

Transportation Guide



By Air

Sapporo (New Chitose)	← Iwate Hanamaki	55 min
Nagoya (Komaki)	← Iwate Hanamaki	1 hr 10 min
Osaka (Osaka Itami)	← Iwate Hanamaki	1 hr 20 min
Kobe	← Iwate Hanamaki	1 hr 25 min
Fukuoka	← Iwate Hanamaki	2 hrs

*Iwate Hanamaki Airport to Kitakami: approx. 35 min by bus, 30 min by car

Tohoku Shinkansen

Shin-Aomori	← Kitakami	1 hr 9 min
Morioka	← Kitakami	15 min
Sendai	← Kitakami	47 min
Tokyo	← Kitakami	2 hrs 19 min

Tohoku Expressway

Aomori IC	← Kitakami-Ezuriko IC	214.8km
Aomori IC	← Kitakami-Kanegasaki IC	221.5km
Aomori IC	← Kitakami-nishi IC (Aikita Expwy)	226.4km
Kawaguchi JCT	← Kitakami-Kanegasaki IC	461.8km
Kawaguchi JCT	← Kitakami-Ezuriko IC	464.7km
Kawaguchi JCT	← Kitakami-nishi IC (Aikita Expwy)	474.3km

JR Kitakami Station Area code (0197) 63-4241

Bus Iwatekenkotsu Kitakami Depot 66-3211

Taxi

Fuji Taxi	64-2311
Anzen Taxi	65-4321
Kitakami Taxi	63-2345
Daiyusu Taxi	63-3331

Rent-a-Car

Eki Rent-a-Car	64-6264
Nippon Rent-a-Car	65-4151
Toyota Rent-a-Car	65-0100

(Based on March 2024)

Discover Kitakami City cradled by the great Kitakami River
Kitakami City Museum



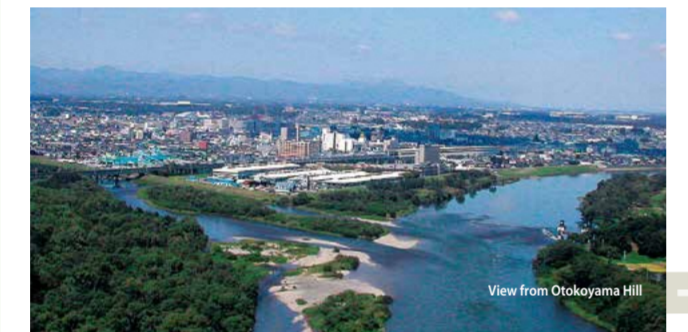
Tachibana Bishamondo (Manpukuji Temple)

Bishamondo Hall houses Buddhist statues of Bishamonten and Nitenno from the Heian Period (794-1192). These are designated as one of Japan's Important Cultural Properties, and we can learn ancient Buddhism culture flourished around Kunimiyama Hill there. Prior arrangement is required for viewing; call 0197-64-7303.



Kunimiyama ruined temple remains and Gokurakuji Temple

Dating from the Heian period (794-1192), the massive temple complex is thought to have been comprised of over 700 halls and pagodas and 36 monasteries, representing a once-flourishing Buddhist culture center for education, industry and welfare works. It is said that the temple had an important role in this area. Designated as Important Cultural Property by the national and prefectural governments.



Take a trip back in time; visiting houses from Japan's past
Michinoku Folklore Village



The Michinoku Folk Village occupies the hilly quarter of Tenshochi Park where you can visit a number of historical houses such as bukeyashiki (samurai residences), merchant houses, and Nambu Magariya (L-shaped floor planned house), etc. You can easily imagine samurai warriors or merchants of old will come out of the corner and talk to you. Don't miss out Nambu-Date border barrow which indicated the border of dominion.

MAP D-3 Michinoku Folklore Village/ Kitakami City Museum

- Address: 14-59 Tachibana, Kitakami
- TEL: Museum: 0197-64-1756 Michinoku Folklore Village: 0197-72-5067
- Opening hours: 9am - 5pm (last admission 4:30pm)
- Admission: Adult ¥500, High school students ¥240, Jr. high/ primary school students ¥170 (for a group of 20 persons or more: Adult ¥400, High school students ¥180, Jr. high/ primary school students ¥120)
- Admission to Michinoku Folklore Village is free.
- Closed: Mondays in Dec. to Mar. (If Monday falls on a holiday, closed on Tuesday instead), and Dec. 28 - Jan. 4
- Access: 15 min drive from Kitakami-Ezuriko IC

Hike and discover Kunimiyama Hills

Michinoku Folklore Village

Former Okoma-do Shrine, Former Nambu-Date border barrow (Nationally Designated Historic Site), Former Ozumi's House, Folk Material Hall (Former Iwate Prefectural Kurosawajiri Girls' High School), Former Terasaki Checkpoint House, Former Watanabe's House Gate, Former Sugawara's House (farm house in deep snow area), Workshop space, Restroom, Hojuin Hall, Former Konnos' House, Former Hoshikawa's House, Nagayamon Style Stage, Former Kitagawa's House, Former Kannos' House, Former Hoshikawa's House, Former Kitagawa's House, Kitakami City Museum (main building), Tenshochi Chaya tea house, Water Mill, Public telephone and restroom, Accessible restroom, Reception information, Information board, Parking lot, Jingoaka Hill, Gate post, Ferry boat, Batten lock.

