

What is Semboku x Hot Springs Osanpo Map?

With the goal of promoting a healthy lifestyle through walking ("osanpo" in Japanese) around the numerous hot springs and restaurants dotting the landscape in Semboku, we've created this pamphlet as a one-stop source of information. Whether you are a local or a first-timer here, we hope with this pamphlet in hand, you will discover the beauty of Semboku while improving your general well-being. The courses listed within are just suggestions. Feel free to make your own routes!

Getting healthy, safely!

Before walking,
please consult with a doctor if you:

check!

- ☐ have medical restrictions regarding physical activity.
- ☐ have had artificial joint surgery in the last six months.
- ☐ experience numbness in your leg(s) or feet.
- ☐ have previously broken your spine.
- ☐ have a resting pulse rate of under 50 beats per minute or over 110 beats per minute.
- ☐ have a systolic blood pressure under 90mmHg or over 180mmHg.
- ☐ have a diastolic blood pressure over 100mmHG.
- ☐ have a fever over 37°C/98.6°F
- ☐ feel dizzy, cold, nauseous and are excessively sweating.
- ☐ have heart palpitations or feel out of breath while at rest.



Semboku x Hot Springs Osanpo Map



Hot Springs & Walking
in SEMBOKU
Semboku, Akita
Osanpo

For further inquiries, contact the following: Semboku City General Affairs Department: ☎ 0187-43-3315

※ Prices are inclusive of the 8% consumption tax as of February 2019. Prices and hours of facilities published within are subject to change.

OSANPO MAP

Council on Promoting
Next-Generation Healthcare Industry

With the "3030 Osanpo Pace" in mind, let's start walking!

An original program created by Semboku City to promote a healthy lifestyle through moderate exercise.

Not exerting yourself during exercise is ineffective, while overdoing it can lead to heart complications in extreme cases. To make the most of your exercise regimen, it is important to know your optimum intensity level. Here in Semboku, we have developed a program we call the "3030 Osanpo Pace" to determine your level of activity for optimum fitness. Through daily walking of at least 30 minutes, aim for a pulse number that is 30 over your resting heart rate. Are you up for the challenge?

Measuring Your Pulse

While in a resting state, turn your hand palm-up and place your first three fingers on the vein below the thumb on your wrist. Count the number of beats for one minute (or for 30 seconds and multiply by 2).



What is "Osanpo Pace 3030"?

Exercise Intensity

Resting heart rate +30

- ※ Your resting heart rate + 30 through exercise
- ※ Keep your pulse rate below 110 beats per minute.

Exercise Time

Over 30 minutes total

- ※ 30 minutes of continuous exercise is ideal, but rest when necessary.

Extend your healthy life expectancy through walking

Healthy life expectancy is defined as the amount of time a person has leading daily life without including time spent during health concerns or illness. The average difference when comparing total life expectancy to healthy life expectancy is 10 years for men and 12 years for women. Reducing this gap is important, and walking regularly is an ideal way to do so. Hot springs help relax and rejuvenate the body, improving the effectiveness of walking. Through "Osanpo," we hope to extend the healthy life expectancy of people everywhere. We ask that participants, especially the elderly, and those with physical ailments or disabilities plan their exercise time, keep good posture and wear appropriate clothing and shoes before starting "Osanpo Pace 3030." Last but not least, please enjoy yourself!

Yoichi Shimada. Chairman of the Japan Medical Society of Spinal Cord Lesions. Director of the Japanese Association of Rehabilitation Medicine. Executive Secretary and specialist of high-tech rehabilitation machinery.



Akita University Graduate School
Professor of Orthopaedic Surgery

Yoichi Shimada

Walking Posture Key Points ⚠

Arms

Land on your heel first and swing your arms naturally back and forth.

Back

Maintain a good posture by keeping your back straight.

Stride

Take long strides while landing on your heel first.

Head

Walk heel-first and look straight ahead.

Feet

Land on your heel first, placing your center of gravity on the outer part of your heel. Step forward and lift off.



