



The Lake District of Japan Urabandai

Guide Map

Communication Sheet

I don't understand わかりません	I have a question 聞きたいことがあります	No いいえ	Yes/OK はい
I don't know 知りません	I didn't understand. Can you repeat that? わかりませんでした。		
Thank you ありがとうございました	I'm sorry 申し訳ございません	Sorry, I don't speak English, but I want to help. Let's point to words on this board to communicate.	
Please wait お待ちください	Please come with me. I will take you. ご案内します	申し訳ありません。 私は英語が分かりません。 このカードにある 文章や単語を指で示して、 コミュニケーションを取りましょう。	
I will bring it to you 持って来ます			
Do you understand? わかりましたか			

Is there a... nearby? 近くに～はありますか?

近くに～あります
There is a... nearby

ここから～分間かかります
It is... minutes from here

聞きたいことがあります
I have a question

近くに～はありますか?
Is there a... nearby?

近くに～を探しています
I'm searching for a... nearby

迷子になりました
I'm lost

～までの行き方を教えてください
How do I go to...?

どんなご用件でしょうか
How can I help you?

どこに行きたいですか
Where do you want to go?

私は～に行きたい
I want to go to...

地図で示してください
Please show me on a map

～の営業時間を教えてください
What are the opening hours for...

～で行けます
You can go by...

徒歩
Foot

自転車
Bicycle

バス
Bus

タクシー
Taxi

行き方の案内 Giving Directions

～くらいかかります(時間)
It will take...

分: min

～くらいかかります(金額)
It will cost...

円: yen

乗車場所は
Get on at...

降車場所は
Get off at...

～時から/ From...

～時まで / Until...

Urabandai Tourist Information Centre

Activities

We invite people of all ages to try exciting outdoor activities in the magnificent nature of Urabandai.

Junsai (Water Shield Aquatic Plant) Picking Experience

Why don't you try junsai picking, a common activity in the summertime?
Hand pick the slightly slimy junsai plants from a small, square, wooden boat.
You can take all the junsai that you picked home with you to eat.



Uchida Zarigani (Crayfish) Fishing Experience

Originally introduced from North America, Uchida Zarigani are found in the lakes and ponds of Urabandai. This species of crayfish is closely related to lobster. They are considered a delicacy in French cuisine. Catching crayfish with a simple line and hook is a popular summertime pastime for children.



River and Stream Play

Summer means playing in water flowing through the natural terrain. Walk, float, and swim in the river, and jump into the waterfalls!
There are so many activities that both adults and children can enjoy while escaping the summer heat. In addition to shower walks (walks in the river), activities are not limited to swimming in mountain streams and hunting for insects in the water.



Canoeing and Kayaking

These are classic summertime outdoor sports in Urabandai where four lakes are located. Take a leisurely "On the Lake" trek over the lake and see how the sunlight changes its colour.
Even if it's your first time, you can rest assured that your instructor will guide you.



Trekking and hiking

Urabandai offers all kinds of trails in the area, from leisurely walks to more serious hikes, depending on the level of difficulty that appeals to you. June and September are considered the best hiking months as there are fewer people and the weather is not too hot or cold.



Camping and barbecuing

There are many campgrounds in Urabandai, many of which are located by lakes in which rowing and fishing are enjoyed by visitors. After a day of activity, one can replenish their energy by trying unique local ingredients: vegetables grilled on a barbecue. The campgrounds have differing facilities, such as basic cabins and showering facilities. Some are pet-friendly.



Nature

Observe the seasonal scenic changes – from the fresh green of spring; the dark green of summer; autumnal leaves; and a white world in winter.

▼ Sakuratoge Pass

Early spring, end of April.

In Urabandai, spring comes late. On the Sakuratoge Pass, as many as 3000 Oyoyama cherry blossoms bloom around the Golden Week holidays (late April to early May).



