止まりますか?
 What time does the train/bus for leave?
行きの[電車・バス]は何時に出発しますか?
 What time does this train/bus arrive?
 この[電車・バス]は何時に.....に着きますか?
 Taxi
 タクシー!
 Please take me to
までお願いします。
 How much is it to?
までいくらかかりますか?
 Please take me there.
 そこまでお願いします。
 Are there any vacancies?
 空いている部屋はありますか?
 How much is a single/twin room?
 一人/二人用の部屋はいくらですか?
 Is there a in the room?
 Does the room come with a?
 部屋は.....付ですか?

Hotels
 Bath
 風呂場
 Telephone
 電話
 TV
 テレビ
 Can I have a look at the room?
 部屋を見てもいいですか?
 Do you have a [quieter] room?
 もっと[静かな]部屋はありますか?
 Big
 広い
 Clean
 きれい
 Yes, this is fine.
 はい、これで良いです。
 I'll stay for nights.
泊ります。
 Are there any other accommodations you recommend?
 他の宿はご存じですか?
 Is there a safe?
 金庫はありますか?
 Is breakfast/dinner included?
 朝食/夕食は付きますか?
 What time is breakfast/dinner?
 朝食/夕食は何時ですか?
 Please clean the room.
 部屋を掃除してください。
 Please wake me up at
時に起こしてください。
 Check out, please.
 チェックアウトです。