● Choosing Appropriate Shoes and Clothing



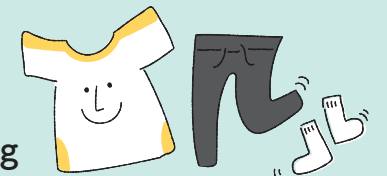
Shoes

Wear shoes that have strong heel support and fit the shape of your feet.



Things to Bring

Drinks, a small towel, a pedometer, etc. Fluorescent or reflective bands are also recommended when walking at dusk or at night.



Clothing

Loose, comfortable clothing for your upper body. Preferably track pants for your lower body. Wear socks to prevent blisters.

Shimada Yoichi, Akita University Graduate School of Medicine, Department of Orthopedic Surgery.
Yusuke Takahashi, Akita University Hospital, Rehabilitation Division.

Utilizing Hot Springs **Effectively**

Therapeutic Hot Springs for General Ailments and Hot Spring Characteristics

"General Ailments" are cases of sickness and external injuries that are considered to be effectively treatable at hot springs. "Hot Spring Characteristics" indicate the special mineral qualities of each hot spring that can benefit a specific illness or injury. Semboku City has eight out of the ten types of hot springs designated by the Japanese Hot Spring Law. Learn more about these hot spring characteristics and utilize them effectively to better your health!

Hot Springs Can Therapeutically Benefit:

- Muscle and/or joint stiffness or chronic pain (rheumatoid arthritis, osteoarthritis, lower back pain, nerve pain, stiff shoulders, bruising, sprains)
- Motor paralysis-related muscle stiffness
- Intestinal/digestive problems (stomach heaviness, intestinal gas buildup)
- Stress-related symptoms (sleep disorder, depression)
- Excessively high or low cholesterol count
- Light asthma or pulmonary emphysema
- High blood pressure (lower end)
- Hemorrhoid pain
- Diabetes
- Post-sickness recovery period
- Autonomic instability
- Overall health enhancement
- Fatigue recovery
- Sensitivity to cold
- Peripheral circulatory failure



Utilize hot springs to improve your health

Set in the rich natural backdrop of Akita Prefecture, Semboku City is blessed with an abundance of natural hot springs. From ancient times, people have utilized the healing and medicinal properties of the minerals found in hot springs. Bathe in hot springs surrounded by majestic mountains and pristine forests to help rejuvenate your body's internal rhythm, nervous system, endocrine system and immune system, which are thrown off balance through daily life. Not only physically beneficial, hot spring therapy also aids in improving mental well-being. Semboku has eight of ten medically-approved hot spring types in Japan. We encourage everyone to enjoy the medicinal benefits of our hot springs, walking trails, forests, various aquatic activities and local cuisine year-round to improve your health.

Shinichi Ichikawa, Head of Saimyoji Clinic, Semboku. Chairman of the Semboku Onsen Therapy Research Society



Hot Spring Therapy
Dr. Shinichi Ichikawa

Eight Medically-Approved Hot Springs in Semboku

Hot Spring Type	Health Benefits (Bathing)	Health Benefits (Drinkable)	Recommended Hot Springs
Regular Hot Springs	Autonomic instability, insomnia, depression	—	Kurion, Magoroku Onsen, Taenoyu (Ginnoyu)
Chloride Springs	Cuts, peripheral circulatory failure, sensitivity to cold, depression, dry skin	Gastritis, constipation	Dashinoyu, Tamagawa Onsen, Shin-Tamagawa Onsen
Carbonated Springs	Cuts, peripheral circulatory failure, sensitivity to cold, dry skin	Stomach ulcers, acid reflux, esophagitis, glucose intolerance (diabetes), hyperuricemia (gout)	Tsurunoyu Onsen, Mizusawa Onsenkyo Area
Sulfur Springs	Cuts, peripheral circulatory failure, sensitivity to cold, depression, dry skin	Bile duct disorder, hypercholesterolemia (high cholesterol in the bloodstream), constipation	Yupopo, Kayokan, Kakunodate Onsen, Taenoyu (Kinnoyu)
Iron Springs	—	Iron-deficiency anemia	
Acidic Springs	Atopic dermatitis, psoriasis vulgaris, glucose intolerance (diabetes), skin-flaking symptoms	—	Tamagawa Onsen, Shin-Tamagawa Onsen
Sulfur Springs	Atopic dermatitis, psoriasis vulgaris, diabetes, skin-flaking symptoms (Warning: hydrogen sulphide springs will worsen peripheral circulatory failure)	Glucose intolerance (diabetes), hypercholesterolemia	Arupa Komakusa, Kuroyu Onsen, Tsurunoyu Onsen, Mizusawa Onsenkyo Area
Radioactive Springs	Hyperuricemia (gout), rheumatoid arthritis, AS (ankylosing spondylitis), etc.	—	