Attention!

1. No Smoking in the village.
2. Please do not touch the exhibits.



"Tenshochi" means "A site with superb views"

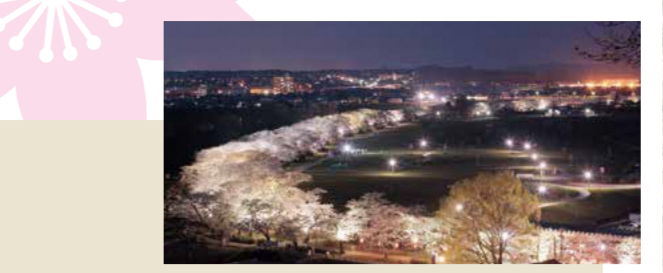
The park name of Kanji is associated with "great view", because Jingoaka Hill in Tenshochi allows excellent views of the river and surroundings. You can enjoy a stroll through the year, as azaleas follow cherry blossoms in spring and the autumn colors of the trees are glorious. In winter Kitakami River is a destination for migratory swans from Siberia. There are many attractions such as Michinoku Folklore Village, and the park is truly a sightseeing hub of Kitakami. The more you explore, the more you realize its attractiveness.

Tenshochi Cherry Blossom Promenade

Waga River, Kitakami River, Cycling course, To Kitakami city center, Sangobashi bridge, Kitakami Serenade Monument, Jingoaka Hill, Tenshochi Resthouse, Michinoku Folklore Village, Tachibana Bishamondo Mampukuji Temple, Gokurakuji Temple, Kunimiyama Hill Observation Deck To Kunimiyama Hill Hiking course, Hiking course, Kamenoko Iwa Lookout, Kitakami City Ikinomori (forest park) (management office), Otokoyama Hill, Statue of Yasuragi (Goddess), To Otsu, Toneyama Kojin Memorial Art Museum, jiji-baba (grandpa and grandma) rock.

Enjoy strolls around the park among cherry blossoms, azaleas and white lilies in spring, and in glorious colors in autumn.

One of the three best cherry blossom places in the Tohoku region
Take a stroll through Tenshochi!



Kitakami Tenshochi Sakura Matsuri (Cherry Blossom Festival)

The Cherry Blossom Festival is held from early to late April and attracts locals as well as visitors from far and wide. Japanese traditional Kai Nobori (giant carp streamers) fly over as the river boats float by. You may go along on a ride on horse drawn carriages through cherry blossom promenade. At night, beautifully illuminated cherry blossoms are reflected on the river surface.



Kitakami Tenshochi (Kitakami City Park Tenshochi)

Come in spring to enjoy some of the most spectacular cherry blossom sites in Japan. From the mid-April to the beginning of May, over 10,000 cherry trees of approx. 150 species of cherry blossoms are in full bloom in Kitakami's 725 acre Tenshochi park, with a 2 km promenade along the Kitakami River. Tenshochi park is officially listed as one of the "Top 100 Japanese Cherry Blossom Sites" and "Top 3 Cherry Blossom Sites in the Tohoku Area".



Attention!

1. Please do not break off branches.
2. No littering.

Welcome to Kitakami



Map-A Kitakami City Map

Map-B Enlarged Map of Center of the City

Hot springs for overnight and/or day trips

1	Motonyu Geyo	A-4	090-5834-5151
2	Geto Onsen Kaicho Hotel	A-4	022-215-2920
3	Semi Onsen	B-4	73-7294
4	Hahata Onsen Sennoyu	B-4	73-8008
5	Mizuguchi Onsen Yumoto Azumakan	B-4	73-7297
6	Geto Kogen Onsen	A-4	65-9005
7	Matsukami Onsen	C-3	64-7400

Museums and Exhibits

1	Ono no Yakata (Oni museum)	D-4	73-8488
2	Kabayama History Square	D-4	65-5877
3	Kitakami City Museum	D-3	64-7447

Museums and Exhibits

1	Kitakami City Museum	D-3	64-7447
2	Kitakami City Museum	D-3	64-7447
3	Kitakami City Museum	D-3	64-7447

Leisure facilities

1	Tenshochi Resthouse	64-2110
2	Wagayama Riverside Park	67-2919
3	Yanaba Fishing Water Park	67-2919

Places of scenic & historical interest

1	Kitakami City Museum	64-1756
2	Tachibana Bishamondo	72-5067
3	Michinoku Folklore Village	72-5067
4	Kitakami City Museum	64-1756

Places of scenic & historical interest

1	Tourist Information Center Kitakami City	64-2111
2	Kitakami Tourism Convention Association	65-9300
3	Kitakami City Museum	64-1756
4	Kitakami City Museum	64-1756

Performance in Oni no Yakata

You can watch Onikembai performances presented by the Kitakami City preservation society. Admission is free. (Once a month from April to November)

Oni making

Come and make your own Oni and kappa mask. ¥500 per person, prior arrangement is required. Call Oni no Yakata at 0197-73-8488 to book.

