



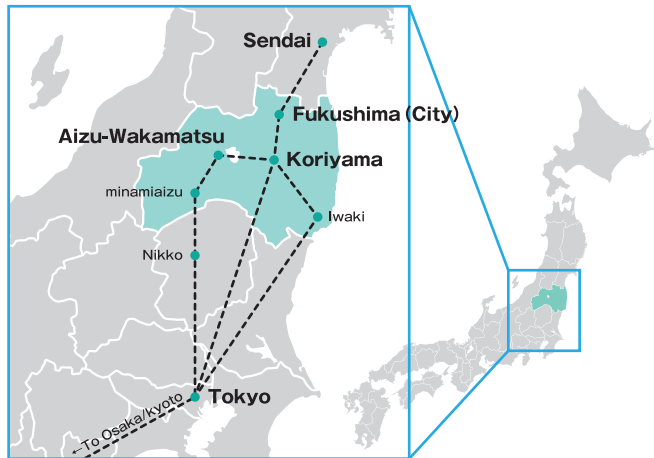
# Fukushima Adventure Travel



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# Location & Access



## Train

### Tokyo – Fukushima

JR Tohoku Shinkansen  
1 hr 30 min from Tokyo or Ueno Station (8,220~8,430 yen+)

### Tokyo – Koriyama

JR Tohoku Shinkansen  
1 hr 15 min from Tokyo or Ueno Station (7,470~7,680 yen+)

### Tokyo – Iwaki

JR Ltd. Express Hitachi  
2 hr 15 min from Tokyo or Ueno Station (~6,170 yen+)

### Tokyo – Aizuwakamatsu

JR Tohoku Shinkansen + JR Ban-etsu West Line (transfer at Koriyama Station)  
2 hr 30 min from Tokyo or Ueno Station (8,420 yen~8,610 yen+)

## Express Bus

3hr~4hr 45min from Tokyo to each main gateway



# Introduction

## Fukushima's Overview

Fukushima is the third largest prefecture in Japan, situated in the southern Tohoku region on the Japanese main island of Honshu.

## Area

The prefecture is divided into three regions.

### Aizu

western area known for its traditional customs and culture

The Aizu area to the west of Fukushima Prefecture is the location of principal areas like Aizu-Wakamatsu City, home to Tsurugajo Castle. Tradition and samurai culture are deeply embedded in the region.



### Naka-dori

central area which acts as the main transport hub for the prefecture

The Naka-dori region serves as the most common entry point to Fukushima, with the bullet train bringing visitors from Tokyo to the north and Sendai to the south. A number of sightseeing spots can be found here, from the Nihonmatsu area to the cherry blossom discoveries of Miharu to the east and to Mt Adatarara area to the west.



### Hama-dori

coastal area with a warm climate

Historically, it served as a major coastal route of travel through ancient Japan. To the south, the Iwaki area is famous for its hot springs, as well as designated a National Treasure, Shiramizu Amidado Temple.



## Season

### Spring

Spring is undoubtedly one of the most exciting times to visit Fukushima. Take Aizu's Tsurugajo Castle, which reaches a higher level of beauty when surrounded by cherry blossoms. Fukushima City's Hanamiyama Area comes alive with over 60 different kinds of flowers, with Soma's Baryo Park being another popular destination. In the central Miharu area, the Miharu Takizakura weeping cherry blossom tree can be found—over 1,000 years old, it is considered one of the most beautiful cherry trees in Japan.

### Summer

Summer in Fukushima presents a wealth of opportunities to enjoy the prefecture in its best light. The Urabandai area promises trekking and mountain climbing through an unprecedented scenic landscape. It is also the season when several of Fukushima's fruits are ripe for harvest, with peaches and cherries being particularly famous to the region. The coastal region and Lake Inawashiro provide a myriad of water activity options for water sports lovers.

### Fall

The fall season is a recommended time to visit Fukushima, with the red autumn foliage bringing shades of color to the prefecture's natural landscapes. Bandai-Azuma Skyline, Goshiki-numa Ponds, Shiramizu Amidado Temple, and Enzoi Temple are just some of the best places to view the fall colors. It's also festival season, so take your pick from Aizu's Samurai Parade, the Taimatsu-Akashi Fire Festival, the Nihonmatsu Lantern Festival, and many more.