MAP B-2

▲ Mizubasho (skunk cabbage) in Lake Hibara West Area

The Hosono area is famous as a bastion of Mizubasho (skunk cabbage) that announces the arrival of spring. Hosono is located on the western side of Lake Hibara.



▼ Ogunituma Marsh

There are more Nikko day lilies in the Ogunituma Marsh than in Oza. When the Nikko day lilies are in full bloom, it creates a fantastic, pure, yellow carpet. Many hikers and photographers visit the marshlands to see the sight.



MAP A-3

MAP C-3

▲ Goshikinuma Ponds

Goshikinuma Ponds has a 1-Star rating in the Michelin Green Guide of 2016. It is said that the "mysterious lake" is a mysterious place where the colours of emerald green, cobalt blue, turquoise blue, emerald blue, and pastel blue differ depending on the pond. Aohuma in particular has such a beautiful colour that it cannot be thought of as something created by nature.



Hot spring

Most of these onsen (hot springs) are in hotels but each bath has a different design and some of the waters have different colours. These onsen are open to day trip visitors.



Active Resorts Urabandai Hotel

The great view of Mt Bandai which was created by an eruption in 1888 and the beautiful natural scenery surrounding the open air bath make you feel refreshed and energised.

Opening hours: 9 pm - 8 pm
* Last admission is at 7 pm
Towels can be rented for a small fee.



MAP C-3

Urabandai Grandeco Tokyu Hotel

You can feel the fresh breeze when you visit this onsen that sits at an elevation of 1040 metres. The modern style open air bath has been recently renovated. You can relax and forget your stresses when you bathe.

Opening hours: 12 pm - 4 pm
Towels can be rented for a small fee.



MAP D-2

Kyukamura Urabandai Hotel

The yellow golden water in the open air bath is gently warming.

Opening hours: 12:30 pm - 4 pm
Towels can be rented for a small fee.



MAP C-2

Urabandai Lake Resort Hotel

The sodium chloride sulfate hot spring moisturises your body and the water contains metasilicic acid which is good for your skin. You can enjoy the great view of Lake Hibara from the open air bath.

Opening hours: 9 am - 9 pm * Last admission is at 8 pm
Except 10:20 am - 12:30 pm
Towels can be rented for fee.



MAP C-3

La Vie Spa Urabandai

A wide outdoor hot spring bath. This facility also has a swimming pool where you can get a shoulder, neck and head massage using the water pressure shower and experience the sleeping bath in the spa area.

Opening hours: 10 am - 7:30 pm * Last admission is at 7:00 pm
* Closed on Tuesdays (except when the Tuesday falls on a public holiday), open every day in August.
Towels can be rented for a small fee.



MAP A-3

Hot Spring Kobo

A compact facility which has a homely atmosphere. You can see Lake Hibara from the bath. It is popular among fishing people and hikers.

Opening hours: 10:30 am - 8:00 pm (April - October) * Last admission is at 7:30 pm
10:30 am - 7:00 pm (November - March) * Last admission is at 6:30 pm
Towels for purchase, ¥120



MAP B-1

Restaurant

Hotel and Ristorante IL REGALO

Il Regalo is a hotel with comfortable guestrooms and a restaurant which serves local products such as organic vegetables and wines.

Opening hours: 11:30 - 15:00, 17:30 - 21:00
Closed on Tuesdays
WiFi available, Accepts credit cards and QR code payment



MAP C-3

Bandia Herb Garden

Bandia is a small herb garden and café nestled in the hinterland of Urabandai. Tasty herbal teas and several dishes are available on the terrace. Please ask staff for vegetarian or vegan friendly options.

Opening hours: 9:00 - 17:00 Closed on Thursdays
WiFi available, Accepts credit cards and QR code payment



MAP C-2

Restaurant Monterrey

This restaurant has been operating for 44 years and the staff have a professional attitude. The restaurant specialises in 100% handmade Fukushima beef hamburger steaks. These mouth-watering patties are served in a demi-glaze sauce that has been slow cooked for a week. Take away is available.