Kitakami Museum

An museum covering everything from scary to charming demons. It exhibits collected materials related to demons from Japan and around the world. Passes through the "Oni Gate" guarded by the fearsome Onkoko (little oni demon), you will enter a twilight space where it is already dusk from various countries including Japan, Nepal, India, and Mexico. You also can make prior arrangement to experience Onikembai or participate in workshops to create kappa masks.

Kitakami Matsuri (Kitakami Summer Entertainment Festival)

Annual festival for three days starts on the first Friday of August.

Attention!

1. No flash photography. (Please ask the reception if you want to take photos)
2. No sketching, use of fountain pens or brushes.
3. Do not touch exhibits.
4. No smoking.
5. Please respect other visitors and facilities.

MAP C-3 Kitakami City Oni no Yakata (Oni museum)

- Address: 16-131 Waseki, Wagayama, Kitakami
- TEL: 0197-73-8488
- Opening hours: 9am - 5pm (last admission 4:30pm)
- Admission: Adult ¥500, High school students ¥240, Jr. high/ primary school students ¥170 (for a group of 20 persons or more: Adult ¥400, Oni and kappa mask)
- Closed: Mondays in Dec. to Mar. (If Monday falls on a holiday, closed on Tuesday instead), and Dec. 28 - Jan. 4
- Access: 15 min drive from Kitakami-Ezuriko IC towards Washi via Iwate Expwy. (last admission 4:30pm)
- Free parking lot is available (60 spaces)



Among the many folk performing arts passed down in Kitakami City, the most popular is the Onikemba, which boasts a strong and dynamic performance that captivates viewers. There are about 20 different types of Onikemba groups active in the city, with two of them designated as Important Intangible Folk Cultural Properties by the prefectural government. There are about 20 different types of Onikemba groups active in the city, with two of them designated as Important Intangible Folk Cultural Properties by the prefectural government. There are about 20 different types of Onikemba groups active in the city, with two of them designated as Important Intangible Folk Cultural Properties by the prefectural government.

Kitakami, a village inhabited by demons

We Oni demons are temporal figure of the gods. A solemn dance praying for peace and fertility.

Onikemba!

On November 30, 2022, it was recognized as a UNESCO Intangible Cultural Heritage. refined dance.

Healing the body as well as mind **Geto Kogen Onsen Resort**

MAP B-4 Santa House GETO

Stay in a log house or trailer house to enjoy the outdoors.
Air-conditioned houses are spacious and amenities such as a Cable TV, a fridge and microwave oven will ensure a comfortable stay. There is also a women-only open-air bath with outstanding skin benefits.



■Address: 2-77 Iwasaki, Wagacho, Kitakami
■TEL: 0197-73-8050
■FAX: 0197-73-5999
■Access: 20 min drive from Kitakami Station
15 min drive from Kitakami-Ezuriko IC on Tohoku Expwy
15 min drive from Kitakami-Nishi IC on Akita Expwy
■URL: <http://www.santa-house.net/>

MAP B-4 Irihata Onsen Seme no Yu (Only in winter)

How about surrounded yourself with the majestic wilderness along the banks of the Geto River?

The magnificent view of the grand dam and the lush greenery from the baths and guest rooms will refresh your mind and body. (Internet is available in guest rooms.)

■Address: 1-3-1 Iwasaki Shinden, Wagacho, Kitakami
■TEL: 0197-73-8008 ■FAX: 0197-73-8005
■Number of guest rooms: 11/Capacity: 40 persons
■Access: 30 min drive from Kitakami Station/ 20 min drive from Kitakami-Ezuriko IC on Tohoku Expwy or 15 min drive from Kitakami-Nishi IC on Akita Expwy
■URL: <http://www.getokogen.com/irihata/index.html>

MAP B-4 Semi Onsen (hot spring)

A relaxing space to enjoy the clear and famous "Bijin no Yu" hot spring throughout the changing seasons.

There are three different types of hot springs with different spring qualities and effects, all of which are sourced directly from the spring. The alkaline baths are particularly renowned for their skin-enhancing effects.

■Address: 1-128 Iwasaki Shinden, Wagacho, Kitakami
■TEL: 0197-73-7294 ■FAX: 0197-73-7011
■Number of guest rooms: 36/Capacity: 130 persons
■Access: 25 min drive from Kitakami Station, 20 min drive from Kitakami-Ezuriko IC on Tohoku Expwy
■URL: <http://www.semi-onsen.co.jp/>

MAP B-4 Mizugami Onsen Yumoto Azumakan

Enjoy a relaxing moment in the warmth of the hot spring surrounded by rich nature.