### Winter

Fukushima's position in southern Tohoku sees that it gets a good amount of snowfall each winter, transforming many sightseeing locations into glistening winterscapes. Recommended spots like Ouchi-juku look extra picturesque with its snow-capped thatched-roof houses, while outdoor hot springs take on extra appeal as they promise views of wintry landscapes. Fukushima Prefecture is also home to world-class ski resorts thanks to its rich, powdery snowfall—popular with skiers and snowboarders.

## Local speciality

**Food** Soba noodle, Kitakata Ramen, Fruits(Peach, Apple, etc)

**Crafts** Akabeko, Shirakawa Daruma



# History

## Tsurugajo Castle

Tsurugajo Castle allows visitors the opportunity to experience history, nature, and tradition with all five senses. Despite being mostly reconstructed, the surrounding park's stone walls remain in their original state.

In 2010, for the first time since it was refurbished in 1965, the castle underwent a cosmetic restoration. Following completion in 2011, the same red-tile roofs seen by the Byakkotai (during the Boshin War and final days of the Tokugawa shogunate) are now displayed for all to see. This castle is one of the final strongholds of samurai that remained loyal to the shogunate and today stands as a symbol of courage and faithfulness.



## Aizu Sazaedo

Sazaedo is a Buddhist temple built in 1796. Its architecture is similar to the shell of a horned turban in shape ( 'sazae' in Japanese) hence its name 'Sazaedo'. The inside of the temple consists of a double-helix slope, meaning that visitors who come to pray won't meet anybody coming from the opposite direction. This one-way system makes Sazaedo extremely unique.

In 1995, it was designated as a National Important Cultural Property, and in 2018 it was showcased in Michelin Green Guide (1star, interesting place to visit).

## Ouchi-juku

Take a journey to the past in Fukushima Prefecture's Ouchi-juku area. This isolated village boasts thatched-roof houses and natural streets making you feel at one with the people who lived here hundreds of years ago. Nestled in the southwestern mountains of Fukushima, Ouchi-juku is a great spot to visit thanks to its unique charm and history.

This village was established under the post station system of the Edo period, and played a vital role as a rest stop for travelers. In 1981, the well-preserved streets of Ouchi-juku led to it being designated as an Important Preservation District for a Group of Traditional Buildings. It isn't difficult to see why—the village looks as it did during its heyday. And with no telephone or electric wires above ground, the view from the top of the hill overlooking the village is marvelous. It is a picturesque village where you can lose yourself to the flow of time.



## Shiramizu Amidado Temple

Shiramizu Amidado Temple (Amitabha Hall) was constructed in 1160 by Princess Tokuhime of the Oshu Fujiwara clan, which built the "golden culture" in Oshu (the present Tohoku Region). It is the only building in Fukushima Prefecture that has been designated as a national treasure. Inside the hall stands a wooden statue of Amida Nyorai as well as a number of other Buddhist statues such as Kannon Bosatsu, Seishi Bosatsu, Jikoku Tenno, and Tamon Tenno. The garden, called Jodo Teien (Jodo, or "the pure land", is the Buddhist paradise) is a realm of natural beauty in every season. The scenery is especially breathtaking in summer when the lotus flowers are in bloom, prompting one famous writer to liken the garden to the mythical paradise.

# Nature

## Hattachi Beach

It is a popular beach as a sunrise spot for the New Year in Fukushima Prefecture. The slightly pointed island is called Bentenjima and is connected by a red-painted bridge. The island has a torii gate and is famous as a photogenic place.



## Lake Inawashiro

Japan's fourth-largest freshwater lake, Lake Inawashiro is situated in Bandai Asahi National Park. It is also known as the "Heavenly Mirror Lake" and has a surface area of 104 square kilometers! The combination of Lake Inawashiro and Mt. Bandai form one of Aizu's representative landscapes. And being less than three hours from Tokyo by shinkansen and local train means that you have easy access from a major transport hub.