Opening hours: 9:00 - 17:00 Closed on Wednesdays



MAP C-3

En Café

The original menu item is the Alzu Yamajo (mountain salt) Pizza which is cooked in a 500 degree oven. You can see the beautiful deciduous forest and autumn leaves from the open wide window in the café.

Opening hours: 10:00 - 16:45
Closed on Tuesdays, Wednesdays and Thursdays
WiFi available, Accepts credit cards and QR code payment



MAP C-2

Oku Urabandai Ramen-ya

A restaurant with the great view of Lake Hibara. Alzu Yamajo Ramen, made with Alzu Yamajo Salt (produced from Osoe Onsen hot spring water), is highly recommended. WiFi available.



MAP B-1

MAP B-2

▲ Summer vacation - August. Lake Hibara

Due to the eruption of Mount Bandai numerous lakes and marshes, including the beautiful Goshikinuma ponds, were born. Among them, Lake Hibara is where the largest and most beautiful islands float. The shoreline stretches for 31 kilometres and the lake has a maximum depth of 31 metres. You can enjoy a simple drive around the lake. During the green season (late April to early November) a pleasure boat is in operation, and if you look at Mount Bandai from the lake, you can see the starting point of the mountain's explosion.



MAP B-2

MAP D-2

▼ Autumn leaves season - middle of October
Wasezawa - Dekodaira Marsh
Trekking Trail



MAP D-2

MAP C-5

▲ Hiking season - September. Mount Bandai

This mountain, which experienced a phreatic explosion in 1888, is a famous symbol of Fukushima Prefecture. It is also called the "mountain of treasure" and it provides a wonderful view with rich lakes and ponds at the foot of the mountain. Altitude: 1,816 m.



MAP C-5

MAP C-2

► Late autumn season - early November
Lake Sohara and Magarisawanuma Pond

Lake Sohara is one of the smaller lakes in Urabandai. Surrounded by forests, it is beautiful from all perspectives. Because the lake was created by the eruption of Mt Bandai, small islands are scattered in the lake and add accents to the picturesque scenery. Magarisawanuma Pond was also created by the eruption and has become a favourite among photographers because of the beautiful autumnal leaves.



MAP C-2



Wasezawa Dekodaira Marsh Trail

The trail starts at the Wasezawaguchi parking lot on the northern side of Lake Hibara and ends at the summit of Grandeco Resort Ropeway Station. On the trail, you will pass Nunotaki Falls which originate inside Mt Nishidaiten; Hyakkanshimizu Spring which is well-known for being one of the hundred clearest waters of Japan; and Dekodaira Marsh located at mid-elevation of Mt Nishidaiten.

Length: 7.3km
Time: 3.5 hours (Trail only, excludes ropeway riding time)
Level of difficulty: Intermediate
Elevation: 920 -1,390 metres uphill.
Points to consider: Be sure to take emergency rations, a bear bell, and appropriate hiking attire. The ropeway is open in August and October. Please check running times in all other months.

Sample route

Village Community Bus (free of charge) from Onogawako Iriguchi Bus Stop (7-Eleven) to Wasezawa Bus Stop → walk Azumagawakiryu Trail → Wasezawaguchi parking lot → Nunotaki Falls → Beech forest → Hyakkanshimizu Spring → Dekodaira Marsh → Ropeway station → Hot spring bath at Urabandai Grandeco Tokyu Hotel → Hotel shuttle bus to Urabandai Tourist Information Centre or JR Inawashiro Station (free of charge, reservation is required).



Lake Hibara Trail and Nakasenuma Ponds Trail

This trail winds along the eastern side of Lake Hibara. It has the only suspension bridge in Urabandai and takes in the Nakasenuma Ponds.

Length: 5.8 km (Route 459 entrance to Urabandai Site Station via Nakasenuma Ponds)
Time: 2 hours
Level of difficulty: Beginner
Elevation: Flat
Points to consider: The trail is open from late April to the middle of November. Please carry a bear bell with you and note that there are no toilet facilities on the way.