The affordable ryokan (Japanese style inn) welcomes you at the entrance to Geto Kogen Onsen area, ideal for quiet relaxation. All the rooms provide great views of deep greens in summer and glorious colors in autumn.



■Address: 1-103 Iwasaki, Wagacho, Kitakami
■TEL: 0197-73-7297
■FAX: 0197-73-7003
■Access: 25 min drive from Kitakami Station
10 min drive from Kitakami-Nishi IC on Akita Expwy
■URL: <https://mizukami-azumakan.com/>

MAP B-4 Sunshine Style Village

Enjoy a casual outdoor experience in a convenient and comfortable space.

A campsite containing a café, fully equipped with a workshop and free Wi-Fi. There are plans available where tents and meals are prepared in advance, making it enjoyable even for beginners.

■Address: 2-43-5 Iwasaki Shinden, Wagacho, Kitakami ■TEL 090-6250-3158
■Access: 25 min drive from Kitakami Station/ 20 min drive from Kitakami-Ezuriko IC on Tohoku Expwy/ 15 min drive from Kitakami-nishi IC on Akita Expwy
■https://www.sv03-geto.com/

MAP A-4 Motoyu Geto

(Access closed during winter time from the beginning of November to early May)

■Address: 1-22 Iwasaki Shinden, Wagacho, Kitakami
■TEL: 090-5834-5151 (1-3-37 Hondori, Kitakami Office: TEL: 0197-64-6375)
■Number of guest rooms: 67/Capacity: 200 persons
■Access: 60 min drive from Kitakami Station, 50 min drive from Kitakami-Ezuriko IC on Tohoku Expwy, or 40 min drive from Kitakami-Nishi IC on Akita Expwy
■URL: <http://mizuki.sakura.ne.jp/~geto/>

Geto Kogen Area (Geto Highland Area)



Hidden hot springs and various baths to visit for smooth and silky skin

The approximately 23-kilometer Geto Kogen Idayu Line, which connects the Geto Onsen hot springs surrounded by beech primeval forests from the vicinity of the Iwasaki Castle Remains, is a nature-rich driving course. As you comfortably drive while enjoying views of the mountains, you will arrive at Mizugami Onsen, which serves as the front entrance to the Geto Kogen Onsen Resort. Next is Semi Onsen, which is said to be the place where people would go to sweat and refresh themselves before ascending to Geto in the days when there were no cars. With three springs, the Bijin no Yu (beauty spring) in particular is popular among young women for its skin-smoothing effect after bathing. The Irihata Onsen, which springs up naturally in the downstream Seme Valley below the Irihata Dam, has a high radium content and excellent heat retention. And then there's the hidden gem among hidden gems, the Geto Onsen. In the Edo period's hot spring rankings, it was ranked alongside the best onsen in the west, the Motomiyama Onsen in Kishu Wakayama, as the best hot spring in the east, one of the most prestigious at the time, and has been selected as one of the 100 Best Hot Springs in Japan. With hot springs gushing from various parts of the valley and natural outdoor baths scattered about, you can also enjoy hopping from one hot spring to another.

Healing the body as well as mind

There are three different types of hot springs with different spring qualities and effects, all of which are sourced directly from the spring. The alkaline baths are particularly renowned for their skin-enhancing effects.

MAP A-4 Geto Onsen Kanko Hotel

The secluded areas of Michinoku, surrounded by beech primeval forests, boast numerous open-air baths scattered throughout the valleys.

There are four indoor baths, each with a different type of hinoki cypress bath that is popular for its unique spring quality and temperature: Shintaro no Yu, Hebi no Yu, Hakuen no Yu, and Kame no Yu.

(Access closed during winter time from the beginning of November to early May)
■Address: Iwasaki Shinden, Wagacho, Kitakami
■TEL: 090-3367-4000
■Number of guest rooms: 19 ■Capacity: 68 persons
■Access: 60 min drive from Kitakami Station, 50 min drive from Kitakami-Ezuriko IC on Tohoku Expwy, or 40 min drive from Kitakami-nishi IC on Akita Expwy

MAP A-4 Tengu no Iwa Rock

(Nationally designated natural monument / Japan's largest tufa dome)

It is 17.6 meters high with a diameter of 25 meters at the base and 7 meters at the top, which is an enormous dome formed by a deposit of spring water. Located at the upper stream of Geto Onsen, it is a nationally designated natural monument.

Attention!

1. Do not put towels in the bathtub.
2. Wash your body before taking a bath.
3. Avoid splashing water on people around you.
4. Do not wash in the bath.