The lake offers year-round fun. Enjoy cherry blossoms in spring at Iwashiro

Shrine, one of Aizu's five famous cherry trees. Summer at Lake Inawashiro is slightly cooler than the rest of Fukushima, so take advantage of camping by the lakeshore, and a wide variety of marine sports. Colored leaves and hikes are the popular thing to do in autumn, view the fiery hues and take in the crisp air. In winter, visitors can enjoy fresh powder snow and winter thrills in the form of skiing and snowboarding, and you can even catch a glimpse of migrating swans on the shores.

## Jododaira

Jododaira acts as a base to spend the day hiking nearby mountain routes, including Mt. Higashi-Azuma (1,975 m) and Mt. Issaikyo (1,949 m). For those who don't fancy a long hike, the 1-hour round trip walk up and around the crater at Mt. Azuma Kofuji (1,705 m) is perfect, as it is a very short walk from Jododaira Visitor Center.

The Azuma mountains are all totally unique, and are great places to enjoy local flora and fauna. If hiking in this area, please be mindful that the altitude reaches close to 2000 m, so make sure to take equipment necessary in the event of a sudden weather change. The Jododaira area is also prone to high volcanic gas levels, so it is a good idea to check whether the area is open to visitors before making the drive up the mountain roads.



## Goshiki-numa Ponds

Goshikinuma in Urabandai is a group of ponds at the foot of Mt. Bandai. Goshikinuma literally means five-colored ponds. When Mt. Bandai erupted in 1888, Goshiki-numa Ponds were formed. Actually dozens of lakes were created due to the eruption, but the Goshiki-numa Ponds are the most famous. It was thanks to the eruption that the lakes each took on rich colors; the various minerals found in each lake give them a unique color and create a mystical aura.

# Activities

## Trekking

Fukushima Prefecture has wonderful mountains that attract as many as seven of Japan's 100 famous mountains. In addition to the mountains, there are many scenic lakes and marshes on the grounds of the vast national park, and even if you visit the same place, you can see various impressive scenery depending on the seasons. We can propose various routes according to the level of the visitor.



## Cycling

In a rich natural environment, we can offer many course variations that can be offered to cyclists, from beautiful mountains to vast lakes and coastlines. Typical examples are Jododaira for those who like hill climbing, a tour of Lake Hibara for those who like to see the vast scenery, and the Iwaki Nanahama Highway where you can concentrate on running while feeling the sea breeze. Fukushima is full of elements to enjoy historical tourist destinations and experiences unique to Japan, ensuring that you will be even more valuable to cycling in Fukushima.

## Snow Activities

Experience skiing and snowboarding on a slope with good snow quality. Also, trekking with snowshoes. If you want to emphasize the sense of speed, use a snowmobile. It is full of activities to play with snow in nature. For those who can't afford to be fierce, it's a good idea to visit a kamakura making experience or a festival held during the snow season.



## Other Activities

Fukushima offers a number of natural activities that take advantage of the rich natural environment such as national parks. **Bird watching** There are many places designated as IBA (Important Bird Area). From the breeding season in summer to the migration in autumn and the winter, you can see a wide variety of birds. For example, Narcissus that is the bird representing Fukushima prefecture, Japanese Green Woodpeckers, Japanese Pigmy Woodpeckers, Long-tailed Rosefinch, Japanese Pheasant, Falbated Duck, Japanese Waxwing, etc.

## Water Activities

We also have a wealth of options for those who like water sports. At Lake Inawashiro, one of the most beautiful lakes in Japan, please try wakeboarding, wake surfing, and SUP. In the Urabandai (Lake Hibara, Lake Sohara, etc.) area where beautiful colorful lakes spread, feel the slow flow of time by canoeing and fishing.