What is an "Onsenyoku Master"?

"Onsenyoku Master" is a certification system created by the Semboku City Hot Spring Therapy Association, with the goal of providing people with a deeper understanding of the benefits of hot spring therapy and encouraging safe bathing. Furthermore, it certifies that a person can explain this knowledge of hot springs to others in a structured manner. Currently there are 58 certified "Onsenyoku Masters" in Semboku.

★ Indicates facilities certified as "Onsenyoku Master."

Hot Spring Bathing Safety Points

- 1 Replenish fluids before and after bathing.
- 2 At home, use bathtub covers to prevent accidents.
- 3 Pour 10 buckets of hot water on yourself before bathing.
- 4 Submerge only half your body if the water temperature is below 41°C/106°F.
- 5 Avoid bathing early in the morning and right after eating.

Tamagawa & Hachimantai Area Walking Map



ROUTE 01

Tamagawa & Hachimantai Area Walking Points

Tamagawa Onsen is renowned throughout Japan for its low-pH level hot spring water. Experience the outdoor bedrock sauna near the Tamagawa Nature Trail open-vent hot spring field. Detox at Tamagawa Onsen's hot springs after walking through this unique geothermal landscape!



Tamagawa Onsen Restaurant

Tamagawa Onsen is renowned throughout Japan as a hot spring therapy spot. The dining hall is open to hotel guests and walk-in customers. Enjoy the popular Akita Three-Flavor Set (pictured above). (¥1,080 tax-inclusive)

Kokuyurinnai, Shibukurosawa, Tazawako-Tamagawa, Semboku, Akita 014-1205 ☎ 0187-58-3000
Reservation Center Business Hours: 11:30-13:00.
(Sat., Sun. close at 14:00)

*Closed from the end of Nov. to mid-April.



Shunsai Dining Bunanoshiki

Buffet-style breakfast and dinner served to Shin-Tamagawa Onsen hotel guests. The restaurant is open to walk-in guests during lunch hours. Choose from two popular daily lunch specials. (¥800 tax-inclusive)

Shin-Tamagawa Onsennai #2, Kurosawa, Tazawako-Tamagawa, Semboku, Akita 014-1205
☎ 0187-58-3000
Business Hours: 12:00-13:15. Open year-round.

Tamagawa & Hachimantai Area Hot Springs & Restaurants



Tamagawa Onsen

Known for having some of the highest acidity levels (pH1.2) of any hot spring in Japan. Our resident nurse is available for hot spring treatment consultations. Many customers stay long-term for hot spring therapy, and we welcome day-trip bathers as well. Indoor and outdoor bedrock saunas are also readily available.

Kokuyurinnai, Shibukurosawa, Tazawako-Tamagawa, Semboku, Akita 014-1205 ☎ 0187-58-3000 (Reservation Center)
Business hours: 09:00-16:00. (last entry 15:30) Adults ¥800, Children ¥400. *Closed in winter. (End of Nov.-Mid Apr.)



Shin-Tamagawa Onsen

Open even during the winter, Shin-Tamagawa Onsen draws its hot spring water directly from nearby Tamagawa source waters. Rejuvenate your body in low-pH level waters in 15 unique wooden baths made from Aomori white cedar. *Route 341 is closed to regular vehicle access in the winter. (Bus available)

Kurosawa #2, Tazawako-Tamagawa, Semboku, Akita 014-1205 ☎ 0187-58-3000
Business Hours: Summer 09:00-16:00, Winter 09:00-13:30. Adults ¥800, Children ¥400.