Sample route

Bandai Toto Bus Nagaminefunetsuki Bus Stop (Lake Hibara Trail Route 459 Entrance) → Suspension bridge → Nakasenuma Ponds Observation Area → Urabandai Site Station (Eco-tourism rest area) → Hot spring at Kyukamura Urabandai Hotel → Village Community Bus (free of charge) to Onogawako Iriguchi Bus Stop (7-Eleven) or Hotel shuttle bus to JR Inawashiro Station (free of charge, reservation is required).



Oguninuma Trail

This trail has the highest concentration of Nikko Day Lilies in Japan. From the end of June to early July, the lilies look like a heavenly yellow carpet. During the off-season, there is a marked feeling of serenity.

Length: 10.1 km (Return)
Time: 3.5 hours
Level of difficulty: Intermediate
Elevation: Starting point is 890 m, 1,110 m at the highest point.
Points to consider: Be sure to take emergency rations, a bear bell, and appropriate hiking attire. When Nikko Day Lilies are in bloom from late June to early July, the trail and parking lot can become quite crowded. There is a bus stop but no rest area.

Sample route

Bandai Toto Bus from Onogawako Iriguchi Bus Stop (7-Eleven) to Oshizawatozanguchi Bus Stop → Oguninuma Hut → Marsh trail → Oguninuma Hut → Oshizawatozanguchi Bus Stop → Bandai Toto Bus to Onogawako Iriguchi Bus Stop (7-Eleven) or JR Inawashiro Station (change buses at Urabandai Kogen-eki Bus Stop).



Goshikinuma Ponds Trail

This walk is a highlight of Urabandai as it passes several ponds of spectacular hues. It is recommended that you park your car at the Urabandai Visitor Centre, catch a bus to Urabandai Kogen-eki Bus Stop, and walk the trail back to the Visitor Centre.

Length: 3.6 km
Time: 1 hour 20 minutes
Level of difficulty: Beginner
Elevation: Mostly Flat
Points to consider: There are some rocky patches on the trail, so be sure to wear appropriate footwear. Also, there are no toilet facilities on the trail itself.

Sample route

Bandai Toto Bus Goshikinuma Iriguchi Bus Stop (Urabandai Visitor Centre) → Urabandai Kogen-eki Bus Stop → walk the trail → Urabandai Visitor Centre → Bandai Toto Bus to JR Inawashiro Station



Onogawafudotaki Falls Trail

Sample route
Onogawafudotaki Upper Parking Lot → Onogawafudotaki Falls → Upper parking lot
*Grandeco Resort is 3 minutes by car from the upper parking lot. At Grandeco, it is good to take the ropeway up the mountain, have some lunch or have an onsen at the hotel.

Length: 2 km (Return)
Time: 1 hour
Level of difficulty: Beginner
Elevation: Mostly Flat
Points to consider: There is no public transportation to the entrance. There are two trails to the waterfalls. Start from the upper parking lot entrance for the flat course. There are no toilet facilities on the trail itself. Be sure to bring a bear bell. Two parking areas available – an upper one and a lower one.

Sample route

Onogawafudotaki Upper Parking Lot → Onogawafudotaki Falls → Upper Parking lot
*Grandeco Resort is 3 minutes by car from the upper parking lot. It is good to take the ropeway up the mountain, have some lunch or have an onsen at the hotel.

Notice

This area is located in Bandai Asahi National Park. If you encounter a wild animal, please let it be. Do not remove any animals or plants from the park.

Bus information

Please check this!

Recommended for a safe hike

- Hat
- Sunglasses
- Rucksack
- Sports shoes
- Water
- Rain wear
- Bear bell

Contact information

Urabandai Tourist Information Centre

1093-1055
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Opening hours : 9am – 5pm
Tel : 0241-32-2349