# Fukushima Adventure Travel Trekking / Hiking



## Sample Itinerary **Short**

Recommended Trekking tour  
Mt. Adatara 1 night 2 days

### Day 1

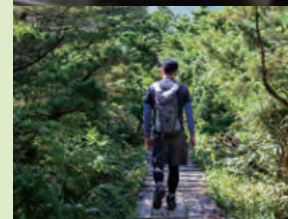
#### Trekking day

- ① Tokyo — Koriyama by Shinkansen
- ② Koriyama — Nihonmatsu by local train  
From Nihonmatsu to  
Mt. Adatara ropeway station  
by public bus or private car
- ③ Half day trekking at Mt Adatara
- ④ Stay at Dake Onsen

### Day 2

#### Sightseeing day

- ① Visit at Daishichi, Kasumigajo Castle Park,  
Dairinji Temple
- ② Nihonmatsu — Koriyama by local train
- ③ Koriyama — Tokyo by Shinkansen



## Sample Itinerary **Long**

Recommended Trekking tour  
Mt. Issaikyo-san, Mt. Adatara, Mt. Bandai  
and Urabandai lake side 3 nights 4 days

### Day 1

#### Trekking day

- ① Tokyo — Fukushima by Shinkansen
- ② Fukushima — Jododaira  
by public bus or private car
- ③ Half day trekking at Mt. Issaikyo-san  
and Mt. Azuma-Ko-Fuji
- ④ Stay at Washikura Onsen

### Day 2

#### Trekking day

- ① Half day trekking at Mt Adatara  
From Mt Adatara to Urabandai by private car
- ② Stay at Urabandai

### Day 3

#### Trekking day

- ① Half day trekking at Mt Bandai
- ② Stay at Urabandai

### Day 4

#### Hiking & Sightseeing day

- ① Morning hiking at the lake Goshikinuma ponds area  
From Urabandai to Aizuwakamatsu  
by public bus or private car
- ② Sightseeing at Aizuwakamatsu  
Visit at Tsurugajo Castle, Mt. Iimori, Nisshinkan,  
etc Kitakata by local train (transit at Aizuwakamatsu)
- ③ Aizuwakamatsu — Koriyama by local train
- ④ Koriyama — Tokyo by Shinkansen





# Fukushima Adventure Travel Cycling



## Sample Itinerary **Short**

Recommended Cycling tour  
Iwaki 1 night 2 days

### Day 1

#### Cycling day

- ① Tokyo — Iwaki by Rapid train  
From Iwaki station to Shinmaiko Hotel  
by private car
- ② Setup Bikes
- ③ Cycling at Iwaki Nanahama road
- ④ Stay at Shinmaiko Hotel

### Day 2

#### Sightseeing day

- ① Visit at Iwaki Lala mew, Shiramizu Amidado Temple,  
Aquamarine Fukushima Aquarium
- ② Iwaki — Tokyo by Rapid train



## Short

## Sample Itinerary **Long**

Recommended Cycling tour  
Fukushima & Urabandai 2 nights 3 days

### Day 1

#### Cycling day (Hill climb course)

- ① Tokyo — Fukushima by Shinkansen
- ② Setup Bikes
- ③ Hill climb cycling upto Jododaira
- ④ Short brake at Jododaira visitor center
- ⑤ Stay at Washikura Onsen

### Day 2

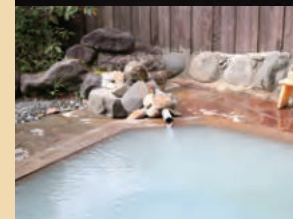
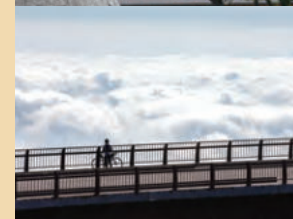
#### Cycling day

- ① From Washikura to Urabandai by bike  
Cycling at Lake Hibara
- ② Stay at Urabandai

### Day 3

#### Sightseeing day

- ① From Urabandai to Kitakata by bike
- ② From Kitakata to Aizuwakamatu by bike
- ③ Visit at Tsurugajo Castle, Mt. Iimori, Nisshinkan
- ④ Aizuwakamatsu — Koriyama by local train
- ⑤ Koriyama — Tokyo by Shinkansen