Nyuto Onsenkyo Area Walking Map



ROUTE 02 Nyuto Onsenkyo Area Walking Points

Within the confines of Towada-Hachimantai National Park (including the foothills of Mt. Nyuto) lie 7 onsens (hot springs) which are collectively known as "Nyuto Onsenkyo." Breathe the fresh mountain air as you make your way through the 60-minute hiking course through old-growth beech forests.



Yamanoyado (Japanese Restaurant)

Enjoy lunch in a private room with a traditional Japanese fire pit. The "Yama no Imo Nabe Set Meal B" (¥1,550 tax-inclusive) is a miso-based hot pot soup set meal with rice. Enjoy different seasonal side garnishments.

1-1 Yunotai, Tazawako-Tazawa, Semboku, Akita 014-1204 ☎ 0187-46-2100.
Business hours (lunch): 11:00-14:00. Open year-round. Lunch reservations accepted.



Kyukamura Nyuto-Onsenkyo Restaurant

Nyuto Onsenkyo's only barrier-free restaurant which also serves the local pork dish "Rainbow Pork Cutlet Bowl" (¥1,300 tax-inclusive). Enjoy the satisfying taste of sweet and soft pork.

2-1 Komagatake, Tazawako-Obonai, Semboku, Akita 014-1201 ☎ 0187-46-2244
Business hours (lunch): 11:30-14:00. Open year-round. Lunch reservations accepted.

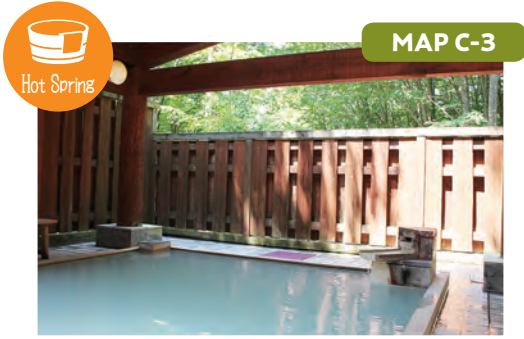
Nyuto Onsenkyo Area Hot Springs and Restaurants



Kuroyu Onsen*

Set deep in Nyuto Onsen Village, Kuroyu Onsen offers separate and mixed male and female baths, as well as open air baths. Choose from a range of hydrogen sulfide and sulfur springs. See where hot spring minerals are harvested.

2-1 Kuroyuzawa, Tazawako-Obonai, Semboku, Akita 014-1201 ☎ 0187-46-2214 Business hours: 09:00-16:00. Ages 13 and above ¥600, Ages 12 and under ¥300. *Closed in the winter.



Kyukamura Nyuto-Onsenkyo

Both sulfur springs and sodium hydrogen carbonate springs are available and each have separate baths for men and women. Enjoy the different types of natural hot spring water as you look out on the surrounding beech forest.

2-1 Komagatake, Tazawako-Obonai, Semboku, Akita 014-1201 ☎ 0187-46-2244
Business hours: 11:00-17:00. Adults ¥600, Children ¥300.

* ★ Indicates facilities with a certified "Onsenyoku Master."

Mizusawa Onsenkyo Area Walking Map



ROUTE 04 Mizusawa Onsenkyo Area Walking Points

This area, which includes the Mizusawa Onsen Open-Air Hot Spring, is popular amongst local people. The hilly landscape makes this course moderately challenging. Do not over-exert yourself. Enjoy the beautiful and refreshing Yujo no Taki Waterfall at the end of the course.



Hotel New Sky Restaurant

Hotel New Sky Restaurant is great for the day-trip crowd. The "Ginger-Fried Rainbow Pork Set," (made using locally-produced Tazawako pork and pictured above) is a customer favorite. (¥1,026 tax-inclusive)

73-3 Shimotakano, Tazawako-Ononai, Semboku, Akita 014-1201 ☎ 0187-46-2006 Business Hours: 11:30-13:30.



Mizusawa Onsen Open-Air Hot Spring

Two outdoor and indoor hot springs each for men and women! Choose from hydrogen sulfide or calcium springs, all from a 59°C /138°F source gushing up at 1,000 liters per minute.