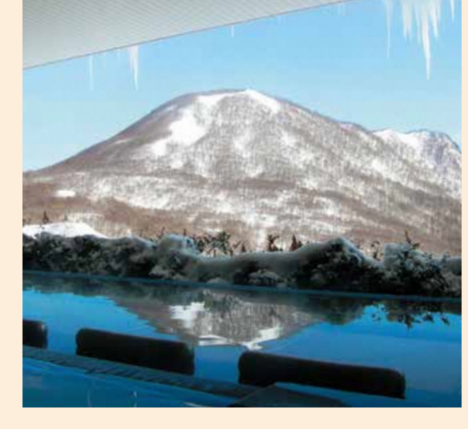


Geto onsen is Kitakami's hidden treasure deep in the foothills of Yakushi mountains in the Kurikoma quasi-National Park. Many hot springs are scattered in the valley forming natural open-air baths.

MAP A-4 Natural hot spring Geto Kogen Onsen

The hot spring water is very effective for rejuvenating skin, and is a simple weak alkaline. Refresh yourself at our outdoor bath with a fantastic view or far infrared low temperature sauna.

■Address: Iwasaki Shinden, Wagacho, Kitakami
■TEL: 0197-65-9000
■URL: <https://www.getokogen.com/green/02onsen/index.html>



Hiking and Climbing in Geto Kogen

Geto Three Mountain Trekking

Ushigatayama, Kyozukayama, and Komagatake, known as the three mountains of Geto, offer day hikes based around the Geto Kogen Onsen area. You can enjoy hiking while relieving fatigue in the hot springs. The area is rich in variety with beech forests, flower fields, wetlands, and rocky terrain, each showing different expressions depending on the season.

Geto Kogen Trekking

The trekking course circles around the area of Geto Kogen Ski Resort, aiming for Mt. Yokodake. There are beech primeval forests, creating soft light with fresh green leaves in spring and welcoming vibrant autumn foliage in fall. Utilizing the ski resort's gondola makes the journey even easier.
(Gondola operation days to be confirmed TEL: 0197-65-9000)

Trekking Courses

Course	Elevation	Distance (one way)	Time (climbing/ descending)
Ushigatayama	1339.8m	approx. 4.4km	approx. 180 min/ 140 min
Kyozukayama	1372.6m	approx. 6.1km	approx. 240 min/ 180 min
Komagatake	1129.8m	approx. 5.0km	approx. 190 min/ 140 min

Geto Kogen Trekking

Course	Distance (one way)	Time (climbing/ descending)
Geto Kogen Trekking Course	approx. 4.0 km	approx. 130 min/ 100 min

Geto Kogen Snow Shoe Hiking

Course	Distance	Time
Geto Kogen Snow Shoe Hiking Course	2 ~ 3 km	approx. 120 min

Rental Inquiries

1-1 Yushicho, Kitakami City
Commercial Tourism Section, Commerce and Industry Department, Kitakami City
Geto Kogen Interpreter's Association
TEL: 0197-72-8241 FAX: 0197-64-2171
E-mail: shokan@city.kitakami.iwate.jp

Geto Kogen Ski Resort



Attention!

1. Do not ski outside of designated courses.
2. Do not use lifts with a child on your lap.

Geto Kogen Snow Shoe Hiking

Wearing snow shoes allows for an extraordinary experience in the snowy mountains. Snow shoes require no specific skills unlike skiing or snowboarding. Often worn, you can walk immediately, making it enjoyable for anyone to hike while admiring the beautiful snowy scenery.



Geto enjoys the deepest and best quality snow for skiing among the ski resorts within the Honshu area. Located amidst the Ou mountains where ample snow is guaranteed, packed snow surfaces rarely melt or freeze thus optimal skiing conditions are available throughout the season. A total of 14 courses in varying slopes and length accommodate beginners as well as highly skilled skiers and snow boarders. Gondolas and lifts are operated for day and night skiing. Night skiers are rewarded with spectacular views of Kitakami city's lights. The skiing season extends to the first week in May.
After skiing, why not enjoy the hot spas at the adjacent Geto Kogen Onsen?
■Address: Iwasaki Shinden, Wagacho, Kitakami
■TEL: 0197-65-9000
■URL: <https://www.getokogen.com/winter/>

Total Area: Approx. 170 acres
Total runs: 14, 110 m
The longest run: 2,980 m
No. of runs: 14, 2 Gondolas
2 Pair lifts, 1 Quad lift

Trail Map

JAPOW
JAPAN OPEN SKI PARK

Four seasons in Geto Kogen

May Opening of Geto Onsen
Geto Onsen, which closed for the winter season in November, has reopened, heralding the arrival of spring in Geto.

Jun. Opening of Geto Three Mountains
For the safety of all trekkers during the season, a citizens' group climbs one of the three mountains (Ushigatayama, Kyozukayama, Komagatake) in turn each year. They clean and bring litter around the trails back as well. (Second Sunday in June)

Jul. Geto Onsen Summer Green Festival
There are product exhibitions selling local products, food tasting events, and fun events. Families can fully enjoy the deep green of the Geto Kogen.

Oct. Geto Kogen Koyo (autumn colors) Festival
The event held at the Geto Kogen ski resort. Enjoy the colourful spectacles on the hills from the Gondola and the top of the mountains.