# Fukushima Adventure Travel Winter Activities

## Sample Itinerary **Short**

Recommended Winter activity tour  
Fukushima 1 night 2 days

### Day 1

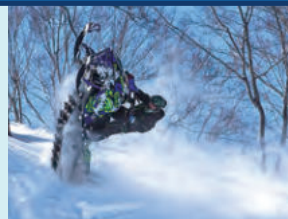
#### Riding Snowmobile day

- ① Tokyo — Fukushima by Shinkansen  
From Fukushima station to Washikura Onsen  
by private car
- ② Riding a snowmobile at Snowmobile Land Washikura
- ③ Stay at Washikura Onsen or Tsuchiyu Onsen

### Day 2

#### Sightseeing day

- ① Visit at Tsuchiyu Onsen and  
experience Kokeshi painting
- ② Visit at Minka-en Japanese traditional old house park
- ③ Fukushima — Tokyo by Shinkansen



## Sample Itinerary **Long**

Recommended Winter activity tour  
Urabandai 2 night 3 days

### Day 1

#### Snowshoeing Day

- ① Tokyo — Koriyama by Shinkansen
- ② Koriyama — Inawashiro by local train  
From Inawashiro to Urabandai by shuttle bus
- ③ Snowshoeing at Goshikinuma
- ④ Stay at Urabandai

### Day 2

#### Snowshoeing & Wakasagi Smelt ice fishing Day

- ① Visit at Lake Hibara
- ② Smelt fishing at Lake Hibara
- ③ Snowshoeing to Yellow Fall
- ④ Stay at Urabandai

### Day 3

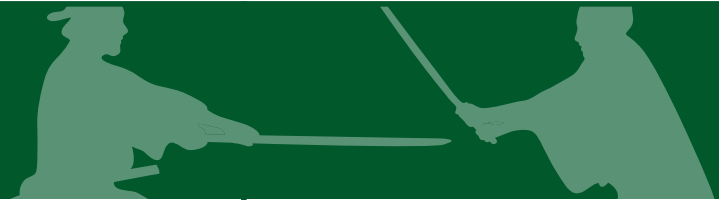
#### Skiing & Sightseeing day

- ① Morning Skiing at Urabandai
- ② From Urabandai to Aizuwakamatsu  
by public bus or private car
- ③ Sightseeing at Aizuwakamatsu
- ④ Visit at Tsurugajo Castle, Mt. Iimori, Nisshinkan, etc  
Kitakata by local train  
(transit at Aizuwakamatsu)
- ⑤ Aizuwakamatsu — Koriyama by local train
- ⑥ Koriyama — Tokyo by Shinkansen





# Fukushima Adventure Travel Samurai Trail



## What is Fukushima's Samurai Spirit?

The Edo Period, marked by the rule of the Tokugawa Shogunate, ended in the second half of the 1800s as a result of the political interference of Western countries. The end of the Edo period also marked the capitulation of the samurai class, the cultivated warriors who had been ruling Japan since ancient times. Towards the end of the Edo Period, a political movement that originated in Western Japan began attempts to overthrow the feudal system, oblivious of the fact that Japan was undergoing a deep national crisis. The tensions between factions culminated in a physical clash between the forces wishing to establish a new government and the samurai class who tried to defend the old government. The fight spread across Japan and was epitomised by the so-called "Boshin War", the last conflict in which the samurai took an active part. The faction in favour of the new government was backed up by the Western countries who provided them with weapons, thus contributing to the defeat of the feudal forces. Eventually, Edo Castle surrendered without any bloodshed and marked the victory of the Imperial forces. However, despite the clear outcome of the conflict, the new government army continued to persecute the samurai families who had fought in favour of the feudal system by attacking their territories. Aizu, for a long time a samurai stronghold, became the epicentre and symbol of this conflict. The samurai class, faithful to their ethics and code of honour, fought until the end to defend their beliefs and values. The lord of the Aizu domain, Matsudaira Katamori, pronounced these words: "Do not live in unrighteousness even though you may die in righteousness", that is to say, "do not condone unethical actions, even if that will cost you your life". These words represent the core of samurai philosophy and are still held in great respect nowadays in the region of Aizu Wakamatsu.