73-15 Shimotakano, Tazawako-Ononai, Semboku, Akita 014-1201 ☎ 0187-46-2111 Business hours: 09:00-21:00. Facilities close at 22:00. Adults ¥600, Children ¥300.



Komagatake Onsen

Located next to Yujo no Taki Waterfall, which is the start of a walking trail. Choose from separate male or female indoor heated-stone baths or enjoy the gentle murmuring of a nearby stream from our outside baths. Komagatake Onsen water has a reputation for its skin smoothening properties. Experience it for yourself!

80-68 Shimotakano, Tazawako-Ononai, Semboku, Akita 014-1201 ☎ 0187-46-2688 Business hours: 09:00-19:00. (Wednesdays from 16:00) Adults ¥500, Children ¥250.

Mizusawa Onsenkyo Area Hot Springs and Restaurants



Plaza Hotel Sanrokuso Bekkan Shikisai

Enjoy our western-style resort hotel. Relax in our unique, nostalgic blend of Japanese and Western-style baths with hydrogen sulfide hot springs. Walk-in bathers welcome.

73-40 Shimotakano, Tazawako-Ononai, Semboku, Akita 014-1201 ☎ 0187-46-2026 Business hours: 10:00-15:00. Adults ¥600, Children ¥300.

Tazawako Area Walking Map

Lake Tazawa



Lake Tazawa Kunimasu Museum ▶ Farm Lodge Teruko ▶
Bike Path Entrance ▶ Lake Tazawa Kunimasu Museum ▶

Distance:

Approx. 4.0 km / 2.5 mi

Time:

51 minutes

Approximate Calorie

Expenditure:* 133.9 kcal



ROUTE 05

Tazawako Area Walking Points

Start and end at Lake Tazawa Kunimasu Museum, you can take a walk and enjoy the peaceful rural scenery. For a closer view of Lake Tazawa, go past Farm Lodge Teruko and turn left where you will see a signboard for the bike path. Follow the path from there.

Mt. Moyamoriyama

Bike Path

Lake Tazawa Kunimasu Museum

Tatsuko Tea House

Start & Goal

Bike Path Entrance
(Signboard visible)

Farm Lodge Teruko

Kata no Shidarezakura

Omoide no Katabunko Museum



Food

MAP C-3



ORAE

Enjoy traditional dishes made with locally grown vegetables. The "Walnut & Taro Croquette" pictured above is an Akita Prefecture specialty. (With home-made bread, ¥1,545 tax-inclusive) Enjoy different flavored croquettes each season. (Prices may vary.)

37-5 Haruyama, Tazawako-Tazawa, Semboku, Akita 014-1204 ☎ 0187-58-0608

Business Hours: 11:30-20:30.

*Sat. & Sun. holidays vary per season.



Food

MAP C-3



European Restaurant Kaede

Enjoy our dishes made from locally-branded "Tazawa Hoboku Pork" ("Hoboku" referring to pork from free-range pigs). The "Tazawa Hoboku Pork Roast Cutlet" (¥1,134 tax-inclusive) pictured above is a customer favorite. Lunch comes with a complimentary salad bar and free drink refills.

29-12 Tsukurimichi, Tazawako-Ononai, Semboku, Akita 014-1201 ☎ 0187-43-3768

Business Hours: 11:30-21:00. Closed: Tues.



Hot Spring

MAP C-4



Semboku City Public Bath Dashinoyu* ★

Refresh your body in our sodium and calcium chloride hot spring baths and sauna. A free rest area is also available for use. Free bathing for Semboku residents on the 26th of every month.

111-8 Musashino, Tazawako-Ononai, Semboku, Akita 014-1201 ☎ 0187-43-2133

Business Hours: 07:00-21:00. (Last Entry 20:00)
Adults ¥370, Ages 13 and over ¥200, Ages 12 and under FREE. Closed every 2nd & 4th Wednesday of the month.