Dec. Opening of Geto Kogen Ski Resort
When snow arrives in Geto, the ski resort opens. The deepest and best quality snow in Honshu guarantees the comfortable skiing until early May.

Culture

MAP D-3 A hub for cultural exchange among citizens Sakura Hall



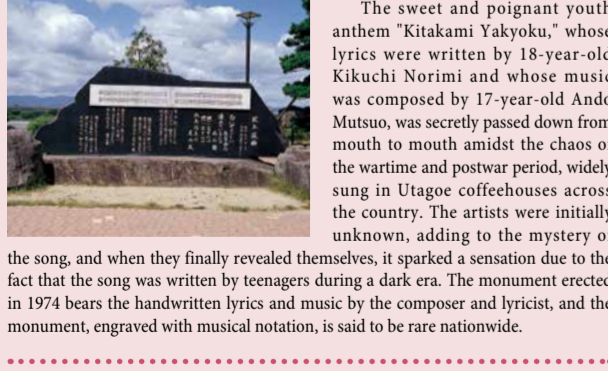
Open for 20 years now, Sakura Hall has become a hub for cultural exchange among citizens. This multifunctional event hall is an art factory that includes a large hall (with a maximum seating capacity of 1,406), a medium hall (with a maximum seating capacity of 461), a small hall, as well as lesson rooms, studios, and a music room. The entrance is designed with an open atrium, creating a spacious and welcoming atmosphere. Located about a 10-minute drive from Kitakami Station.
■Address: 2-1 Sakuradori, Kitakami
■TEL: 0197-61-3300 ■URL: <https://www.sakurahall.jp/>

MAP C-3 A large group of Kofun-gun with history and culture Ezuriko Kofun-gun (ancient burial mounds)



Kitakami area, where Kitakami River and Waga River meet, has been inhabited ever since the Paleolithic age. Settled on the north bank of Waga river, are approx. 120 burial mounds of 6 to 15 meters in diameter dating from late 7th to early 8th century, producing Magatama curved beads, cut glass beads, swords and harnesses. In particular, glass beads covered with gold to a rare find in Japan and indicates trading with the continent. Ezuriko Kofun-gun was designated a National Historic Site in 1979.

MAP D-3 Kitakami Yakyoku (Kitakami serenade) Monument



The sweet and poignant youth anthem "Kitakami Yakyoku," whose lyrics were written by 18-year-old Kikuchi Norimi and whose music was composed by 17-year-old Ando Matsuo, was secretly passed down from mouth to mouth amidst the chaos of the wartime and postwar period, widely sung in Utagee coffeehouses across the country. The artists were initially unknown, adding to the mystery of the song, and when they finally revealed themselves, it sparked a sensation due to the fact that the song was written by teenagers during a dark era. The monument erected in 1974 bears the handwritten lyrics and music by the composer and lyricist, and the monument, engraved with musical notation, is said to be rare nationwide.

MAP C-3 [Kamuihechirikoho]

It means gods' play ground in Ainu, and is said to be the origin of the place now named Ezuriko. A stone object designed on the theme of ancient burial grounds take you back to the mystical period.

MAP D-3 [Suzu springs]

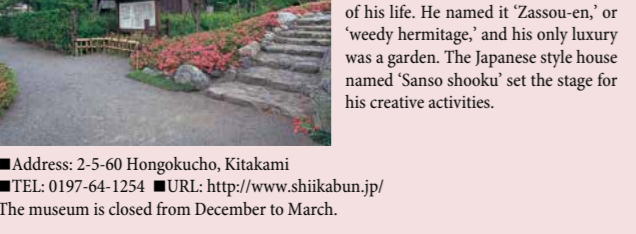
The copious clear water springs have been cherished by people and used in their daily lives since ancient times. Some of the springs are classed in one of the top 20 natural spring waters in Iwate.

MAP D-3 Serene walk of literature Museum of Contemporary Japanese Poetry, Tanka and Haiku

With a unique collection of Japanese modern poetry, tanka, haiku and senryu since Meiji era, the museum is the only one of its kind in Japan dedicated to the poetry literature. It attracts visitors from all across Japan.
■Address: 2-5-60 Hongokuchou, Kitakami
■TEL: 0197-65-1728 ■URL: <http://www.shikaban.jp/>

MAP D-3 Yamaguchi Seison House 'Zassou-en'

The renowned Iwate born Haiku Poet Yamaguchi Seison's house was moved here in 1993 from Setagaya, Tokyo. He moved to this house in 1931 at the age of 39 and stayed for the rest of his life. He named it "Zassou-en," or "weedy hermitage," and his only luxury was a garden. The Japanese-style house named "Sanso shooka" set the stage for his creative activities.



■Address: 2-5-60 Hongokuchou, Kitakami
■TEL: 0197-64-1254 ■URL: <http://www.shikaban.jp/>
The museum is closed from December to March.