## Aizu

Aizu is famous for being the theatre of the Boshin War, and it is also the place in Japan where the samurai spirit has been passed down from the Edo Period until the present day. The Aizu domain was unreasonably seen as an enemy by the new government army. Although they knew that they had no chance of winning the battle, the Aizu samurai stood by their values of justice and fought until the very end. The Aizu region had become one of the most powerful domains in Japan in the Edo Period; the third shogun, Tokugawa Iemitsu, awarded the domain with an income of 230,000 goku, which was an incredibly high figure for the time.

"Goku" refers to the figure of land productivity shown with goku (a unit), which was used in the early modern ages of Japan.

In the Edo period, a lord who owned a wealth of 10,000 goku or more was called a daimyo (feudal lord); 10,000 goku was the equivalent of approximately 7 million euro today. Possessing 230,000 goku would compare to more than 160 million euro nowadays; that is why it was an extremely prominent public figure.

The Goku (or Koku) was the measurement expressing the size of the territory and income of a domain. The Aizu Domain was the 16th largest and most prestigious of approximately 300 domains.



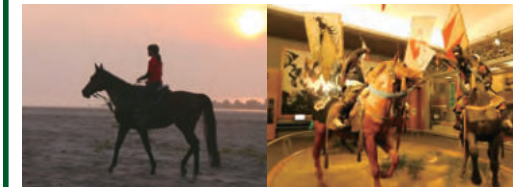
## Naka-dori

The Nihonmatsu domain is where the samurai who fought to uphold their beliefs rest in peace today. Nihonmatsu is the town that once surrounded Nihonmatsu Castle. During the Boshin War, it was betrayed by the old government forces and was attacked by the new government army. The Shirakawa domain served as a gateway connecting Edo and the Tohoku region. The area is also home to the Shirakawa Checkpoint, an important crossing point for both the new and the old government armies, since Shirakawa-jo Castle was built toward the end of the Boshin War. The new government army's strategy was to conquer this location and head to Aizu. The Battle of Shirakawa lasted for 100 days, leaving the castles, the surrounding towns and the rural areas burnt to the ground.



## Hama-dori

The Soma clan is considered to be the longest-lasting clan from the time of warlord Taira no Masakado in 794. While being a small clan, it worked hard to preserve the family line. It also continued to preserve the clan by taking part in the Boshin War as a part of the old government army.





# Fukushima Adventure Travel Samurai Trail



## Sample Itinerary **Short**

Recommended Samurai Trail  
Shirakawa and Aizuwakamatsu 1 night 2 days

### Day 1

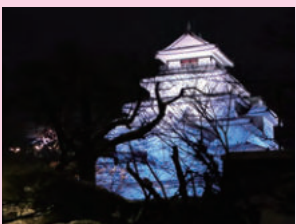
#### Sightseeing day

- ① Tokyo — Koriyama by Shinkansen.
- ② Koriyama to Aizuwakamatsu by local train.  
From Aizuwakamatsu to Nanokamachi Street by private car.
- ③ Visit of Tsuruga-jo Castle.  
Lunch at Shibukawadonya.
- ④ Overnight in Higashiyama Onsen

### Day 2

#### Sightseeing day

- ① From Higashiyama Onsen to Nisshinkan by private car.
- ② From Nisshinkan to Iimoriyama and Aizu Sazaedo by private car.
- ③ Aizuwakamatsu — Tokyo by Shinkansen.



## Sample Itinerary **Long**

Recommended Samurai Trail  
Shirakawa and Aizuwakamatsu 2 night 3 days

### Day 1

#### Sightseeing day

- ① Tokyo — Shin-Shirakawa by Shinkansen.  
Shin-Shirakawa to Shirakawa by local train.
- ② Visit of Komine-jo Castle.  
Lunch in Shirakawa City.
- ③ Shirakawa to Koriyama by local train.  
From Koriyama to Nihonmatsu City by private car.
- ④ Visit of Kasumiga-jo Park and Adachigahara Furusato Mura.
- ⑤ Overnight in Koriyama or Dake Onsen.