Food

MAP C-3



Yama-no-Hachimitsuya (Honey & Pizza Shops)

Feast on our stone oven-baked "Honey Pork Pizza," a customer favorite. (¥1,550 tax-inclusive) Local Hachimantai herb pork with honey-pickled roast pork on baked pizza crust is guaranteed to leave you full and satisfied!

163-3 Ishigami, Tazawako-Ononai, Semboku, Akita 014-1201 ☎ 0120-038-318

Business Hours: 11:00-16:30. Closed: Thursdays and New Year's.

*★ Indicates facilities certified as "Onsenyoku Master."

*Approximate calorie expenditure is based on a 60 kg / 132 lb person. Prices and business hours are subject to change.

Nishiki & Kakunodate Area Walking Map

※ This map shows suggested walking routes. Please note that many restaurants and facilities are not shown.



ROUTE 06

Nishiki & Kakunodate Area Walking Points

Enjoy a leisurely stroll through the town of Kakunodate. Enjoy the traditional Edo Period samurai residential architecture, and experience different scenery throughout the year as the seasons change.



Restaurant Kitagura

Savor a Kitagura Restaurant special, "Chicken Okaribayaki" (pictured above), a historical dish originally served to the head of the Satakekitake Clan (¥1,080 tax-inclusive). Topped with locally-grown fresh vegetables and infused with fragrant Japanese pepper and miso. Guaranteed to whet your appetite.

11-1 Tamachi Kami-cho, Kakunodate-machi, Semboku, Akita 014-0311 ☎ 0187-52-2438 Business Hours: 10:00-17:00. Open year-round.



Murakko Farmer's Market

Buy fresh seasonal vegetables directly from local farmers. Delicious traditional dishes made with locally grown rice also available inside. Savor the popular "Soba Set" meal (¥900 tax-inclusive) pictured above. Complimented with mountain vegetable tempura.

119 Katajiri, Nishiki-chō Saimyōji, Semboku, Akita 014-0511 ☎ 0187-47-2205 Business Hours: 09:00-17:00. From 2nd Sat. of Apr. to 3rd Sun. of Nov. Closed in Winter.



Kakunodate Onsen Kayokan*

Relax in the calcium and sulfate-rich spring waters of Hanoyu and Hananoyu. Hanoyu features the very popular "electric pulse bath." Every Monday, the men's and women's baths are swapped so you have a chance to enjoy both baths. A free shuttle bus runs regularly from Kakunodate Station for easy access.

30-19 Kogomezawa, Kakunodate-machi Nishi-Nagano, Semboku, Akita 014-0344 ☎ 0187-55-5888 Business Hours: 05:00-7:30, 09:00-22:00. (Last entry 21:30) Adults ¥400, Children ¥200.

Nishiki & Kakunodate Area Hot Springs and Restaurants



Nishiki Onsen Fureai Plaza Kurion

Clear and colorless, Nishiki's alkaline hot spring water keeps you warm long after bathing. A pool with 100% hot spring water is available year round for swimming and other aquatic activities. Refresh your body and improve your health here at Nishiki Onsen!

83-2 Yashikida, Nishiki-chō Kadoya, Semboku, Akita 014-0515 ☎ 0187-47-2010 Business Hours: 06:00-21:00. Adults ¥400, Children ¥200. Irregular holidays. (closed once a month)



Kakunodate Onsen Kayokan*

Relax in the calcium and sulfate-rich spring waters of Hanoyu and Hananoyu. Hanoyu features the very popular "electric pulse bath." Every Monday, the men's and women's baths are swapped so you have a chance to enjoy both baths. A free shuttle bus runs regularly from Kakunodate Station for easy access.

30-19 Kogomezawa, Kakunodate-machi Nishi-Nagano, Semboku, Akita 014-0344 ☎ 0187-55-5888 Business Hours: 05:00-7:30, 09:00-22:00. (Last entry 21:30) Adults ¥400, Children ¥200.

*★ Indicates facilities certified as "Onsenyoku Master."

Jindai Area Walking Map



Introducing Semboku's traditional vegetables!