Sporting activities

MAP D-3 Kitakami General Athletic Park



A full scale athletic stadium and gymnasium, among other excellent facilities, stand in the vast 125-acre natural park surrounding a large lake.
■Address: 27-36 Takamaedan, Asaricho, Kitakami
■TEL: 0197-67-6720 ■FAX: 0197-67-6721

MAP B-3 Kitakami Country Club

Surrounded by pine forests, this hilly course features a layout reminiscent of a links-style course, with holes that tempt you to take on challenging shots over ponds. The club lodge, renovated in 2020, exudes cleanliness and freshness. It's about a 15-minute drive from downtown Kitakami, making it easily accessible for a casual visit.

MAP C-3 Kitakami Waga Park Golf Course

A golf course with 36 varied courses along the undulating terrain of the Ou Mountains. It features courses utilizing six slopes, a 90-meter long course, forest courses, and more, catering to both beginners and advanced players. Its convenient location, just 3 minutes by car from the Kitakami-nishi interchange on the Akita Expressway, is also a plus. Additionally, it's adjacent to the Furusato Experience Hall accommodation and training facility.

MAP C-3 Wagakawa Green Park

A park along Waga River provides facilities for outdoor and sporting activities. The reversion covered with vegetation, shallow streams for water splashing and open space for day camping and barbecues are always popular with children and adults alike. Tennis courts, grass covered fields and cycling roads are also available.

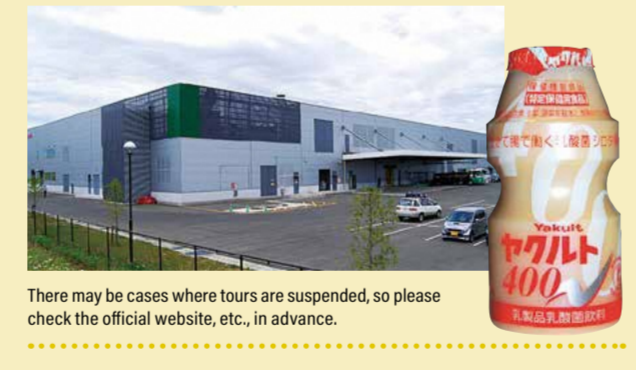
MAP C-4 Yakult Factory Tour

Yakult, the hugely popular health supplement drink is manufactured in Kitakami Plant.

Orientation (summary of plant and product)	20 min
Video	15 min
Tour of the manufacturing facility	25 min

The process of 1.5 million bottles of Yakult being manufactured in a day can be observed in approx. 60 min.

■Tour start time: 1) 9:30- 2) 11:00- 3) 13:00- 4) 14:30-
Groups can be accommodated.
■To arrange a tour, contact Iwate Yakult Factory. Inquiries Office: 0197-71-2828



There may be cases where tours are suspended, so please check the official website, etc., in advance.

Citizen Watch Manufacturing Co., Ltd Tohoku Kitakami Factory

Starting with raw materials, the process of pressing and assembly of parts to the finished watches are all covered under the roof of this plant. Visitors can observe the manufacturing and assembly sites of the components.
■Time & days: Monday to Friday, 9:30-11:30 / 13:30-16:30
■Duration: 60-90 min / 90-120 min if hands-on experience is included
■To arrange a tour, contact two weeks in advance.
■Address: 2-25 Kitakami Kogyo Dancho, Kitakami TEL: 0197-66-2301

Satake Tohoku Co. Ltd.

Manufacturer of agricultural process machineries including rice husk dryers, automatic sorter and weighing machines, winnowers, rice polishing machines, etc.
■Duration: 30 min ■To arrange a tour, contact one month in advance.
■Address: 1-16-1 Kawagishi, Kitakami TEL: 0197-64-1111

Tohoku Nipattsu Co., Ltd

Manufacturer of a variety of products such as automobile suspension, die springs for mold, industrial and housing related springs, and automotive seat springs.
■Duration: 40-60 min ■To arrange a tour, contact one month in advance.
■Address: 18-25-2 Fujine, Wagacho, Kitakami TEL: 0197-73-5221

Seibu Kaihatsu Nosan Co., Ltd

■Time & days: Monday to Friday, 9:00-16:00
■Duration: 30 min- 2 hours depending on the tour content
■To arrange a tour, contact one month in advance.
■Address: 1-333 Goto, Wagacho, Kitakami TEL: 0197-73-6471

Hands-on Experience, Nature

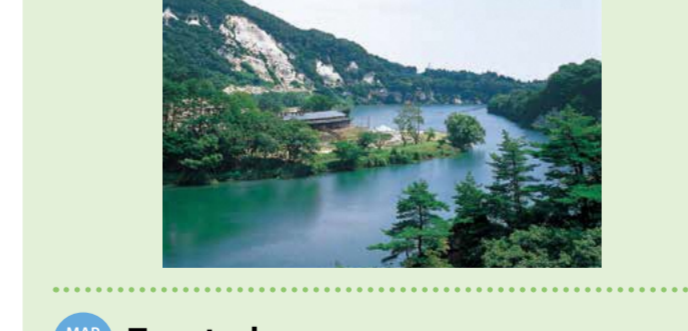
MAP B-3 Furusato Taikenkan Kitakami

You can relax and enjoy the outdoors parties, barbecues or camping are all catered for. During winter a package deal with Geto Kogen Ski Resort is available.