### Day 2

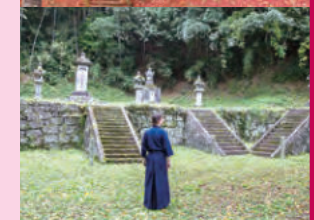
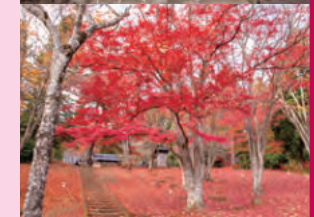
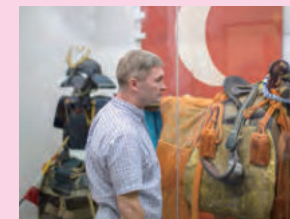
#### Sightseeing & Experience day

- ① Koriyama to Aizuwakamatsu by local train.  
From Aizuwakamatsu to Nanokamachi Street by private car.
- ② Walk around the area and  
Traditional Crafts Experience Lunch.
- ③ From Nanokamachi Street by private car to Tsuruga-jo Castle for sightseeing.
- ④ From Tsuruga-jo Castle to Aizu Bukeyashiki, Samurai Residence by private car.  
Visit of the residence.
- ⑤ From Aizu Bukeyashiki, Samurai Residence to Iimoriyama by private car.  
Walk around the area and visit the graves of the 19 Byakkotai boys.
- ⑥ Stay either at a hotel in central Aizu Wakamatsu City or at a ryokan in Higashiyama Onsen.

### Day 3

#### Sightseeing day

- ① Aizuwakamatsu to Yonokami by local train.
- ② From Yonokami by public bus to Ouchi-juku for sightseeing.
- ③ From Ouchi-juku to Yonokami by public bus.  
Yonokami to Aizu Tajima by local train.  
Aizu Tajima to Imaichi-shi by local train. (Packed lunch in train.)  
Imaichi-shi to Tobu Nikko by local train.
- ④ Visit of Nikko Toshogu.
- ⑤ Tobu Nikko to Asakusa by express train.





## Local foods

Fukushima Prefecture is divided into three regions and is full of rich food derived from mountains, rivers and lakes, and the sea. Even now, we value traditional manufacturing methods and food culture, and we can meet delicious foods in the area. Local cuisine that makes use of miso and soy sauce, which are the basis of Japanese cuisine. It is also a famous production area for sake, which is one of the fermentation cultures, and you can enjoy pairing with local cuisine. Soba and ramen can be eaten all over Japan, but those eaten in Fukushima are especially famous for their deliciousness. In the northern part of the prefecture, you can enjoy many fruits such as peaches, grapes, pears and apples all season.



## Hot spring • Japanese inn

There are numerous hot spring areas in Fukushima prefecture, and you can enjoy hot springs with various effects. The main hot spring areas in all areas are easily accessible from Tokyo. In the winter season, you can also experience the Yukimi bath, where you can enjoy the scenery like an ink painting that reflects the natural scenery.



## Samurai

The Aizu region, which is the westernmost part of Fukushima prefecture, is famous in Japan as a city where the spirit of samurai dwells. In the center of Aizu, there is a red tiled castle called Tsurugajo Castle. Beside that, there is the Kendo hall "Butokuden" where the people of Aizu learn enthusiastically. Here, you can experience kendo for foreigners.



## Other experiences

There are many other attractions that cannot be introduced. A train that runs in the snow. Festivals held in various places. This place, where the scenery and traditional culture of the good old Japanese countryside is alive, can be accessed from Tokyo and Sendai Airport via a convenient transportation network. It is the perfect place to enjoy the history and traditional culture that remains in the present age while enjoying the activities while feeling the seasons.







# Fukushima Adventure Travel

## Inquiry

### MIKI TRAVEL

<https://www.mikitraveldmc.com/japan>

### LONDON

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## Reference link

**FUKUSHIMA TRAVEL**

Official Tourism Information

<https://fukushima.travel/>