Tazawa yams & Shizukuda turnips

Both vegetables are locally grown and well-known in Semboku. Tazawa yams are best eaten when ground into a sticky paste, releasing their sweetness. Shizukuda turnips have a distinct wasabi-like spiciness that hits the senses. Add hot water and miso paste for a satisfying snack.



Jindai Area Hot Springs and Restaurants

ROUTE 07

Jindai Area Walking Points

Enjoy the refreshing beauty of Dakigaeri Gorge and the surrounding forest during the different seasons. Watch your step - some sections of the course are unpaved.



Bakky Japanese Restaurant

Our restaurant is in Onsen Yupopo. Enjoy locally grown (Ekoniko Farm) blueberries in our menu specialty: "Blueberry Sauce Pancakes" (pictured above). (¥648 tax-inclusive) An exquisite blend of sweet and tart flavors!

430 Waseda, Tazawako-Sotsuda, Semboku, Akita
014-1192 ☎ 0187-44-3955
Business Hours: Lunch 11:00-14:00, Tea Time 14:00-17:00, Dinner 17:00-22:00.



Tazawako Beer Restaurant

Enjoy lunch over a locally brewed Tazawako Beer in our spacious and bright restaurant. Try the popular "Pizza of the Day" and "Pasta of the Day." (pictured above) (¥734 each, tax-inclusive) Savor the different daily specials!

430 Waseda, Tazawako-Sotsuda, Semboku, Akita
014-1113 ☎ 0187-44-3988
Business Hours: 11:00-15:00. Please inquire in advance about evening business hours and holidays (regular & irregular).



Akita Geijutsumura Onsen Yupopo

Enjoy the subtle brown sulfate spring waters in hand-crafted baths made of Japanese cypress wood. The main bath is complimented with a smaller bath, a popular area for customers with children. A sauna is also available for use.

430 Waseda, Tazawako-Sotsuda, Semboku, Akita
014-1192 ☎ 0187-44-3955
Business Hours: Main Bath 10:00-22:00, Small Bath 12:00-22:00. Adults ¥650, Children 12 and under ¥400.

Get moving and have fun in the outdoors of Semboku!

Take advantage of the many outdoor activities that Semboku has to offer.

Canoeing & Kayaking



- Half-Day Tours: (09:00-12:00, 13:00-16:00)
- ▶ Cost (accident insurance-inclusive): Ages 6 and above: ¥4,600, Children 5 and under: ¥3,700
- ▶ Tour Periods: End of Apr.-Mid Nov.
- ▶ Age Requirements: 4 years and over
- ▶ Meeting Point: Tazawako Camp Ground

Feel the refreshing wind on your face as you paddle on Lake Tazawa.

Enjoy paddling on the crystal-clear blue waters of Japan's deepest lake. Choose from a variety of tours, from the half-day tour to the popular evening "Sunset Tour." In the spring and autumn, soak in the vibrant foliage colors on the "Natsuse Gorge Tour," and if you're lucky, the once-a-year "Full Moon Canoe Tour."



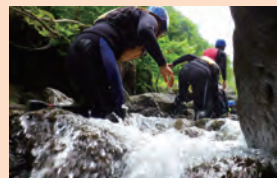
Waterfall climbing



- Half-Day Tours: (08:45-12:00, 12:45-16:00)
- ▶ Cost: ¥5,200
- ▶ Tour Periods: Beg. of July to the end of Nov.
- ▶ Age Requirements: 10 years and over

Tours held throughout the summer from the end of June! Enjoy the cool mountain river water and natural scenery.

Waterfall Climbing is a dynamic, fun outdoor activity for all to enjoy. Feel the refreshing water spray and relive your childhood playtime memories as you scramble up and down mountain stream rapids. Wetsuits and other necessary equipment provided.



Rafting



- Half-Day Tours: (08:45-12:00, 12:45-16:00)
- ▶ Cost: ¥5,700
- ▶ Tour Period: Beg. of Jun.-Beg. of Oct.

Experience the thrills of rafting down the famous Tamagawa River in Tohoku.

Raft down the Tamagawa River in a rubber dingy and experience a pleasant mix of relaxing currents and a few thrilling rapid sections. A fun activity for all ages. Enjoy the natural scenery of Semboku from a unique perspective!