Kitakami Foundation for Community Development
Address: 23-24-5 Yamaguchi, Wagacho, Kitakami
TEL: 0197-72-2883 FAX: 0197-72-2883
URL: <http://user.ginga-net.ne.jp/~k-zaidan/>

MAP B-3 Waga no Matsushima

Drive on Highway 107 toward Akita, a beautiful lake appears by Ishibane Dam. There is Tsunatori-sou on the north bank. The view on the south side is like a scene stolen from renowned Matsushima, one of the three most scenic spots in Japan, with red pines on the rocks, hence the name Waga no Matsushima.



MAP B-3 Tunatori-sou (strata)

The cliff of 50 m height on the north side of Ishibane Dam, exposes the Tsunatori-sou, the strata formed in Cenozoic Neogene period (more than 10 million years ago). Erosion by Waga River and weathering expose the strata, displaying fossilized bones of sardines and whales, giving us some insight into the formation of Japanese archipelago.

MAP D-3 Wagakawa River Side Park

Along the riverbed of Waga River, this 40 acre nature park offers three tennis courts, multi-purpose open spaces, a baseball field and other recreation facilities. Water fountain area with the fog, waterfall, rain and river themes, and with a hydrangea garden and lotus pond, is popular with families.

MAP C-3 Shu Blueberry Farm

From the wood deck of the farm house you can take in all of the 1.5 acre blueberry field. On a clear day the peak of Mt. Iwate to the north and Hayachine mountains to the east trim the view of the fertile Kitakami plain. New café is open and mouth watering dishes prepared using the local fresh produce are on offer.

Address: 45-9 Nakanarisawa, Asaricho, Kitakami TEL/FAX: 0197-67-6008
URL: <http://www.i6.ocn.ne.jp/~shub/index.html>

Souvenirs

Croquette made of Kitakami Futago Satoumo (Taro), Kurogo Wagyu (Japanese Black Cattle), Pork produced in the prefecture, and Kitakami green asparagus. The special recipe prepared by Kitakami Cooks Association can be enjoyed at several restaurants in Kitakami.

Kitakami Specialities

Kitakami Croquette

Baked cheese cake
Troika's own natural cheese is baked into perfect balance between slight tartness and rich smoothness. Will deliver within Japan.
Troika Ltd
Address: 16-531 Kamiezuriko, Kitakami TEL: 0197-62-4369
URL: <https://troika-kitakami.com>

Inlaid ebony chopsticks
There are made of inlaid ebony. The pattern of the shell shines in beautiful contrast to the black ebony. In addition to chopsticks, there are also saucers and trivets.
Yume Kobu Co., Ltd
Address: 20-70 Murasakino, Kitakami TEL: 0197-68-2230 FAX: 0197-68-2358
URL: <http://www.yume-yumikobu.com/>

Local cuisine 'Hittsumi'
One pot of the local dish features "hittsumi" of the fertile soil of the Kitago area in Kitakami City has a smooth texture, richness, depth, and pleasant mouthfeel. During the harvest season, Hittsumi-Kai! gatherings where people come together to enjoy imonoko-jiru has become a seasonal autumn tradition.

Local cuisine 'Futago Imonoko-jiru'
The Futago satoumo (taro) cultivated with care in the fertile soil of the Kitago area in Kitakami City has a smooth texture, richness, depth, and pleasant mouthfeel. During the harvest season, Hittsumi-Kai! gatherings where people come together to enjoy imonoko-jiru has become a seasonal autumn tradition.

Tenshochi Swan Cookies
Cookies shaped by hand to resemble the white swans that fly over Kitakami.

Kitakami green asparagus
Packed with a smooth richness, so tender that it can be eaten without peeling the skin all the way to the base, and boasts excellent sweetness and aroma. Unlike most vegetables, it contains a high amount of protein and is rich in asparagine, which reduces stress.

Kitakami Gyu (Beef)
The cattle, growing freely in vast grasslands, consume abundant grass and are raised using a breeding method that utilizes the natural environment and climate during the rearing and fattening periods.

Kitakami Regional Farming Center
Address: 19-33 Ryusyu Center, Kitakami TEL: 0197-71-3300
URL: <http://www.jihanamaki.or.jp/agriculture/index.html>

JA Iwate Hanamaki Kitakami Regional Farming Center
Address: 19-33 Ryusyu Center, Kitakami TEL: 0197-71-3300
URL: <http://www.jihanamaki.or.jp/agriculture/index.html>

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Souvenirs

A variety of traditional folk crafts, handmade items, local foods, and more, allowing you to purchase souvenirs from Kitakami all in one place.

Access, Kitak