- ▶ Ages 6 and above
- ▶ Max. no. of participants: 14

Hiking



- Half-Day Tour
- ▶ Cost: 1 guide ¥12,400 (1-15 people)
- ▶ Tour Period: Beg. of May-Mid July, End of Sept.-Beg. of Nov.

Enjoy the seasonal changes in scenery around Lake Tazawa.

Join our hiking tour through giant beech and oak tree forests and clear mountain streams. Our guides will enrich your experience with their extensive knowledge of the area. See the emerald green leaves of spring, experience the flowers of summer and marvel at the changing colors of the leaves in autumn. A perfect way to stimulate the five senses and experience the natural beauty of the Lake Tazawa area.

Winter Hiking



- Half-Day Tours: (09:00-12:00, 13:00-16:00)
- ▶ Guide Fee: 3 people and over ¥4,900 each. 2 people ¥5,900 each.
- ▶ Tour Period: End of Dec.-End of Mar.
- ▶ Rendezvous Points: Tazawa Ski Resort Ski Center "Rera," 2F Backcountry Desk, Kyukamura Onsenkyo.

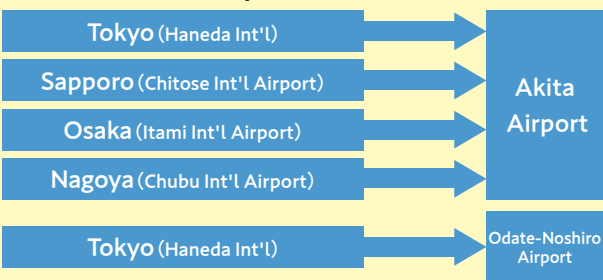
Trek through a winter wonderland.

Experience a different kind of fun - mountain hiking in the winter! Strap on some snowshoes and join our hiking tour through the deep winter snows of Akita. Snowshoes, boots and walking poles provided free of charge. This is a guided tour to ensure the safety of all participants. Get moving and beat the cold!

[Inquiries] Tazawako Camp Grounds & Mount Katamae Forest Park Management: Tazawako Shizen Taiken Center ● Reception Hours: 08:30-17:30 ● URL:<http://www.tazawako.net/index.html> ● ☎ 0187-43-2990
All activities require reservations in advance. For further details, please refer to our website or call us directly. Prices may vary per season and on certain days.

Getting to Semboku City

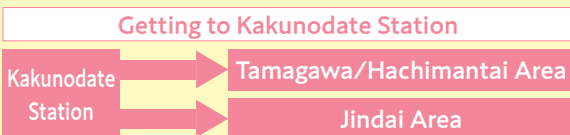
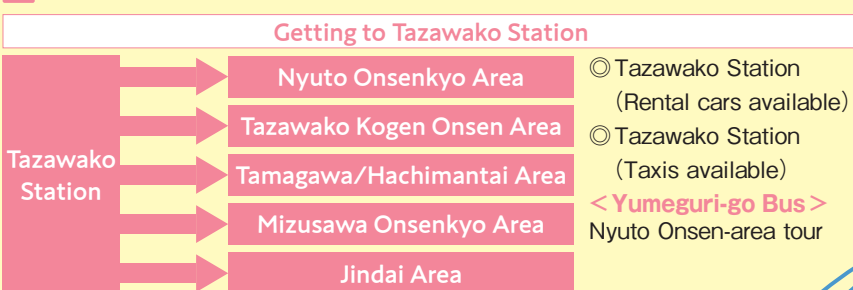
Access via Airplane



Access via Shinkansen



Access via Local Bus



◎ Kakunodate Station (Rental cars available)
◎ Kakunodate Station (Taxis available)

< Akita Nairiku Jukan Railway >
Kakunodate Station → Nishiki Area

- Tazawako Tourist Information Center (Folake)
- Semboku Tourist Information Center (Kakunodate Ekimaegura)
- Nishiki Tourist Information
- Semboku City Rural Experience Association

QR Code:

Tazawako/Kakunodate Tourist Information Website

Contact Information for Rural Tourism

